

## The Conceptualization of the Term “Feeling Stressed” Among Polyvalent Nursing Students at ISPITS of Rabat-Morocco

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**Abstract :** Objectives: The present study examined how the polyvalent nursing students of the Higher Institute of Nursing Professions and Health Techniques (ISPITS-Rabat-Morocco) conceived the term “feeling stressed.” We checked whether they were referring to a specific type of sensation (emotional, mental, physical) or both or all of them when they said they were stressed at the time they felt it. Materials and methods: A quantitative cross-sectional study was conducted among students of the three years of polyvalent nursing courses. Using a 7-Likert scale, the students were asked to assess their states of stress and the emotional, mental and physical sensations they were experiencing before and after carrying out a mental arithmetic task. An ordinal logistic regression method was used to investigate the association between the states of stress and the 3 types of sensations. Results: 222 polyvalent nursing students out of 307 were included in the experience. Their increased perceived states of stress after carrying out the mental task were found to be significantly associated with emotional distress and mental fatigue and not with physical tiredness. The mental sensation (mental fatigue) was found to have more effects in predicting the likelihood of feeling stressed. In addition, the lower the intensity of emotional or mental sensation, the more likely the students were to experience stress, given that one of both sensations is held constant, whatever the intensity of the physical sensation. We conclude that the polyvalent nursing students refer to mental fatigue and emotional distress and not to physical tiredness when they say they felt stressed, the mental fatigue having more effects. The implications of the study are discussed.

**Keywords :** feeling stressed”, emotional sensation, mental sensation, physical sensation

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