



## Research Questions

Does the presence of a mentoring program reduce stress in nursing students?



## Background

- Nursing mentoring programs are beneficial to nursing students evidenced by better grades (Robinson & Niemer, 2010).
- A nursing mentorship program nursing students working with other nursing students, provided successful community health programs to vulnerable populations (Sims-Giddens, Helton, & Hope, 2010).

## Predictions

Junior nursing students that participate in the Peer Undergraduate Nursing Mentorship Program (PUNMP) will have lower stress levels.

## Method

### Participants

- Elmhurst College Junior Undergraduate Nursing Student Volunteers
  - First survey: 54 students
  - Second survey: 42 students

### Design

- Two surveys were conducted. One at the beginning of the Fall semester and the other at the end.
- The survey included:
  - Perceived Stress Scale (Cohen, 2019)
  - Likert scale stress questions related to the nursing program

## Results

- The Perceived Stress Scale, using a t-test, showed no significance of PUNMP reducing stress ( $T=1.2097, p>0.05$ ).
- Significance was found, using a t-test, for the questions regarding reduction of stress levels by participating in PUNMP ( $T=5.6221, p<0.05$ ).



## Discussion

### Summary of Findings

The Peer Undergraduate Nursing Mentorship Program (PUNMP) was beneficial to the junior nursing students in reducing stress.

### Future Research

- Increase sample size
- Initiate mentorship programs on other campuses.
- Expand mentorship program to underclassmen and new grads.
- Comments regarding the survey, suggested the need of a formalized training for the mentor to enhance mentoring skills.



## References

- Cohen, S. (2019) Perceived stress scale. *Measurement Instrument Database for the Social Sciences*. Retrieved from <http://www.midss.org/content/perceived-stress-scale-pss>
- Robinson, E., & Niemer, L. (2010). A peer mentor tutor program for academic success in nursing. *Nursing Education Research*, 31(5).
- Sims-Giddens, S., Helton, C., & Hope, K. L. (2010). Student peer mentoring in a community-based nursing clinical experience. *Nursing Education Research* 31(1): 23-27.