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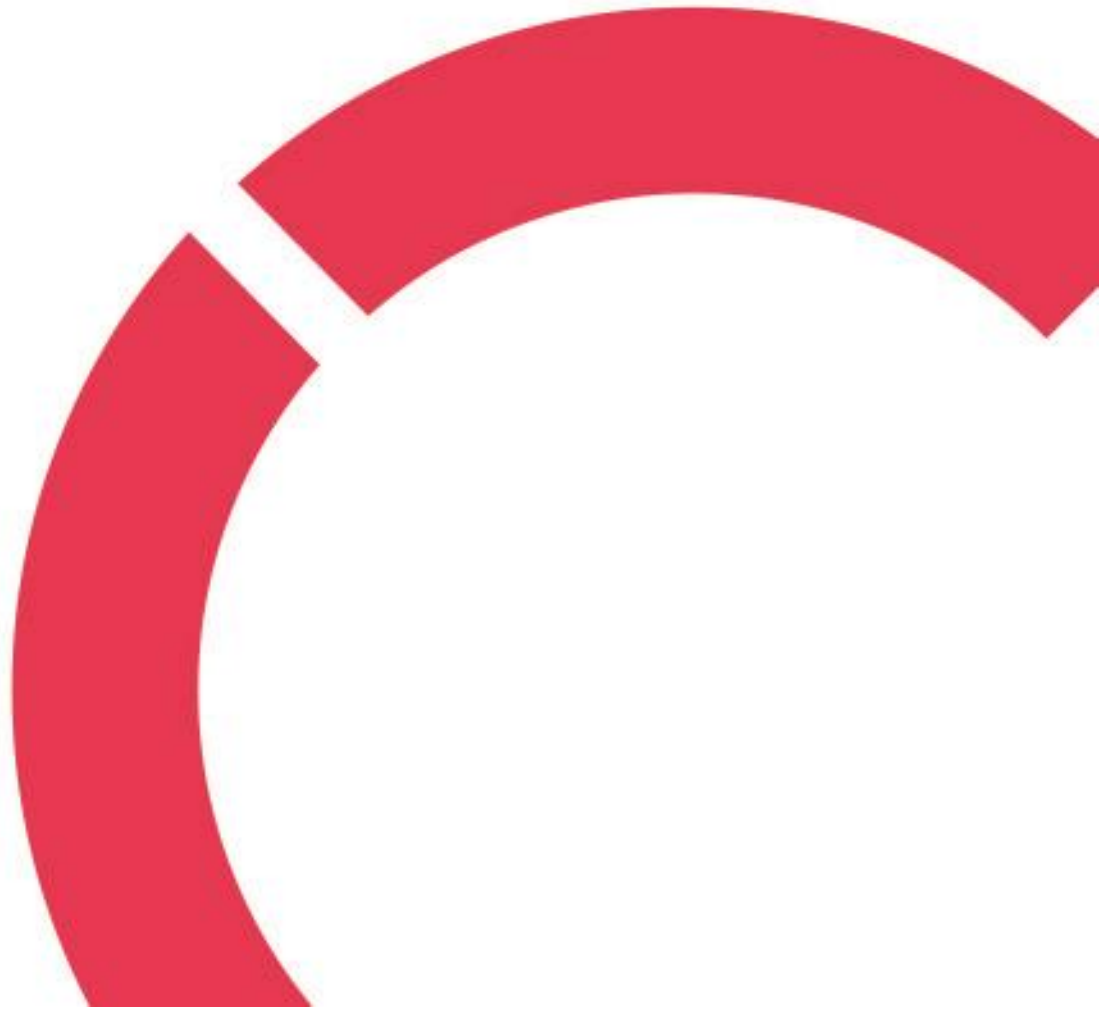
STRESS AMONG CULTURALLY AND LINGUISTICALLY DIVERSE NURSING STUDENT AT CENTRIA

