

Role Strain Among Male Nursing Students in Selected Nursing Colleges in Mangalore

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Abstract

Background: The role is the behavior that is expected out of a person in a particular status. Social standards influence the advantages and responsibility of a status, and roles are performed in accordance with social standards. Role strain is the stress that occurs if they are not able to meet the expected role in their life and are facing inequalities in their profession. **Objective:** To assess the role strain among male nursing students. **Materials and Methods:** A descriptive design was used in the study. A total of 153 undergraduate male nursing students were selected as samples from two private colleges of nursing in Mangalore. The subjects were selected through purposive sampling technique. The data was collected by using demographic proforma and structured questionnaire to assess the role strain among male nursing students. Written permission was obtained from the relevant authorities and the participants before the study. The data were analyzed by using descriptive and inferential statistics with the help of SPSS. **Results and Conclusion:** The findings of the study revealed that majority (60.13%) of male nursing students have mild role strain and 39.86% have moderate role strain. Hence the outcome of the study is not up to the expectation since there is no significant association between the level of role strain and the selected demographic variables.

Keywords: Male nursing students, role strain, social interactions, motivation

INTRODUCTION

In all societies, the process of social interaction that will be carried out is established through structured stable patterns. Status is a social structure that methodized is social interaction. status is the position that determines how she or he is treated or defined [1].

Society has stereotyped males to be systematizing and females to be empathizing. Hence, male nursing students, when confronted with caring role of nursing may tend to question whether they are masculine. Temperament matches such a role, and they might find themselves in a dilemma [2].

Role strain is any constraint experienced by an individual causing an inability to cope to meet the demands of contradictory roles. Role strain arises from the stereotype that male students perceive society projecting onto them. Caring is considered one of the essences of nursing, yet there is no clear operational definition. Giving can be a trait (compassion) or a group of behaviors (taking care of another). Male nurses may not be able to express themselves as the sex norms limit their expression. An online survey of 498 men was conducted to find the relation between society's view and the obstacles faced by men who want to pursue nursing as a career. It had negative stereotypes (73%), nursing being viewed as a profession for females (59%) and perception of other professions as more male appropriate (53%). The study also found that before commencing on a career in nursing, the respondents

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viewed the profession was traditionally dominated by females (85%) and was not the most suitable profession for the males to enter [3].

NEED FOR THE STUDY

Role strain is the stress that occurs if persons are not able to meet the expected role in their life and are facing inequalities in their profession. Certain professions are considered to be for males and others for females and from the beginning females are dominating in the nursing profession. Role strain can occur when men face certain difficulty in coping with certain roles. Women dominated the field of nursing since the beginning. Male nurses are excluded from certain kind of jobs and from different training and to hold certain positions. Male nursing students are less likely to get disciplinary action compared with female nurses. They are excluded from doing certain type of work that can be done to the female patients. Although the motivation for male and female entering the nursing field is somewhat similar but the concept of being a nurse is dominant toward females and this causes a drop in the number of men enrolling for the nursing course. Role strain occurs when they find difficulty in doing their responsibilities or multiple roles at a time leaving them to a feeling of discomfort. A study conducted in an American school includes the participation of 498 respondents of male nursing students [4].

By doing this study the reason for role strain faced by the male nurses in the hospital can be identified. It assesses the different types of role strain faced by male students in nursing. In clinical settings various procedures are performed by female nursing students and others by the male nursing students. Certain discriminations are faced by the male nursing students when it comes into practice. The goal is to find out the various roles strain faced by male nursing students in the hospital. While doing this study, it was found that certain barriers exist in male students in learning environment which is female oriented and helps in identifying the problems faced by male nurses and in finding a solution for that particular problem [5].

