

A Quantitative Analysis of Factors Affecting the Mental Health And Well-Being of Nursing Students: Basis for an Enhancement Program

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ABSTRACT

This quantitative correlational study analyzed the factors influencing the mental health and well-being of nursing students in Aklan, Philippines, serving as a basis for the proposed "Project SLEEP" enhancement program. Data from 129 third-year nursing students revealed that psychological, social, socioeconomic, and lifestyle factors all have a significant impact on well-being. Significant relationships were established between gender, socio-economic status, living conditions, and specific stress domains. The study concludes that mental health is a multidimensional construct necessitating targeted institutional interventions, particularly regarding sleep hygiene, financial support, and time management.

Keywords: Mental health, nursing students, psychological well-being, stress management, Project SLEEP.

INTRODUCTION

Nursing education is recognized for its rigorous requirements, balancing academics, clinical practice, and personal responsibilities. According to Smith et al. (2025), approximately 27% of nursing students are at risk of psychological distress, while Alonso-Pons et al. (2022) noted that nursing students face higher risks of depression than the general public. Academic and clinical workload, coupled with emotional needs, are strongly associated with stress, anxiety, and depression (Zhao et al., 2024). Inadequate sleep and financial problems further exacerbate these issues (Xie et al., 2025). Despite the existence of guidance and counseling programs under the Philippine Mental Health Act (RA 11036), there remains a need for evidence-based enhancements to support student well-being.

Statement of the Problem

This study aimed to assess factors affecting the mental health of Nursing Students in Kalibo, Aklan. Specifically:

1. What was the profile of the respondents (Sex, Socio-economic Status, Living Conditions)?
2. What was the degree of factors affecting mental health/well-being (Psychological, Social, Socio-economic/Physiological, Lifestyle)?
3. Was there a significant relationship between the respondents' profile and factors affecting mental health?

Scope and Delimitations

This study focused on 129 third-year BSN students in Aklan during AY 2025–2026. It is limited to factors including academic workload, clinical exposure, financial status, and lifestyle habits. Data collection used a quantitative survey; it does not utilize qualitative interviews.

