Magnitude and associated factors of perceived stress among undergraduate students of Salale University, Ethiopia

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Abstract

Background: University education has always been considered as a stressful area for students. The aim of this study is to assess the magnitude and associated factors of perceived stress and its consequences among undergraduate students of Salale University, Ethiopia.

Method: Cross-sectional survey was conducted among 421 students of Salale University from April 30 to May 30, 2018. Sources of stress and Perceived Stress Scale were used to prepare structured self-administered questionnaire. Data were double entered into

EpiData version 3.1 statistical software and analyzed using SPSS version 24. Logistic regressions and independent t-test were applied.

Result: Overall response rate was 95.49 %. The mean (SD) PSS-14 score was 29.97 (SD =7.48). Increased stress indices were significantly associated with female gender [AOR= 2.771, 95% CI (1.753 – 4.379)], year of study [AOR = 0.478, 95% CI (0.264 – 0.865)], department choice [AOR = 4.542, 95% CI (1.608 – 12.829)], interests of student in their department [AOR = 3.604, 95% CI (1.257 - 10.331)], academic related stressors [AOR= 1.781, 95%CI (1.245 – 2.548)], psychosocial stressors [AOR= 1.512, 95%CI (1.059 – 2.160)], and health related stressors [AOR= 1.506, 95%CI (1.093 – 2.076)]. Independent t-test showed that there was a negative significant correlation between stressed cases and academic performance ($r = -0.229$, $p < 0.05$).

Conclusion: The study reported a significant association between stress and some demographic variables and sources of stressors. These findings are positive enough to warrant a large scale study to further help us to better understand the stress vulnerability factors in undergraduate students.