Male prevalence in nursing has increased nowadays. Males are taking up most of the career even in nursing which are female dominated. It also helps in identifying the capacity and ability to do certain type of work of the nurses of the male gender in the nursing profession. Especially when caring for female patients, male nurses experience role strain. Male nurses in their learning environment should be educated regarding the role strain and the barriers faced by them during this career. It helps an increasing number of nurses in this profession. For a long time, lack of passion and keenness played a major role in not selecting a nursing career. The investigator is interested to know the role strain faced by the male nursing students. The investigator finds it useful to solve the role strain among male students in nursing. Thus, the investigator selected the study considering appropriate for understanding and solving the problems related to role strain faced by male nursing students [6].

OBJECTIVES

1. To assess the role strain among male nursing students.
2. To find the association between role strain and the selected demographic variables.

MATERIALS AND METHODS

Research Approach

A non-experimental descriptive research approach has been used to assess the role strain among male nursing students.

Research Design

Descriptive research design is chosen in this study to assess the role strain among male nursing students.

Variables Under Study

The research variables of this study are role strain among undergraduate male nursing students and demographic variables are the characteristics and attributes of the study subjects. The demographic

variables such as age, course, year of study, referred department to work in after graduation, and place of living [7].

Research Setting

The present study was conducted in two selected nursing colleges in Mangalore.

Sample and Sampling Technique

Sample

The study sample consisted of 153 male nursing students from Father Muller College of Nursing, Mangalore and Tejaswini College of Nursing, Mangalore.

Sampling Technique

In this study, the purposive sampling technique was used.

Data Collection Instrument

In this study, the instruments used for data collection were the following:

Tool 1: Baseline proforma

Tool 2: Structured questionnaire

Data Collection Process

Informed consent was obtained from the subjects for participation in the study. Baseline characteristics were collected by demographic proforma. Role strain was assessed by a structured questionnaire that was prepared by the investigators [8].

Data Analysis

Data was analyzed by using descriptive and inferential statistics. Descriptive statistics: Mean, median, and standard deviation were used to assess the role strain among male nursing students (Table 1). To find the association between role strain among male nursing students with selected demographic variables chi-square test was used [9, 10].

Inclusion Criteria

- Male nursing students who are pursuing nursing degree and age between 18 and 35 years.

Exclusion Criteria

- Male nursing students who are not available at the time of data collection.
- Instruments used in the study are the following:
 - *Tool 1:* Demographic proforma
 - *Tool 2:* Likert scale on role strain

RESULTS

Baseline Characteristics

The data collected shows that majority of subjects (52.9%) are in the age group between 18 and 20 years, 39.2% between age group of 21 and 23 years, 6.5% between age group of 24 and 26 years, and least (7%) between age group of 33 and 35 years. Majority of the subjects (44.4%) belonged to B.Sc. Nursing, 40.5% were in general nursing and midwifery (GN), 1.4% in post basic (PB) B.Sc. Nursing, and 7% were in M.Sc. Nursing course. The data collected shows that 38.6% of the male nursing students belonged to 1st year, 29.4% belonged to 2nd year, 20.9% belonged to 3rd year, and 11.1% belonged to

Table 1. Mean, median, mean percentage, and standard deviation of role strain among the male nursing students.

Variable	Max. score	Mean	Standard deviation	Mean percentage (%)
Role strain	75	53	9.23	70.63

4th year. The data shows that 9.20% male nursing students wanted to work in psychiatric department, 13.1% in pediatrics department, 1.3% in obstetrics department, 22.9% in emergency department, 17.6% in medical department, 24.2% in surgical department, and 11.8% in nursing administration department. Result shows that 55.6% male nursing students lived in hostel, 28.1% lived in their own house, and 16.3% lived in other accommodations.

DISCUSSION

The Present study intended to assess the role strain of male student nurses in selected nursing colleges in Mangalore. Descriptive research design was used in this study where pretest and post-test were done using the Likert scale. Samples were chosen using a convenience sampling method. The Likert scale was used to collect the data. Tool is divided into two parts: *Part A*: “Baseline proforma,” has five components. *Part B*: Likert scale on role strain, and this section consists of 15 items.

