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## Perceived stress, resilience and mobile phone use among nursing students

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**Statement of the Problem:** The effect of perceived stress on students' health depends on their coping abilities. Resilience is a coping ability to keep on trying and bouncing back on adverse circumstances. Excessive mobile phone involvement has been found to have adverse health effect. This study was carried out to find out the level of perceived stress, resilience and involvement of mobile phone among nursing students. Further an attempt was made to explore the relationship between these variables.

**Methodology & Theoretical Orientation:** In this cross-sectional study, 110 undergraduate and postgraduate nursing students from various college of nursing in India who came to NIMHANS for clinical experience were selected using convenience sampling method. Data were collected using the Perceived Stress Scale, the Connor-Davidson Resilience Scale (CD-RISC) and Mobile Phone Involvement Questionnaire. The data were analyzed using descriptive and inferential statistics in the SPSS-22.

**Findings:** Majority of the students were female (90.9%) and undergraduate (59.1%). Mean age of the students was 23.70±4.04. Scores in Perceived Stress Scale, the Connor-Davidson Resilience Scale and Mobile Phone Involvement Questionnaire were 20.32±5.82, 29.30±8.41 and 70.16±12.36, respectively indicating that students were moderately stressed, used mobile phone to some extent and had good resilience.

**Conclusion & Significance:** College of nursing should provide facilities and opportunities for students in their educational program to learn stress management strategies including increasing resilience ability which may in turn reduce the unnecessary involvement with mobile phone.

### Biography

Sailaxmi Gandhi is an Additional Professor and Head of the Department of Nursing at the National Institute of Mental Health & Neurosciences, India. Her areas of interest are psychiatric rehabilitation, school mental health, suicide prevention as well as maternal and infant mental health. She has received several awards and the most recent is by the President of India for Best Nurse Educator on International Nurses Day, 2014. She has 28 years of experience in neuro-psychiatric nursing. She has organized several conferences, workshops, seminars and symposium in this field. She has authored several books, the most recent being a book on activities of daily living for persons with mental illness and their caregivers one on standard operating procedures in neuro-nursing for diagnostic and interventional surgery.

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