

Perceived Stress among Undergraduate Students of Selected Medical Colleges in Maharashtra

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Abstract

The purpose of the study was to determine the severity of stress among medical students. A total 735 medical students from medical colleges of Maharashtra were selected for the present study. Gadzella's (1991) Students-life Stress Inventory (SSI) was used to measure perceived stress. The SSI provided an overall perceived stress value by initially asking, "Rate your overall level of stress: mild, moderate, or severe". This overall perceived stress value was compared to total stress scores. The percentage was used to identify the overall perceived stress of year wise medical students. The findings of the study indicates that, fourth year and second year medical students have severe level stress as compared to first and third year medical students. The overall, mild stress perceived 48.57% medical students, 34.55% medical students reported moderate stress and 16.87% medical students reported severe level of stress. The fourth year and second medical students were suffered more severity of stress as compared than their counterparts.

Keywords: Perceived stress, Medical students