

A Study Of The Efficiency Of A Life Skills Training Program On Stress And Factors Related To Adolescents In Specific Nursing Colleges In Odisha

Anasuya Pattanayak¹ , Dr. Venu Lata Saxena²

¹Research Scholar Himalayan University, Itanagar

²Research Supervisor Himalayan University, Itanagar

ABSTRACT

Adolescence is the period in human boom and development that happens after early life and earlier than adulthood and taken into consideration to be the period among the ages of 10 and 19 years. During this era, children undergo many psychosocial and physiological modifications making them more liable to various stresses. The World Health Organization has estimated that pressure-related problems might be the leading causes of incapacity via the yrs. 2020. Nearly sixty eight% of the nursing students had slight pressure, 27% had moderate stress and five% had excessive strain. Nursing education is now diagnosed as disturbing environments that frequently exerts a terrible impact on the academic overall performance and psychological nicely-being of the students. Nursing students are precious future human sources. Professional instruction of a nurse is decided by way of college students" early adjustment and coping to a brand new university and health centre environment.

Key Words: life skill training program, Stress and its contributing factors, Adolescents nursing Students, Nursing College

INTRODUCTION:

BACKGROUND OF THE STUDY

Adolescence is a vivid developmental stage, separable from both youth and maturity, which presents specific demanding situations and possibilities. Youthfulness is the time of pressing factor and strain since it is simultaneous with improvement and the character style molding. Particularly, puberty is examined with the aid of a sensational growth in formative assignments simply as regularizing stressors. All the greater uncommonly, young ladies are influenced unfavourably in the course of the exchange to

youthfulness. In earlier many years, therapist presumed that most issues and wounds of people are brought about by using their incapability in investigating the individual problems precisely, feeling health to appearance with tough circumstances and being set up to deal with lifestyles challenges definitely.

Adolescence is a period of hormonal and psychological modifications ranging from 10-19 years (WHO). It is taken into consideration as vital years of forming oneself in existence of every character. Emotional wellness popularity of mid younger grownup younger guys during trade years is to a fantastic extent omitted in Indian setting. Everyone has one-of-a-kind perception ranges. Such a strain that advances and encourages an character to dominate in any sort of paintings is superb pressure. Whatever different structure which smothers, restrains the equal is terrible pressure. The tiers of strain rely on one's social basis, persona, existence stories and coping competencies. (Kallol Roy et al, 2016)

Transition to a specific phase of life is accompanied by way of a certain quantity of pressure. The strain should either be for the prevailing modifications for the duration of the transition or predicting the destiny with those changes. In our entire lifespan, adolescence is one such stage where we all stumble upon this strain. According to the World Health Organization (WHO), youthfulness is the non-permanent duration of development and improvement among childhood and adulthood. Any character between aged 10 and 19 years is termed as a teen. Each person and their belief degrees range from one another. The degrees of strain depend upon one's social basis, character, useful encounters and adapting abilities. (Roy K et al, 2015)

There is a large collection of exploration on the ramifications of distress amongst scientific caretakers and nursing understudies and its ensuing impact on their favoured prosperity. Despite the truth that there's likewise a developing writing on strain and its pointers for attendants and nursing understudies, scarcely any examinations have zeroed in on the belongings or elements that would help with forestalling such strain. Stress has been examined to be emphatically related with weakening amongst emotional nicely-being nursing understudies. Stress makes nursing understudies experience greater isolates and passionless, including to their disability to oversee and remedy instances. Stress necessarily affects important questioning, reminiscence, tender loving care, and getting to know measures. Different stressors skilled by using the usage of nursing understudies, incorporating associations with companions, the dread of creating errors, a helpless paintings and life stability, monetary issues, and family problems. The extreme strain professional through psychological properly-being nursing understudies underlines the need to recognise the factors that growth their feelings of hysteria. (Seham M. Alyousef, 2019)

