STRESS AMONG DENTAL STUDENTS – A QUESTIONNAIRE SURVEY

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ABSTRACT
AIM: To investigate the stress faced by dental students
OBJECTIVE: The objective of this article is to analyse the stress faced by the dental students
MATERIALS AND METHODS: Group of dental students were selected for this study, and a questionnaire survey was taken
BACKGROUND: In today's competitive environment, students face more stress related to studies, examination, peer, teachers and parent's pressure. Stress is our bodies experience as we adjust to our continually changing environment. College students are at a critical period where they will enter adulthood. They are expected to be the elites in the society. Thus, they should enhance their stress management ability. The objective of this article is to review the stress faced by college students in the society.
REASON: The topic was chosen to determine the stress provoking factors among undergraduate dental students
Keywords: stress, undergraduate, dental students

INTRODUCTION:
In psychology, stress is a feeling of strain and pressure. Small amounts of stress may be desired, beneficial, and even healthy. Positive stress helps improve athletic performance. It also plays a factor in motivation, adaptation, and reaction to the environment (1). Excessive amounts of stress, however, may lead to bodily harm. Stress can increase the risk of strokes, heart attacks, ulcers, and mental illnesses such as depression.
It is the sum of biological reaction of any adverse stimulus that tends to disturb an organism’s Homeostasis. (4)

PURPOSE OF THE STUDY:
To determine the perceived source of stress related to particular year of study.
To find out the stress provoking factors among the dental students.
The main objective of this study was to find out the stress provoking factors among UG dental students.

MATERIALS AND METHOD:
The survey was conducted in Saveetha Dental College and Hospitals. The survey was in the form of close ended questionnaire. The total number of participants were 250. The participation of the students was voluntary.
The questionnaire consists of three sections. The questions in the first section was only based on year of study , the next section consists of the questions regarding the effects of stress on physical health and the psychological general wellbeing schedule(3) questionnaire was included in the last section
Statistical analysis:
The data analysis was done using SPSS - 10 statistical software.
Multiple group comparison of stress of different classes were made by One Way Analysis of Variance (ANOVA).

RESULT:
1. 3rd year students had more stress than the other students.
2. There was moderate perception of stress (PGWB) amongst the 3rd year students.
3. The students forced by the parents had more stress than the students who joined by their own interest.

Means

<table>
<thead>
<tr>
<th>Year of study</th>
<th>Mean</th>
<th>Std. Deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>First year</td>
<td>2.58</td>
<td>.977</td>
</tr>
<tr>
<td>Second Year</td>
<td>3.38</td>
<td>.786</td>
</tr>
<tr>
<td>Third Year</td>
<td>2.96</td>
<td>1.999</td>
</tr>
<tr>
<td>Fourth Year</td>
<td>1.84</td>
<td>1.306</td>
</tr>
<tr>
<td>Internship</td>
<td>2.44</td>
<td>1.574</td>
</tr>
<tr>
<td>Total</td>
<td>2.80</td>
<td>1.118</td>
</tr>
</tbody>
</table>

Discussion:
The stress about the financial resources and the fear of losing instruments was considerably higher among the 2nd year students compared to other students since the need all the instruments before starting their clinical works.
1st years had stress about coping up to the professional course, compulsory attendance and attending the extra lectures. Because of the stress the experienced sleeping disorders and loss of concentration.

Stress among the 4th years were mostly based on completing the quota and the research works, the loss of confidence to be an perfect dentist and confusion in taking the course for their post graduates.

Interns had stress only about their future. Compared to other students the stress faced by the interns was little low.

**RECOMMENDATIONS:**
College can provide suitable and healthy environment for the students to feel free and less anxious.

College can arrange for retreats and refreshment tours so that the students can get relaxed from the stress.

**References:**
[1] Questionnaire survey on stress, its source and physical and physiological effects amongst the students of Dr. D. Y. Patil Dental College and Hospitals – Pimpri, Pune