Thesis

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ABSTRACT

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Name of thesis STRESS AMONG CULTURALLY AND LINGUISTICALLY DIVERSE NURSING STUDENT AT CENTRIA		
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<p>The purpose of this thesis was to describe the stress experienced by Centria’s culturally and linguistically diverse nursing student (CALD). The aim is to provide information that can be used in stress management for Centria’s CALD nursing students. In addition, it would supply information to Centria’s teachers on how to create a good learning environment among international nursing students.</p> <p>The thesis was done using a qualitative method, data were collected from CALD nursing students who are studying in English. Open- ended research questions were sent to all nursing students from first year to third year, where twelve students responded to the questionnaire. Research questions focus on factors that cause stress, symptoms occur during stress and strategy used by students to reduce stress.</p> <p>The result of this survey shows that international nursing students are facing stress during both theoretical and clinical study. Language barrier is the most common cause of stress in clinical study. Online study, enormous number of assignments and frequent changes in lecture time and classroom cause stress during theoretical studies. Students suffer from mental, psychological and lack of interest in nursing study. They use their own strategies to reduce study stress and manage methods which include getting support from teachers and counsellors as well as rest and relaxation. The result of this thesis can be used in developing the study well-being of Centria’s CALD students.</p>		
Key words CALD nursing student, communication, language, nursing education, stress phenomenon .		

CONCEPT DEFINITIONS

CALD

Culturally and linguistically diverse nursing student

WHO

World Health Organization

Centria UAS

Centria University of Applied Sciences

ABSTRACT
CONCEPT DEFINITIONS
CONTENTS

1 INTRODUCTION.....	1
2 THEORETICAL BACKGROUNG	3
2.1 Nursing Education at Centria	3
2.2 Language & Communication	4
2.3 Stress Phenomenon	5
2.4 Stress Among Culturally and Linguistically Diverse Nursing Students	6
3 PURPOSE, OBJECTIVES AND RESEARCH QUESTIONS	7
4 METHODOLOGY	8
4.1 Qualitative Research	8
4.2 Data Collection	8
4.3 Data Analysis	9
5 RESULTS	10
5.1 Background Information.....	10
5.2 Students' experiences of stress.....	13
5.2.1 Academic stress	14
5.2.2 Clinical stress.....	15
5.2.3 Social or personal stress	15
5.3 Stress Symptoms.....	16
5.3.1 Physical health problem	17
5.3.2 Mental health problem	17
5.4 Strategies to remove stress among CALD nursing Students	17
5.4.1 Rest and Relaxation	19
5.4.2 Support	19
6 ETHICAL ISSUES	20
7 DISCUSSION	21
8 CONCLUSION	22
9 PERSONAL GROWTH AND LEARNING.....	24
REFERENCES.....	25
APPENDICES	

FIGURES

FIGURE1. Total number of participants in the survey	11
FIGURE 2. Responders from different year	12
FIGURE 3. Responders from different Countries.....	13

TABLES

TABLE 1. Factors causing stress among CALD Nursing students at Centria UAS14

TABLE 2. Stress symptoms16

TABLE 3. Strategy to reduce stress18

1 INTRODUCTION

Nursing is a profession where nurse must perform their work practically and independently. Nurses are highly qualified healthcare professionals. Nurse's task is to prevent and treat patients' illnesses, alleviate suffering, and maintain patient's health. Nurse treats every patient with respect and values their human worth regardless of their stage of life. The nurse understands and respect the patient rights to make their own decision about their care. The nurse treats all patients equally considering their life circumstances and the need of care. (Finnish nurse association 2021.)

Globally nursing is viewed as a stressful field of study. The most common causes of stress among nursing students are academic, clinical, and environmental factors. Academic stress factors are having too many assignments at once, fear of failing at the education. Clinical stress occurs mostly during practical placement, for example, worrying about making mistakes during practical placement. Language barriers, poor atmosphere and feedback from tutors and patients also create stress in students from foreign backgrounds. Due to the language barrier and poor communication, CALD nursing students are given negative feedback from colleagues and patients. These factors create stress and negatively affect physical and psychological wellbeing as well as learning capacity of students. (Senturk & Dogan 2018; Shuang & Hasson 2020.)

Anxiety, irritabilities, stress and sadness are common mental health problem among nursing students. Students are experiencing nervousness, burnout, depression and feel unsafe in their study period. It is important to maintain good psychological health among nursing students. This helps to get attention in nursing education and to cope with upcoming problems in the future. (Senturk & Dogan 2018; Shuang & Hasson 2020.)