Stress is a critical and sure corresponding of every day dwelling-vital when you consider that with out a few stress we might be drowsy and indifferent animals, and unavoidable in light of the fact that it identifies with any outdoor event, it's far exceptional or anxiety handing over. An individual's reaction

closer to stress is predicated upon whether or not an event is evaluated as a test or a hazard. Testing enhance can set off fantastic outcomes, as an example, inspiration and improved assignment execution at the same time as undermining ones or distress can result in anxiousness, unhappiness, social brokenness and even self-destructive goal. Individuals of pre-adulthood are confronting exclusive occasions like circle of relatives, college, school and society. Since, they are falling in numerous reserved physical activities like self destruction, war, dissatisfaction and minor and great violations, and many others. The primary that means of the research is to survey the pressure of the puberty college students. The facts on unique strain are extremely fundamental for the pre-adulthood understudy to realise the normal problems that they're confronting frequently.(K. Manikandan, 2015)Nursing students are likely to enjoy "greater stress" than their friends and co-workers enrolled in other packages. Obviously stress is a prime problem for college students in the course of the sector.

OPERATIONAL DEFINITIONS

- **EFFECTIVENESS**

In this study, it refers to determine to the volume to effectiveness of Life ability education program on pressure and its contributing elements among young people.

- **LIFESKILLTRAININGPROGRAM**

In this observe, it refers to Life ability training might be imparted for 7 consecutive days with every session lasting for about forty-five-60 mins. Techniques of storytelling, role performs, mind storming games, strength factor presentation, breathing exercises for relaxation had been utilized. After each session a collection communication changed into in integrated to attain remarks approximately for a week, those sports had been taught and mentioned with the young people. A follow up after 1 and 3 months was assessed by the same ASQ.

Life Skill Training likes, Critical wondering & Creative questioning (Situational evaluation, storytelling), Decision making & Problem fixing (Brain storming video games), Communication abilities & Interpersonal members of the family (Group discussion, Healthy conversation), Coping with emotions (Benson"s Relaxation method)& stress and Self-cognizance & empathy (Buzz institution, Role play).

- **STRESSANDITS CONTRIBUTINGFACTORS**

In this study, it refers to the body's response to a transformation that needs aphysical,mentaloremotionaladjustmentorresponsebyundergraduatenursingstudents.

- **ADOLESCENTS**

In this study, it refers to Adolescents age group between 17-19 years studyingin1styearB.ScNursingcoursein selectednursingcollegeat Odisha.

➤ **NURSINGCOLLEGES**

In this study, it refers to the nursing educational institution recognized by the Indian Nursing Council where undergo BSc Nursing course.

REVIEW OF LITRETAURE:

Indira. A et al., (2019) was led quantitative expressive examination concentrate on Level of pressure among the first year B.Sc. Nursing understudies in Nellore. The example comprises of 60 nursing understudies. Straightforward arbitrary inspecting method was utilized in this examination. The information was gathered by approved survey on Modified understudy pressure scale. The outcomes show 15(25%) understudies had gentle pressure, 22(36.7%) understudies had moderate pressure, and 23 (38.3%) understudies had serious pressure. The examination infers that make the mindfulness with respect to pressure the board to nursing understudies.

Sunil M B., (2019) was led Study to Assess the Level of Stress Adopted by first Year B.Sc (N) Students in Bathinda, Punjab. The example comprises of 59 nursing understudies. Non likelihood advantageous examining strategy was utilized in this investigation. The information was gathered by approved poll on Perceived Stress Scale. The outcomes show larger part 47 (79.66%) understudies have moderate pressure. The examination presumes that encourages the nursing administrator to start and do Guidance and directing in school of nursing and furthermore in medical care settings.

Shikhar Singh et al., (2018) was led cross sectional investigation on Epidemiology of stress among Nursing Undergraduate Students in Lucknow, Uttar Pradesh. The example comprises of 380 nursing understudies. Single stage straightforward irregular examining method was utilized in this examination. The information was gathered by approved poll on DASS 42 scale. The outcomes shows 60 percent and 62 percent of all out-nursing understudy from Government College and private nursing individually were focused. The examination reasons that Risk factors which were liable for stress among understudies were sex, sharing of room, instructive costs, scholastic execution, cell phone and badgering in school.

