

# Annual Academic Sessions – 2019

Faculty of Health – Care Sciences

Eastern University, Sri Lanka

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## BOOK OF ABSTRACTS



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## **ASSOCIATION BETWEEN EXTRACURRICULAR ACTIVITIES AND STRESS LEVEL AMONG STUDENTS OF FACULTY OF HEALTH-CARE SCIENCES**

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**Background:** There are multiple factors that may cause stress on university students. Whilst barrier exams and tight schedules of academic activities, university students take part in extracurricular activities which improve their life skills. It is interesting to know whether extracurricular activities relieve their stress or further aggravates it.

**Objective:** To describe the association of extracurricular activities with stress levels among students of Faculty of Health-Care Sciences, Eastern University, Sri Lanka.

**Methods:** A descriptive cross sectional study was carried out at Faculty of Health-Care Sciences. Using cluster sampling technique 150 Nursing and Medical students were selected. Pre-tested self-administered questionnaire was used to obtain data on engagement in extracurricular activities. Prevalence of stress was measured using Stress Sensation Inventory (SSI), a validated questionnaire to assess the stress levels of university students in Sri Lanka. A validated scoring system was used to categorize the stress levels into no/mild stress, moderate stress and severe stress. The association between the two variables was analyzed using Chi-squared test.

**Results:** The response rate was 100%. Majority of the participants (84%) engaged in at least one extracurricular activity. About 60.7% participants had mild/no stress and 39.3% had moderate stress. None of the participants were severely stressed. There was no significant association between the different types or overall engagement in extracurricular activities and the stress levels.

**Conclusions:** The mere engagement in extracurricular activities or a specific type of extracurricular activity as well as the duration of the engagement did not affect the stress levels.

**Keywords:** Extracurricular activities, Stress levels, medical students, nursing students