I am interested in this topic because I am a nursing student with a foreign background and have nursing education at Centria UAS in Finland. I am a third-year student and currently studying nursing in English. Centria UAS nursing degree includes theory and internship to complete the studies. As students we face a lot of stress during our studies, I want to explore more about the stress faced by culturally and linguistically diverse nursing students at Centria UAS during their study in multicultural environments and doing placement with multicultural patients. There have been previous studies about international students' stress at Centria, for instance, challenges in clinical practice but not from this point of view. It is

important to find strategies that would reduce the stress of international students and prevent physical and mental health problems. It may allow students to better focus on their studies with full commitment.

The purpose of this thesis was to describe the stress experienced by Centria's CALD nursing students. The aim is to provide information that can be used in stress management for Centria's CALD nursing students. In addition, it would provide information to Centria's teacher on how to create a good learning environment among international nursing students. This study carried out a qualitative review, focusing on stress and stress management among Centria's CALD nursing students. A qualitative research method, data collection, and data analysis were conducted to complete the study. An open-ended questionnaire was sent to the nursing students from first year to third year who are studying English at Centria UAS.

2 THEORETICAL BACKGROUND

In this chapter, key terms such as culturally and linguistically diverse nursing students, Centria University of Applied Science nursing education, stress phenomenon, culturally and linguistically diverse nursing students' stress, language, and communication are described to give the reader a clear picture of the study. Education in Finland is free of charge, from pre-primary to higher education. The Finnish education system consists of early childhood education and care, pre-primary education, basic education, upper secondary education, and higher education. Everybody has equal rights to entire in Finnish education system. People from non-European countries are entitled to pay tuition fees for higher education. (Ministry of Education and Culture 2021)

In Finland, nurses receive nursing education from a university of applied sciences. The Health Care Professional Act 559/1994 requires that nurses have a valid qualification from a UAS and be registered by the National Supervisory Authority for Health (Valvira). Annually, 2400 new students enrol in nursing education, of whom 70%–80% graduate. During the period 2015–2016, there were 1493 extra intakes, which included 80% in social and health care education in UAS. New intakes in the fields of social service, health, and sports have grown by 7% in 2011–2016 compared to the intake in 2009. (Ensio, Lammintakanen, Härkönen, & Kinnunen 2019).

2.1 Nursing Education at Centria

Centria UAS is a university which provides higher education in different fields and places. Kokkola, Ylivieska and Pietarsaari are the places where Centria offers education in several fields. Centria is also often regarded as the most flexible university in Finland, where students can acquire international university education. Centria UAS have almost 4200 students where one fifth are from outside Finland. In the year 2021, 3905 students were studying and 605 graduated. (Centria 2021.)

Students also have possibilities for exchange studies program abroad with Erasmus exchange program. Exchange study opportunities are given, where student can apply in 130 co-operative Universities around the world. It can be long or short term. As this is the part of studies, Centria and Erasmus will compensate for accommodation and travelling expenses to those who want to go on exchange program. (Centria 2021.)

Centria University of Applied Sciences in Kokkola offers nursing education with the degree program in Bachelor of Health Care. This course includes theory and practical placement with total 210 credits and 3,5 years' time to complete the degree. Teaching method includes contact teaching, online studies, and independent studies. The course also includes workshops and simulation organized on campuses. During workshop students learn various treatment methods and procedures. In simulation students practice real-life treatment situations in teams. Internship work is carried out in several health centres, such as nursing homes, hospitals, and clinics. (Centria 2021.)

Students familiarize themselves with various task that takes place in different health care sector which will be more helpful during their practical placement. Every student has their own tutor nurse during their practice period. Internship work is carried out in several health centres, such as nursing homes, hospitals, and clinics. Students get support and guide from tutor nurse as well as Centria's teachers in practice to achieve their goals. Students learn communication skills, occupational skills, interaction skills, decision making skills and diverse care taking skills during their first year of study. Nurses work independently and must have these skills to work in multi-professional team. Nurses are responsible for protecting client's health and safety. (Centria 2021.)

2.2 Language & Communication

Language and communication are very important things in human lives. They are used in everyday life. People should be able to speak, write and understand the professional language so communication can be perfect. In Finland, country has its own language and communication takes place in the country's native languages which include Finnish and Swedish. (Hopkin & Stephens 2020.)