Sudesh Kumari., (2018) was directed non-exploratory expressive plan on the Level of Stress among Nursing Students in Selected Nursing Institutions of Karnataka, India. The example comprises of 100 nursing understudies. Non- likelihood advantageous testing procedure was utilized in this investigation. The information was gathered by approved poll on apparent pressure scale. The outcomes show generally mean pressure score got by the subjects was 75.64 (47.27%) with standard deviation of 22.569, found to have moderate degree of stress. The examination reasons that required summing up the discoveries and anticipating compelling pressure the executives' mediations.

Kalaivani et al., (2018) was led Descriptive Cross-Sectional examination to survey the degree of stress

among the under-alumni nursing understudies in chosen school at Chidambaram, Tamil Nadu. The example comprises of 181 nursing understudies. Helpful testing procedure was utilized in this investigation. The information was gathered by approved survey on Modified Perceived Stress Scale (PSS). The outcomes show over all anxiety among nursing understudies, were under mellow pressure (27.6%), moderate pressure (69.6%) and high pressure (2.8%). The examination presumes that powerful mediation techniques must be educated to the B.Sc. nursing understudies to calm pressure during their preparation period to advance peaceful life.

KatekaewSeangprawetal.,(2019) conducted a cross sectional investigation on pressure and its related danger factors .The examination is to decide the degree of stress and related elements among the older living in provincial territories. It's a talked with strategy with 403 old people by utilizing basic irregular testing method from a rundown of enlisted older people and led vis-à-vis interviews utilizing a survey. Numerous straight relapses were applied for information examination. The investigation results discoveries are the mean age of the members was 68 and 66% (67%) were female. Under 43% of the members had moderate, and 33% (34%) had significant degrees of stress. The greater part of members had low level pressure the board. Stress was altogether connected with liquor and ailment with a prescient force of 3.0% [(R = 0.173, R Square = 0.030) ($p < 0.05$)]. The investigation discoveries presumed that danger factors, for example, liquor and disease influence old populace living in country regions of Thailand to a significant degree as far as stress.

Tenzin Wosseretal.,(2019) conducted an illustrative report on apparent pressure and its contributing components among nursing understudies during the underlying time of their clinical posting in chosen school of nursing. An example of 110 subjects was taken utilizing proportionate defined examining method from first year B.Sc. what's more, first year GNM understudies. A normalized survey was utilized to evaluate the apparent pressure and its contributing components among understudies during their underlying clinical posting, after they have finished at least fourteen days posting. The discoveries of the investigation showed that 7.27% of the examples had high Stress, 54.55% had Moderate Stress and 38.18% had low Stress during the underlying time of their clinical posting. The most widely recognized kind of stressor distinguished by understudies was pressure from absence of expert information and abilities with mean level of 52.73% and least was pressure from friends and day by day existence with mean level of 29.54%. There was a critical relationship of saw pressure with chosen standard variable like presence of medical caretaker in the family (0.033) at 0.05 degrees of importance. The examination reasons that understudy face pressure during their clinical posting and consequently they should be upheld with a sharpening system to assist them with adapting better.

STATEMENT OF THE PROBLEM

“A study to evaluate the effectiveness of life skill training program on stress and its contributing factors among adolescents in selected nursing colleges at Odisha.”

OBJECTIVES OF STUDY

- To assess the pretest level of stress and its contributing factors among adolescents.
- To assess the posttest level of stress and its contributing factors among adolescents.
- To evaluate the effectiveness of life skill training program on stress and its contributing factors among adolescents.
- To find out the association between the posttest level of stress and its contributing factors among adolescents with their selected demographic variables.

HYPOTHESES

H1-There will be a significant difference between the pretest and posttest level of stress and its contributing factors among adolescents.

H2-There will be a significant association between the posttest level of stress and its contributing factors among adolescents with their selected demographic variables.