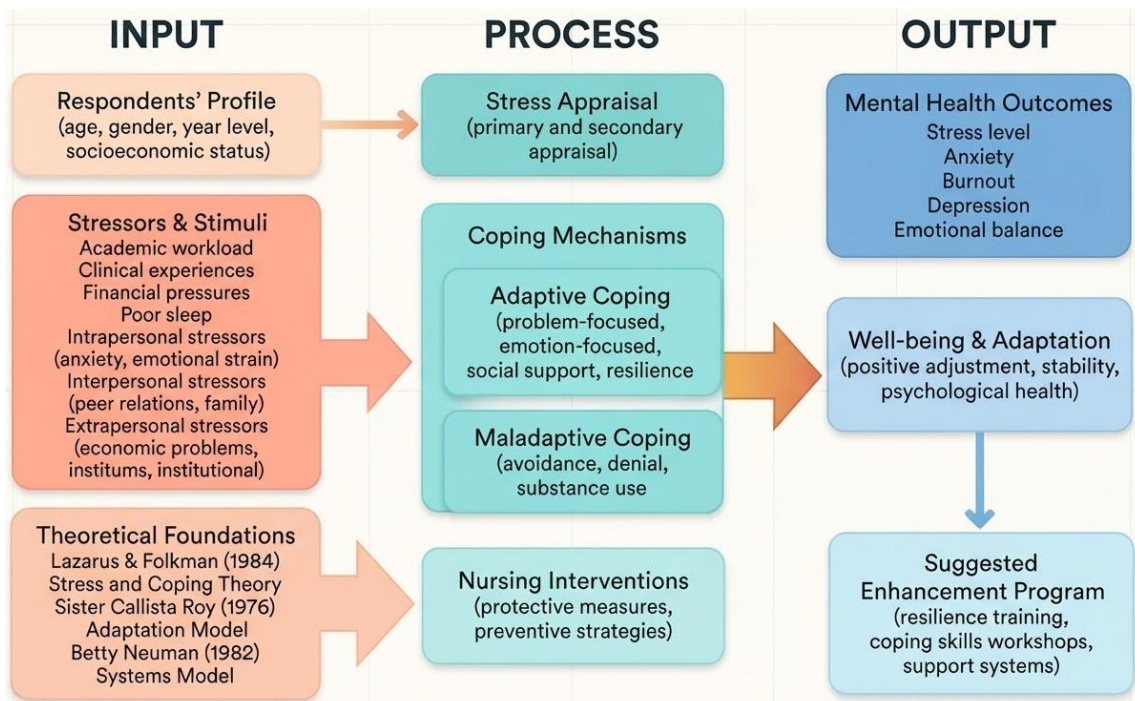
Review of Related Literatures

Nursing students encounter higher anxiety and depression levels than other disciplines (Smith et al., 2025). Post-pandemic landscapes have intensified these challenges via altered learning environments (Méndez-Pinto et al., 2024). Stressors such as clinical practice, fear of error, and compassion fatigue persist (Zhao et al., 2024; Alonso-Pons et al., 2022). Furthermore, sleep deprivation and financial stress are primary determinants of distress (Xie et al., 2025). Protective factors like resilience and social networks are essential for adaptation (Zisberg & Gur-Yaish, 2024).

Theoretical Framework

The study is grounded in Lazarus and Folkman's (1984) Stress, Coping, and Adaptation Theory (via EBSCO, 2022), Roy's Adaptation Model, and Neuman's Systems Model (Gonzalo, 2025), which frame students as adaptive systems requiring balanced coping defenses against environmental stressors.

Conceptual Framework



METHODOLOGY

This study employed a structured quantitative approach to evaluate the determinants of student well-being, focusing on the specific academic and environmental context of third-year nursing students in Aklan. The process involved formal institutional coordination, the distribution of validated survey instruments via online platforms, and the systematic application of descriptive and inferential statistical methods to ensure objective data interpretation.

Research Design

This study utilized a quantitative correlational research design to examine the relationship between student demographic profiles and mental health determinants. This method was chosen to test the null hypothesis about the significance of demographic variables for stress levels without experimental manipulation, providing a robust statistical baseline for the "Project SLEEP" intervention.

Research Steps

The process included instrument development, expert validation, a pilot study (n=13), formal data collection, and statistical analysis.

Data Collection and Sample Selection

The study involved 129 third-year BSN students selected via simple random sampling.

Data Analysis Methods

Descriptive statistics (frequency, percentage, weighted mean, SD) and inferential statistics (Pearson's r) were used to test significance at the 0.05 level.

Research Hypotheses and Validation

The instrument achieved high reliability (Cronbach's $\alpha = 0.84$) after expert validation by psychologists and faculty. It is hypothesized that there is no significant relationship between the respondents' profile and factors affecting their mental health.

Study Limitations and Ethical Considerations

The study was limited to one institution. Ethical compliance was strictly maintained through informed consent, data encryption (RA 10173), and voluntary participation protocols.

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RESULTS AND DISCUSSION

SOP 1. What was the profile of the respondents (Sex, Socio-economic Status, Living Conditions)?

The majority were female (59.7%). Respondents came from diverse economic backgrounds, with 36.4% from households earning ₱40,001 and above. The largest proportion of students lived independently (31.8%), followed by those living in boarding houses/dormitories (26.4%).

SOP 2. What was the degree of factors affecting mental health/well-being?

Respondents identified "balancing school and personal life" ($M=4.42$) and "emotional exhaustion" ($M=4.38$) as primary stressors. Peer support was the vital protective factor ($M=4.30$). "Lack of sleep" was the most severe lifestyle factor ($M = 4.22$), indicating a critical deficit. Financial difficulties ($M = 3.66$) exerted significant pressure.

SOP 3. Was there a significant relationship between the respondents' profile and factors affecting mental health?

A significant negative correlation was observed between sex and psychological factors ($r = -0.453$, $p = 0.001$). Socio-economic status correlated with psychological stress ($r = 0.301$, $p = 0.034$), and living conditions correlated with physiological stress ($r = 0.583$, $p = 0.001$). The null hypothesis was rejected.

CONCLUSIONS

Nursing students experience multidimensional stress influenced by individual and environmental factors. Sleep hygiene and financial support are critical determinants of well-being. The significant influence of sex and living conditions necessitates targeted, systemic interventions.

RECOMMENDATIONS

1. Implement "Project SLEEP": Integrate Time Management workshops and Sleep Hygiene campaigns.
2. Institutional Policy: Enforce a "No-Contact Policy" between 10 PM and 6 AM.
3. Wellness Monitoring: Use the weekly well-being log for early intervention.

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AI DECLARATION STATEMENT

AI-supported tools were utilized to assist with grammar, formatting, and manuscript structure. No AI tools were used in the collection, analysis, or interpretation of research data; all authors are credited for their original academic contributions. Additionally, AI-supported tools were used to generate the conceptual framework diagrams. The foundational concepts, variable relationships, and structural logic depicted in these illustrations were originally conceptualized and provided by the author through detailed, manual prompting.

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