Foreign nursing students who studied in English needs to learn the countries official language either Finnish or Swedish during their study period. Without language students are not able to communicate with patients during their practice. They do not understand the feelings and views of patients. Safe treatment of patients is difficult without language skills in practice and when working in the nursing field after graduation. Nursing students need to understand everything, for instance use of medication, laboratory test, doctor's prescription which takes place in Finnish language. After the graduation, a registered nurse is responsible to handle his or her duty independently with Finnish official language in hospitals, nursing homes and homecare. This is really challenging for international students in foreign

country. They struggle even to develop the good relationship between patients, colleagues, and supervisors. (Hopkins & Stephens 2020.)

2.3 Stress Phenomenon

According to WHO 2021, stress is a kind of change that causes a physical, emotional, or psychological burden. Our body can respond positively or negatively to stress, but it depends on how we behave and act on it. (WHO 2020). Everyone feels stress in their body; it appears if we do not sleep well or have too much workload. As the temperature of our body rises, respiration and heart rate increase; however, this can affect our health and wellbeing. (Mushtaq & Mushtaq 2021)

Stress occurs in every field, for instance, work, study, and personal relationships. Stress can be temporary or long-lasting. It depends on how you react to the situation when you get stressed. Stress occurs from various sources: study environment, busy schedule, too much workload, tiredness, lack of support, and difficulties with managing time. Stress can be recognized by evaluating its symptoms. The main symptoms of stress are feeling frustrated, anxious, worried, having trouble with memory, feeling tired and restless, and having problems making decisions. Increased heart rate, dizziness, headache, nausea, high blood pressure, and tension are also seen in people who feel stressed. Stress can also affect appetite and sexual desire. When someone reacts negatively to stress, it may also cause harmful changes in behaviours, for instance, consumption of alcohol, cigarettes, and far-from-social activities. (Finnish student health service 2023)

Resilience is considered a prevention of the negative effects of stress, which helps to build up the wellbeing of individuals. Many researchers have found that resilience has a good relationship with positive psychological wellbeing. (Shuang Li, Z. & Hasson, F. 2020) Students may benefit from learning how to deal with stress to succeed academically and socially. Maintaining the mental health of nursing students is important. (Senturk et al. 2018).

Stress can be managed in diverse ways. Various strategies can be applied to cope with stressful situations. Adequate rest, healthy meals and drinks, exercise, and time management help to manage stress. Taking care of personal relationships, getting help from friends and family, listening to music, positive thinking, and believing in yourself help you cope with stress. (Finnish student health service)

2.4 Stress Among Culturally and Linguistically Diverse Nursing Students

Culturally and linguistically diverse nursing student can be defined as a student from another country whose language and culture are different from the country, they are studying in CALD nursing students are students who come to study nursing education in a foreign country. They may experience various challenges in the integration phase because of diverse cultures, languages, teaching approaches, and systems. International students may also experience home sickness, financial problems, and low self-confidence. (Ropponen, Kamau, Koskenranta, Kuivila, Oikarainen, Isakov, Tomietto, & Mikkonen 2023; Mikkonen, Elo, Kuivila, Tuomikoski, & Kääriäinen 2016.)

Cultural background, ethnicity, values, language barriers, and new technology create difficulties for students who study in foreign countries. Cultural diversity affects the learning experience of students. Students must spend more time becoming familiar with foreign cultural ethnicities and values. CALD students experience less access to learning material and simulations organized in their own language. Students also feel discriminated against, experience insufficient support, and are guided differently in clinical practice. This kind of situation affects the student's learning capacity and causes stress. Students feel demotivated to study and lack self-confidence. Without a translator, students are unable to understand; they even do not learn anything from the courses. (Ropponen et al., 2023)

A study done in Italy shows that international students must spend more time studying than Italian students to achieve their desired result. Due to language barriers, students face poor interaction between patients, clinical teachers, staff, and other colleagues. Learning capability is also slower while they must use a second language than their mother tongue in clinical practice. (Randon, Falloppi, Costa, Bevilacqua, Brugnolli, Canzan, Kustatscher, Marognolli, Tollini, Palese, & Saiani, 2019).