RESEARCH METHODOLOGY:

Research technique is the systematic way to resolve the research hassle. Methodology of research organizes all the additives of the take a look at in such a way that turned into more likely to guide in answering the sub-issues that has been posted. It changed into vital to choose suitable technique to ensure the validity and accuracy of facts and findings (Saunders, 2009).After reviewing the numerous studies, technique used for this observe became formulated.

The reason of this study is to offer the studies technique which become designed to reap the goals of this take a look at. This study offers with the methodology to evaluate the effectiveness of lifestyles ability schooling application on strain and its contributing elements amongst adolescent nursing college students. It includes the research method, studies design and variables, setting of the examine, populace, pattern and sample size, sampling method, description of the device, statistics collection technique and plan for facts analysis strategies used for this take a look at and the information were defined beneath.

RESEARCH VARIABLES

A variable is anything that can change or anything that is liable to vary. Two types of variables are identified in this study. They are independent, dependent and extraneous variables.

- Independent Variable Life Skill Training Program among adolescent nursing students
- Dependent Variable Level of stress and its contributing factors among adolescents
- Extraneous Variable Demographic variables among adolescents

PROCEDURE FOR DATA COLLECTION

Formal approval became acquired from the youth nursing college students among the age organization of 17-19 years from the chosen college of Nursing Odisha. The motive of the study turned into properly explained to all the children nursing college students. Demographic variables were accumulated the usage of Interview agenda. Pre-check evaluation of the extent of pressure and its contributing elements amongst youngsters nursing students was achieved. Life skill education changed into imparted for 7 consecutive days with every session lasting for approximately forty five-60 mins. The intervention version turned into proven by using four external professionals for his or her very own reviews on finding the sports that taken care of out the extraordinary stressors together with academics, peer pressure, parental pressure, relaxation previous to examinations, time management and so forth. Depending on their remarks, those Life capabilities which are useful to create right managing these sorts of numerous stressors identified had been chosen and administered. The concept of creating this model of workshop intervention became to alternative with every stressor for each day and techniques to cope with it in issue. Methods of storytelling, position plays, mind storming video games, energy point presentation, breathing workout routines for rest were used. After each session a group conversation became in included to acquire comments approximately for a week, those activities were taught and discussed with the teens. A comply with up after 1 and 3 months changed into assessed through the equal MASQ. The suggest stress scores have been acquired for the same. After intervention and Post take a look at 1, 2 & three turned into carried out and assessed the level of pressure and its contributing elements amongst adolescent nursing students.

Inferential statistics

1. **Paired „t“**– test was used to determine Effectiveness of the life skill training program on stress and its contributing factors among adolescents.
2. **ANOVA repeated measure** test value, repeated contrast test value, comparison using 2x4 ANOVA test and ANCOVA repeated measures were applied to compare the effect of intervention between the pretest, posttest I, posttest II and posttest III.

3. **Pearson correlation r test** was used to Correlation between pre and posttest level of stress and its contributing factors among adolescents with their selected demographic variables
4. **Chi-square test** was used to find out theAssociation between pre and posttest level of stress and its contributing factors among adolescents with their selected demographic variables.

DATAANALYSISANDINTERPRETATION

The reason of statistics analysis is to arrange make sense of and reformulate the research facts to be able to present it in a logical and clear account. It is a tough undertaking, and inside the case of quantitative research, diagnosed demanding situations consist of there being no fixed regulations for records analysis, a massive amount of records to investigate and the problem of summarizing the findings. (Polit & Hungler,1995)

This present chapter offers with the evaluation and interpretation of the accumulated records based at the identify, “A look at to evaluate the effectiveness of lifestyles ability training program on stress and its contributing elements among adolescents in decided on nursing colleges at Odisha”.

The information collected had been analysed and supplied under the sections in the shape of tables and figures on the idea of objectives and hypothesis formulated for the reason of the take a look at.

