Effects of Physical Activity in Bachelorette Nursing Students with Stress

Alexis Clarke
Fort Hays State University, ajclarke2@mail.fhsu.edu

Christine Hober
Fort Hays State University, clhober@fhsu.edu

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Recommended Citation
Clarke, Alexis and Hober, Christine, "Effects of Physical Activity in Bachelorette Nursing Students with Stress" (2020). 2020 SACAD Entrants. 15.
https://scholars.fhsu.edu/sacad_2020/15

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Effects of Physical Activity in Bachelorette Nursing Students with Stress

Alexis Clarke, FHNS & Janessa Zenger, FHNS
Fort Hays State University: Department of Nursing
Course: NURS 322

Abstract
Objective: To determine if physical activity reduces stress Bachelorette nursing students.
Design: Quasi-experimental, Descriptive study
Setting: Rural, Western University
Participants: Bachelorette nursing students during junior year
Results/Conclusions: Pending results and data collection

Introduction
The process of becoming a nurse can be quite stressful. With all the classes, clinicals, and hours of studying a student can become overwhelmed. Students can also feel like there is not enough time to incorporate positive well being for self. By incorporating physical activity while students are at school, it will provide a driven attitude to become mentally healthy and active through the career. Hawker's research study, the mean BMI of department of health physical activity guideline was 25.0%, with 40% of that being overweight (Hawker, 2012). Stress can cause many problems with body systems. For example, trouble sleeping, depression, anxiety, sleep quality, attentiveness, and executive functioning. These are all things that can affect how well students function in the nursing program and as future nurses. Studies have shown that physical activity can help with stress. Performing 20 minutes of physical activity, 3 days a week, that makes one breath faster (30-40 respirations per minute) and have an increase in the baseline heart rate it will help decrease stress within a one-year time period. (Zwan et al., 2015)

Purpose
The purpose of this study is to determine the influence of physical activity to decrease overall stress of Bachelorette nursing students.

Methodology
Research Design: Quasi-experimental, Descriptive study
This Descriptive Research Study because it will identify relationships between physical activity and stress within nursing students.
Interventions: Junior nursing students will be asked to perform physical activity and report monthly results of stress levels using the DA&SS.
IV: Physical activity
DV: Stress
Proposed Research Question:
In nursing students how does physical activity compared to no physical activity affect stress within 1 year?

Literature Sources
An independent t-test will be used to compare student’s reported stress via the DA&SS, while incorporating physical activity as a stress reliever versus no physical activity.
Sample
Bachelorette nursing students in their junior year at a rural Western University.
Ethical Considerations
IRB Full Review at Fort Hays State University, the Fort Hays State Nursing Department.

Framework
Joyce Odiidson (2016) the founder of the Wellness Improvement System Model works to analyze the biopsychosocial wellbeing of humans.

References

Discussion
Implications For Nursing
If physical activity is found to positively reduce stress in junior nursing students, then the information could be implemented into a required class for nursing students in the future. As data shows that nursing students handle a lot of stress, by making it a requirement to exercise the levels of stress may decrease overall and promote positive lifestyles.

Conclusion
Pending results and data collection. Other studies have found that physical activity has a positive influence on student’s overall impact on stress. In future research we recommend more Bachelorette nursing programs participate in the study to gather more widespread data on the effects of managing stress.