3 PURPOSE, OBJECTIVES AND RESEARCH QUESTIONS

The purpose of this thesis was to describe the stress experienced by Centria's culturally and linguistically diverse nursing students. The aim is to provide information that can be used in stress management for Centria's CALD nursing students. In addition, it would provide information to Centria's teachers on how to create a good learning environment among international nursing students.

The research questions for this thesis are:

1. What factors cause stress among culturally and linguistically diverse nursing student at Centria?
2. How does the stress students experience affect them?
3. What strategies can reduce stress among culturally and linguistically diverse nursing students?

4 METHODOLOGY

This topic explains the method of conducting the research study.

4.1 Qualitative Research

Qualitative research is research that focuses on people's experiences and explores the perspectives and lives of human beings. Qualitative research is used for many purposes, and different approaches are found within the wider framework. People explore their behaviour, feelings, and experiences in their own opinion. Qualitative research is always based on the upcoming data from the participants rather than the theoretical framework of the research project. The researcher must have good knowledge of the research to collect and analyse accurate data (Holloway & Wheeler 2010).

Qualitative researchers focus on the views of people, their meanings, perceptions, and interpretations. The aim of researchers is to find out the answers to research questions through their participants. Participants give their views differently according to their experiences and perceptions. Various kinds of strategies are used to collect the data. Questionnaires, interviews, and live videos about people's opinions are the main things involved in this strategy to gather information (Holloway & Wheeler, 2010).

In this study, a qualitative method was used to get a comprehensive picture of the phenomenon under study, the stress experienced by students. To obtain the most comprehensive information, the author used open questionnaires to collect the data. The researcher's focus is on the stress and interventions to cope with the stress among CALD nursing students at Centria. This methodology is used to find the student's own experiences of stress during their nursing study at Centria (Holloway & Wheeler 2010).

4.2 Data Collection

The important factor that helps a researcher's ultimate argument about the integrity of a study is the demonstration of the reliability of data collection. The most appropriate approach to data collection must be chosen to ensure the credibility of content analysis. Credibility relates to the study topic and refers to

the level of confidence in how well the data addresses the planned focus. As a result, the researcher should put in a lot of focus to acquire the most appropriate data for content. The strategy for ensuring the credibility of the content analysis process begins with selecting the appropriate data collection strategy to respond to relevant research questions. Most studies that use content analysis obtain unstructured data using methods such as interviews, observations, diaries, written documents, or a combination of other methods. When doing inductive content analysis, it is critical that the data be as unstructured as possible. (Elo, Kääriäinen, Kanste, Pölkki, Utriainen, & Kyngäs 2014)

Data is collected from CALD nursing students at Centria who are studying only in English. Open-ended research questions have been sent to all nursing students studying in English from first year to third year. Data was collected from the experiences of students in different years: first year, second year, and the end of the study, when they are graduating and shifting to working life. Nursing students studying in Finnish are excluded; only international students studying in English are included to answer the research questions. The questionnaires were sent through Webropol, and there was a time limitation to respond to the questions (Appendix 1). The aim was to get answers to the research questions and information about the stress experiences of CALD nursing students in different years of their studies. In this way, a comprehensive picture of the stress experienced by students in nursing was obtained. (Appendix 1)

4.3 Data Analysis

The author uses the inductive content analysis method to analyse the research data. Inductive content analysis is suitable for this research because the results are formed based on the material obtained. In inductive content analysis, individual observations are collected from the material, from which one moves to a more general whole. Content analysis includes three phases: preparation, organization, and reporting of the research result. In the preparation phase of content analysis, researchers collect data from the participants in written text through a Webropol survey. After that, organization steps take place, where the author reads the text several times to identify the common themes. After completing the analysis phase, several sets of information are identified, arranged, and presented in the form of a result. Results are presented in the table in three parts, which include condensed meaning units, subcategories, and categories. (Elo, Kääriäinen, Kanste, Pölkki, Utriainen, & Kyngäs 2014)

5 RESULTS

To find out the stress faced by nursing student studying in Centria UAS, author conducted survey among the nursing student so that stress during their study could be known. Research questions were about students' background, common stress experiences by CALD nursing students, stress symptoms and stress coping strategies applied by students during their study. Students encountered stress in communication and in academic, social, and clinical environments, when they have a lot to learn and moreover many felt home sick. In the result, students also explain their strategy to cope with this stress and keep themselves focus on their goal.