Organizationof theData

The Study findings were grouped into eight sections as follows

Section -A	DemographicVariablesoftheadolscents
Section -B	Assessmentof thePretestandposttestlevelofstressand itscontributingfactors amongadolscents.
Section-C	Effectivenessofthelifeskilltrainingprogramonstressandits contributingfactors among adolscents.
Section-D	Correlationbetweenpreandposttestlevelofstressand itscontributingfactorsamongadolscentswiththeirselecteddem ographic variables.

Section-E	Association between posttest level of stress and its contributing factors among adolescents with their selected demographic variables.
------------------	--

SECTION A: DESCRIPTION OF THE DEMOGRAPHIC VARIABLES AMONG ADOLESCENTS

Table: Frequency and Percentage wise Distribution of demographic variables among adolescents. (N=200)

Sl. NO	DEMOGRAPHIC VARIABLES	FREQUENCY(N)	PERCENTAGE(%)
1	Age(in years)		
	17years	88	44
	18years	34	17
	19years	78	39
2	Gender		
	Male	20	10
	Female	180	90
3	Religion		
	Hindu	137	68.5
	Muslim	31	15.5
	Christian	32	16
	Others	0	0
4	Type of family		
	Nuclear family	108	54
	Joint family	69	34.5
	Extended	23	11.5
5	Place of living		
	Hostel	119	59.5
	Family	81	40.5
	Others	0	0
6	Income of family per month, rupees		
	Rs.5000-10000	28	14

	Rs.10001-15000	149	74.5
	Rs.15001-20000	15	7.5
	Abovers.20001	8	4
7	Educationalstatusofthefather		
	Illiterate	0	0
	Primaryschool	27	13.5
	Highersecondary	138	69
	Graduateandabove	35	17.5
8	Educationalstatusofthemothor		
	Illiterate	0	0
	Primaryschool	59	29.5
	Highersecondary	131	65.5
	Graduateandabove	10	5
9	Occupation of thefather		
	Coolie	69	34.5
	Business	102	51
	Unemployed	0	0
	Governmentemployed	29	14.5
10	Occupationofthemothor		
	Housewife	188	94
	Coolie	7	3.5
	Business	0	0
	Governmentemployed	5	2.5
11	Regularhobbies		
	Reading	28	14
	Listeningto music	138	69
	Painting	34	17
	others	0	0

Table 1: Reveals that, Frequency and Percentage wise Distribution of demographic variables among adolescents. Out of the 200 adolescents who were interviewed, Majority of the adolescents 88 (44%) of study population were in the age group 17 years. Majority of the adolescents comes under female 180 (90%) in gender. Most of the adolescents 137 (68.5%) were belongs to Hindu religion. Most of them come under nuclear family 108 (54%). Majority of the adolescents were stayed in hostel 119(59.5%). Most of the adolescents 149 (74.5%) family monthly income rs.10001- 15000. Majority of the adolescent's father had completed higher secondary 138(69%). Most of the adolescent's mother had completed higher secondary 131(65.5%). Majority of the adolescent's fathers occupation status were business 102(51%). Most of the adolescent's mothers occupation status were housewife 188(94%). Majority of the adolescents regular hobbies were listening to music(69%)138.

SECTION E : CORRELATION BETWEEN PRE AND POSTTEST LEVEL OF STRESS AND ITS CONTRIBUTING FACTORS AMONG ADOLESCENTS WITH THEIR SELECTED DEMOGRAPHIC VARIABLES

Table :Association between post-test level of stress and its contributing factors among adolescents with their selected demographic variables (N=200

