

Make Nursing Feel Great Again

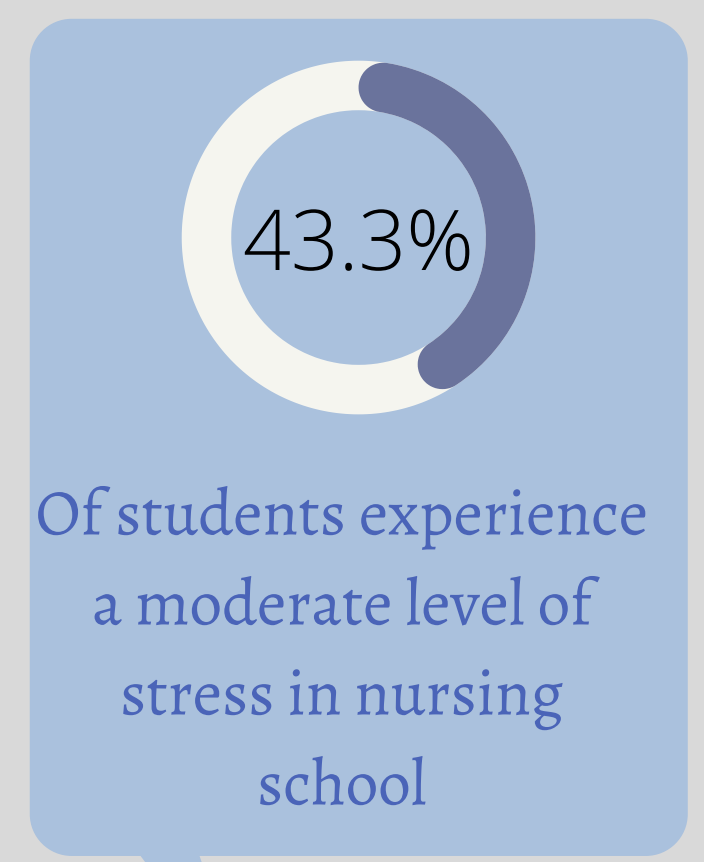
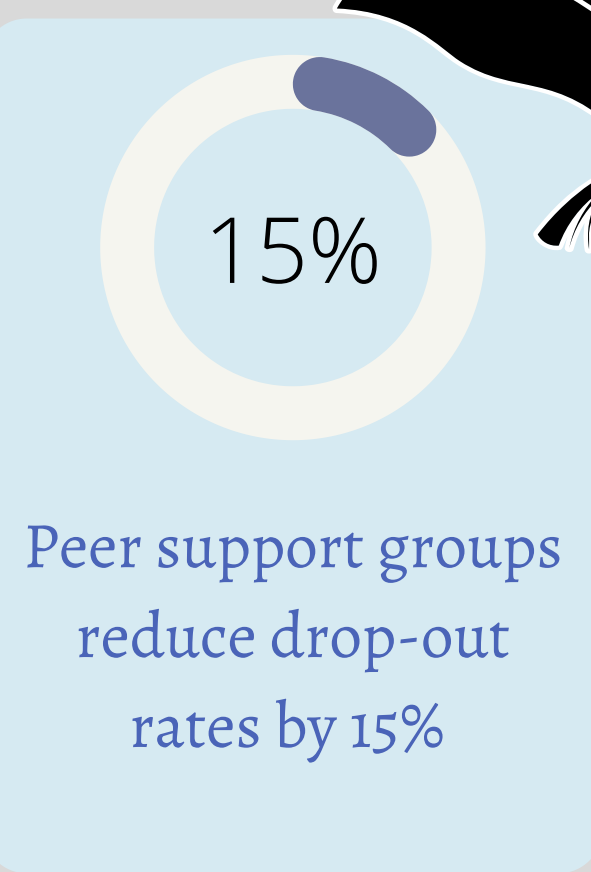
Introduction

Stress among nursing students are at an all time high. Mental health of our future nurses is on the decline and they need our help. Nursing peer support groups are a good way to give our students an outlet that will improve their mental health and overall abilities.



Problem:

43.3% of students are facing stress in nursing programs. Academics, teaching styles, sociability, and clinicals are key stressors in a nursing student's daily life. This results in decreased concentration, a lack of motivation, and sometimes poor work ethic. If we want nursing students to succeed, we must put their mental health first.



Solution:

Although there are many solutions on how to reduce stress in nursing programs, I believe implementing peer support groups at Arkansas State would be one of the best options. Many studies have shown that peer support groups have been proven to decrease stress and burn out in nursing students. Peer support groups unlike other solutions are inexpensive, beneficial, and is a quick and easy way to help our nursing students.



ASU Needs Peer Support Groups:

Nursing students everywhere face stressors in their programs on an everyday basis. By using peer support groups, Arkansas State would be giving them an option to release stress onto their peers and actually feel like they weren't alone. If Arkansas State University School of Nursing would consider this proposal, I believe it would greatly benefit the college, and very well help the mental health of the nursing students that are in it.



Objective

The objective of this project is to show how nursing students undergo stress and how peer support groups would help relieve this stress. Implementing peer support groups is the best answer for their Arkansas State University School of Nursing

Sources

Fahmi, Akhmad Y., et al. "Effects of Peer Support Group on Stress Level among First Semester Nursing Students." *Indonesian Journal of Learning Education and Counseling*, September, 2019. <https://pdfs.semanticscholar.org/7477/a690c408981ce30c365113472df50669dfee.pdf>. Accessed 11 February, 2022.

"Nursing student support group eases stress." *American Nurse*, 15 September 2014. <https://www.myamericannurse.com/nursing-student-support-group-eases-stress/>. Accessed 28 January, 2022.