A Descriptive Study on Stress, Coping Strategies, and Digital Well-Being Among Nursing Students in Indore

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Abstract─**This descriptive study explores the levels of academic stress, coping strategies, and digital well-being among nursing students in selected colleges of Indore. A structured questionnaire was used to collect data from 200 participants. Results indicate high levels of stress, extensive smartphone usage, and moderate use of adaptive coping mechanisms. The study highlights the need for early mental-health screening and institutional support systems.**

Keywords— **Stress, coping strategies, Digital well-being, Nursing students, Mental health**

I. INTRODUCTION

Nursing students often experience heightened stress due to academic pressure, long clinical hours, emotional workload, and personal challenges. With increasing dependence on digital devices, concerns regarding emotional exhaustion, sleep disruption, and reduced productivity have intensified. This study assesses stress patterns, coping responses, and digital well-being among nursing students in Indore.

II. OBJECTIVES

• To assess the level of academic stress among nursing students.
• To identify coping strategies adopted.
• To evaluate digital well-being and its association with stress.
• To recommend interventions for mental well-being.

III. METHODOLOGY

A descriptive cross-sectional study was conducted among 200 nursing students from selected nursing colleges in Indore. A structured tool consisting of a stress scale, coping checklist, and digital well-being index was used.

IV. RESULTS

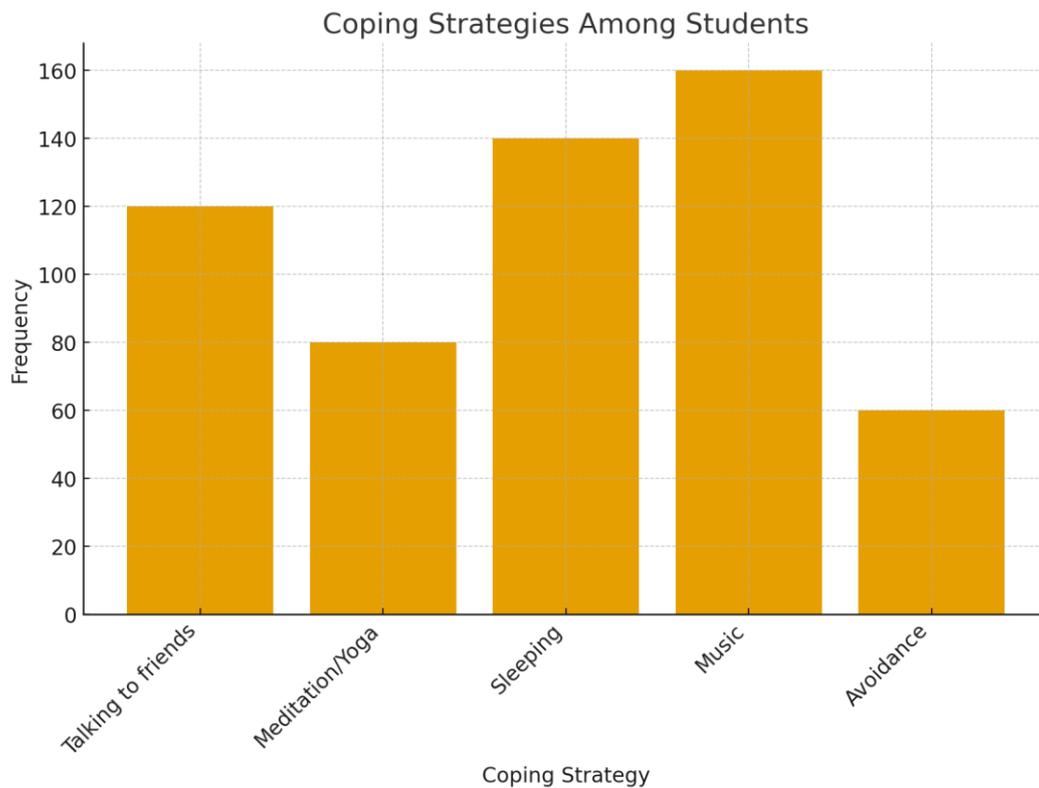Table 1: Distribution of Students by Stress Level

Stress Level	Frequency
Low	32
Moderate	98
High	70

Figure 1: Stress Level Distribution

Table 2: Coping Strategies Used

Coping Strategy	Frequency
Talking to friends	120
Meditation/Yoga	80
Sleeping	140
Music	160
Avoidance	60

Figure 2: Coping Strategy Distribution

V.   DISCUSSION

The study reveals that a significant proportion of nursing students experience high stress, with academic pressure and clinical workload being major contributors. Sleep-based coping and music were the most commonly used coping methods. High smartphone dependency was linked to poor sleep quality and increased stress.

VI.   CONCLUSION

The study emphasizes the need for institutional mental-health screening programs, stress-management workshops, and digital-well-being awareness sessions. Strengthening student support services and promoting adaptive coping can significantly improve mental well-being.

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