SL. NO	DEMOGRAPHIC VARIABLES	POST-TEST LEVEL OF STRESS AND ITS CONTRIBUTING FACTORS						χ ²	df	p-value
		No stress		Little stress		Moderate stress				
		N	%	N	%	N	%			
1	Age (in years)									
	17 years	24	27.3	64	72.7	0	0	171.8	4	0.001**
	18 years	0	0	15	44.1	19	55.9			
	19 years	0	0	0	0	78	100			
2	Gender							162.9	2	0.001**
	Male	20	100	0	0	0	0			
	Female	4	2.2	79	43.9	97	53.9			
3	Religion							77.57	4	0.001**
	Hindu	19	13.9	79	57.7	39	28.5			
	Muslim	0	0	0	0	31	100			
	Christian	5	15.6	0	0	27	84.4			
	Others	0	0	0	0	0	0			
4	Type of family							180.9	4	0.001**
	Nuclear family	24	22.3	79	73.1	5	4.6			
	Joint family	0	0	0	0	69	100			
	Extended	0	0	0	0	23	100			
5	Place of living							106.4	2	0.001**
	Hostel	24	20.2	73	61.3	22	18.5			
	Family	0	0	6	7.4	75	92.6			
	Others	0	0	0	0	0	0			
6	Income of family per month, rupees							101.4	6	0.001**
	Rs.5000-10000	17	60.7	11	39.3	0	0			
	Rs.10001-15000	7	4.7	68	45.6	74	49.7			
	Rs.15001-20000	0	0	0	0	15	100			
	Above rs.20001	0	0	0	0	8	100			
7	Educational status of the father							21.4.1	4	0.001**
	Illiterate	0	0	0	0	0	0			

	Primaryschool	24	88.9	3	11.1	0	0			
	Highersecondary	0	0	76	55.1	62	44.9			
	Graduate	0	0	0	0	35	100			
8	Educationalstatusofthemother							90.37	4	0.001**
	Illiterate	0	0	0	0	0	0			
	Primaryschool	19	32.2	40	67.8	0	0			
	Highersecondary	5	3.8	39	29.8	87	66.4			
	Graduate	0	0	0	0	10	100			
9	Occupationofthefather							125.8	4	0.001**
	Coolie	24	34.8	45	65.2	0	0			
	Business	0	0	34	33.3	68	66.7			
	Unemployed	0	0	0	0	0	0			
	Govtempoyed	0	0	0	0	29	100			
10	Occupationofthemother							13.55	4	0.009*
	Housewife	24	12.8	79	42	85	45.2			
	Coolie	0	0	0	0	7	100			
	Business	0	0	0	0	0	0			
	Govtempoyed	0	0	0	0	5	100			
11	Regularhobbies							205.7	4	0.001**
	Reading	24	85.7	4	14.3	0	0			
	Listeningto music	0	0	75	54.3	63	45.7			
	Painting	0	0	0	0	34	100			
	others	0	0	0	0	0	0			

* $p < 0.05$ significant ** $p < 0.001$ highly significant

The table 5 depicts that the demographic variables Age (in years), Gender, religion, Type of family and Place of living, Income of family per month, rupees, Occupation of the father Educational status of the mother, Occupation of the mother and Regular hobbies had shown statistically significant association between post-test level of stress and its contributing factors among adolescents with chi-square value of $p < 0.05$ and $p < 0.001$ level respectively.

DISCUSSION

The objective association between the post-test level of stress and its contributing factors among adolescents with their selected demographic variables.

The table depicts that the demographic variables Age (in years), Gender, religion, Type of family and Place of living, Income of family per month, rupees, Occupation of the father Educational status of the mother, Occupation of the mother and Regular hobbies had shown statistically significant association between post-test level of stress and its contributing factors among adolescents with chi-square value of $p < 0.05$ and $p < 0.001$ level respectively.

Hence H₂ is There will be a significant association between the posttest level of stress and its contributing factors among adolescents with their selected demographic variables was accepted and null hypothesis was rejected.