Interpretation

Description of Student’s Baseline Proforma

- *Age in years*: It was found that the most (52.9%) of the male nursing students were between the ages of 18 and 20 years; 39.2% were between the ages of 21 and 23 years; 6.5% of participants were between the ages of 24 and 26 years; 7% of them were between the ages of 27 and 29 years; and 7% were between 33 and 35 respectively.
- *Course*: It was identified that 44.4% of the students were from B.Sc. Nursing, making up the majority; 40.5% were GNM students, 14.4% from PB B.Sc., and 0.7% from M.Sc. Nursing. Students were males and none of them were females.
- *Year of study*: It was observed that 38.6% of the students were from 1st year, 29.4% were from 2nd year, 20.9% were from 3rd year, and 11.1% were from 4th year.
- *Preferred department to work in after graduation*: It was observed that 24.2% students wanted to work in the surgical department, 22.9% wanted to work in obstetric department, 17.6% wanted to work in medical, 13.1% wanted to work in psychiatric department, 11.8% wanted to work in emergency department, 9.2% wanted to work in nursing administration, and 1.3% wanted to work in pediatric department.
- *Place of living*: The study finding has revealed that 55.6% lived in their homes, 28.1% lived in hostel, and 16.3% lived in other accommodations.

Assessment of the Role Strain among Male Nursing Students

Based on the distribution of subjects according to the level of role strain 60.13% have mild role strain, 39.86% have moderate role strain, and 0% have severe role strain (Table 2).

Association between Role Strain among Male Nursing Students and Selected Demographic Variables

Chi-square test values computed between level of role strain and selected demographic factors among the male student nurses with variables calculated. χ^2 values higher than the value in the table at level of 0.05 are considered as significant while χ^2 values less than the table value are considered as non-significant. Hence the research hypothesis is accepted for the factors such as age, course, year of study, preferred department to work in after graduation. The research hypothesis is rejected, and null hypothesis is accepted for the variable such as place of living. There is a significant association between role strain and factors such as age, course, year of study, preferred department to work in after graduation (Table 3).

Table 2. Categorization of subjects based on their level of role strain ($N = 153$).

Score	Grading	Frequency (f)	Percentage (%)
0–25	Mild	92	60.13
26–50	Moderate	61	39.86
51–75	Severe	0	0

Table 3. Association between the role strain among male nursing students and selected variables.

Variables	Role strain median		χ^2	df	P value
	<54	>54			
1. Age (years)					
18–20	44	37	2.458	4	0.044
21–23	40	20			
24–26	03	07			
27–29	00	01			
30–32	00	00			
33–35	00	01			
2. Course					
General nursing and midwifery	33	24	4.721	3	0.367
Post Basic B.Sc.	09	12			
B.Sc. Nursing	45	30			
M.Sc. Nursing	00	00			
3. Year of study					
1st year	32	26	0.282	3	0.957
2nd year	25	20			
3rd year	20	13			
4th year	10	07			
4. Preferred department to work in after graduation					
Psychiatric	10	04	4.135	6	0.309
Pediatric	10	10			
Obstetrics	01	01			
Emergency	21	14			
Medical	19	08			
Surgical	19	17			
Nursing administration	7	12			
6. Place of living					
Hostel	44	40	12.292	2	0.017*
Home	23	22			
Other	20	04			

* $P < 0.05$ (significant).

Limitations of the Study

1. Current research was restricted to few samples and only two settings, thus the abstraction of results cannot be generalized.
2. Research samples were limited to the age category of 18 to 35 years.

CONCLUSION

The following conclusions were derived based on the findings of the study: The study revealed that according to the level of role strain 60.13% have mild role strain and 39.86% have moderate role strain. Hence the research hypothesis is accepted for the variables such as age, course, year of study, preferred department to work in after graduation, and scientific hypothesis is rejected, and null hypothesis is accepted for the variable such as place of living. There is significant association with role strain and factors like age, course, year of study, preferred department to work in after graduation.

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