

Stress and its relief among undergraduate dental students in a tertiary health care centre in Eastern Nepal

Sabita Paudel

College of Medical Sciences, Nepal

Objectives:

1. To know the prevalence of stress according to the academic year of undergraduate clinical dental students.
2. To identify the type of stressors, consequences of stress and stress relievers among those students.

Methodology: It is a descriptive cross-sectional qualitative study carried out using a self-administered questionnaire among third, fourth and fifth year BDS students (n=95) at the College of Dental Surgery, BPKIHS. The questionnaire was adapted from the dental environmental stress questionnaire designed by Westerman et al, and was modified to include several cultural factors appropriate for Nepali students.

Results: When responses were divided into either stressful or not stressful, the prevalence of stress was 100% among students in all years of study. The two most frequently mentioned consequences of stress during all years were fatigue/tiredness (77.79% to 96.56%) and mood alteration (69.45% to 83.33%). Listening to music was the leading stress reduction method during all academic years (82.76% to 86.67%).

Conclusion: The prevalence of stress was 100% among students in all years of study. The most frequently mentioned consequences of stress were fatigue and mood alteration. Listening to music was the leading stress reduction technique. Although stressors appear to be inherent in professional education, dental schools should address potential stress sources effectively, thus promoting the educational and professional well-being of dental undergraduates.

Biography

Sabita Paudel has completed her Bachelors of Dental Surgery from B. P. Koirala Institute of Health Sciences, Nepal in 2012 at the age of 24. She is the post graduate student in Pharmacology from College of Medical Sciences, Nepal. She has presented papers and posters in many national and international conferences. She has completed two researches in her undergraduate level.

sabee56@gmail.com