Across-sectional enlightening scientific examination on rest quality and its contributing elements among old People. Rest is one of the critical variables influencing maturing and older individuals' personal satisfaction. In 2016 on 284 older individuals matured at least sixty. The gathered information were (v. 16.0) broke down utilizing Mann-Whitney U and Kruskal-Wallis tests at the importance level of under 0.05. Participants were generally female (59.3%) and matured 68.93 ± 8.44 by and large. Around 69% of them had great rest quality. Most of them had mellow issues in abstract rest quality (66.2%), rest inactivity (40.5%), and rest unsettling influences (64.8%), no issue in rest length (58.1%) and rest effectiveness (64.2%), no daytime brokenness (71.5%), and the majority of them didn't utilize dozing meds (79.3%). Rest quality had huge associations with sexual orientation ($P = 0.03$), torment ($P = 0.007$), openness to natural upgrades ($P < 0.001$), standard actual work ($P = 0.008$), and menopause-related issues ($P = 0.03$). The examination infers that, the main variables adding to their rest quality are sexual orientation, torment, openness to natural upgrades, standard actual work, and menopause-related issues. (SamanehAliabadi et al., 2017) The results of the present study involve that reduce the stress level among the adolescents by given the intervention of life skill training program is more effective.

SUMMARY

The present study aimed to evaluate the effectiveness of life skill training program on stress and its contributing factors among adolescents in selected nursing colleges at Odisha. The study was conducted using a Pre experimental design - One group pre-test post-test design. Conceptual frame work was based on open system model by J.W. Kenny"s(1991). The tool used in this study was Modified Adolescent Stress Questionnaire (MASQ). Purposive sampling technique was used to select the nursing students. Pilot study was done to check the feasibility of the study and no changes were made in the tool. The main study was carried out from 01.07.2019 to 10.03.2020 and data analysed using descriptive and inferential statistics.

CONCLUSION

The present have a look at to assess the effectiveness of existence talent training software on strain and its contributing factors among adolescents in selected nursing faculties at Odisha. The degree of strain have been assessed through the usage of Modified Adolescent Stress Questionnaire (MASQ).The examiner concludes that the extent of pressure among teenagers is decreased by using given the lifestyles ability training application. Implementing the lifestyles ability education application or education to the students can be beneficial for them to meet their desires in motivating themselves, developing cognitive, emotional, social and self - management abilities for any modifications of their existence. Life competencies schooling will carry modifications inside the mind-set and behaviour of the students with supportive environment wanted for them. Every group ought to have good enough resources and materials to educate that how this life skill schooling is a crucial thing for students to expand their skills and attitude. The basis and pedagogy of existence talent schooling software training have to be thoroughly prepared and utilized to deliver the precise content of existence ability schooling to make more powerful. Finally, the program outcome needs to be properly documented. It wishes to conduct non-stop monitoring and evaluation of program results to provide understanding to the students for their development of their profession.

REFERENCE:

1. Ayele Mamo Abebeetal., (2018) A cross sectional study on prevalence of stress and associated factors among regular students. The stress is very common among medical students across the globe with the prevalence of 80%, volume 2,8:4-17.
2. AlborzkouhNabati M etal.,(2015) A quasi-experimental study with a pre-test andpost-testplanontheeffectivenessofstressmanagementskillstrainingonacademicvitalityandpsychological well-beingofcollegestudents,3:24-29.

3. Banandur. Setal., (2015) A quasi experimental study on quality of a life skills training program in Karnataka, 12:45-48.
4. Cervera-Gaschet al., (2017) A study on the circumstance can hinder the perception of leadership both in the team and the institute. 4:8-12.
5. EmanS et al.,(2018)A studyon thereview of the literatureon Stress,3:12-14.
6. Front. P et al., (2020) on march.A cross-sectional multistage study on the impacts ofuncertaintyStress on mental disorders ofchinesecollegestudents,3:24-56.
7. IngaDoraSigfusdottiretal(2014)conductedastudyonstressandstrainamongadolescents have been investigated and discussed largely within three separatedisciplines:mental health,volume5,6:632.
8. Kallol Roy et al., (2016) A randomized technique study on psychological stress duringadolescence.5:65-69.
9. Kalavathi, SS. Shabana, Rajeswari. H, Indira. A. Level of stress among the 1st yearB.ScNursingstudents. NNJ. 2019; 5(3): 29-32.
10. Tenzin Wosseretal.,(2019)issue 2. A descriptive study on perceived stress and itscontributing factors among nursing students during the initial period of theirclinicalpostingin selected collegeof nursing. 2,5:2-15.