5.1 Background Information

In background information, responder's origin country, gender and study year have been asked. Survey has been opened by 76 students among them 12 students have actively participated. Responders were from different countries such as, Brazil, Cameroon, Ghana, Nepal, and Nigeria. There were both male and female students who have responded the questionnaire and they were from first to fourth year nursing student at Centria UAS.

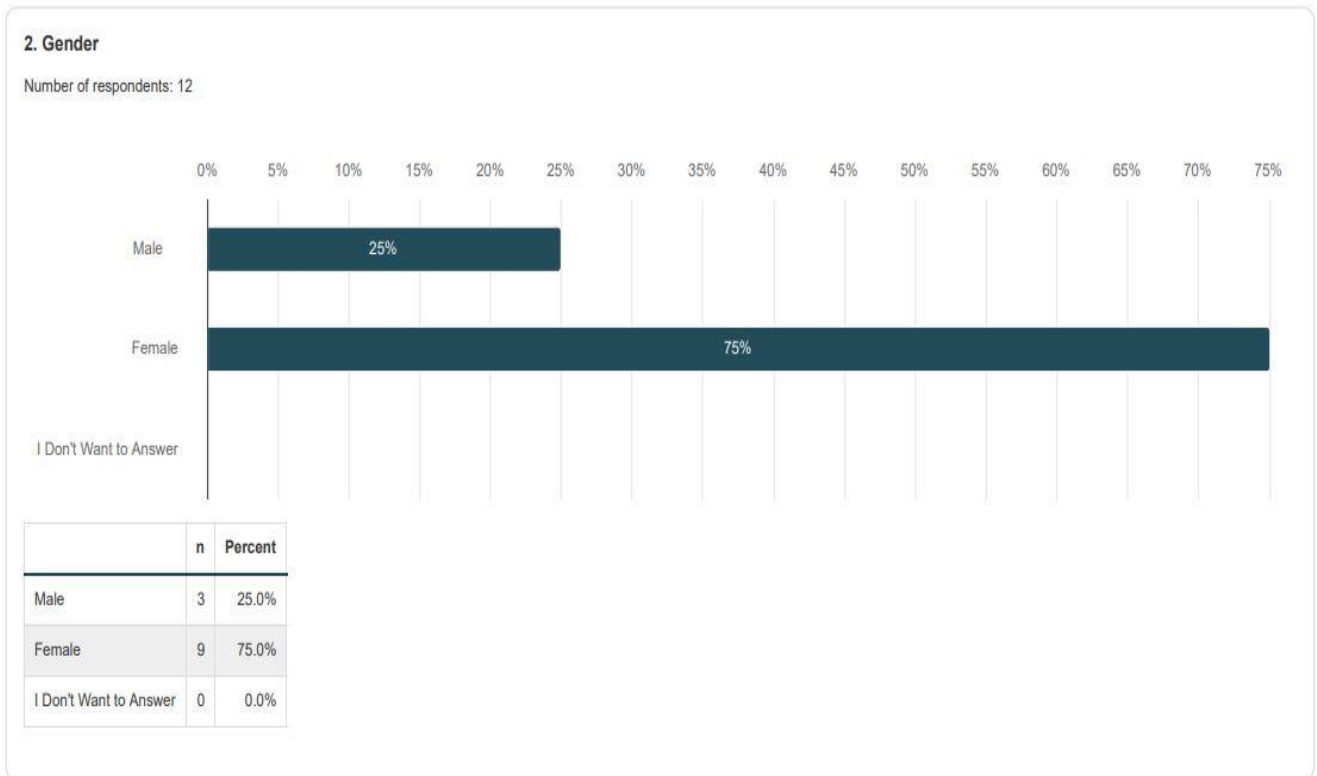


FIGURE 1. Total number of participants in the survey

The above figure shows that 12 students participated in answering survey questionnaire, where 25% were male and 75% were female. Chart shows that there were more female participants who answered the research questions.

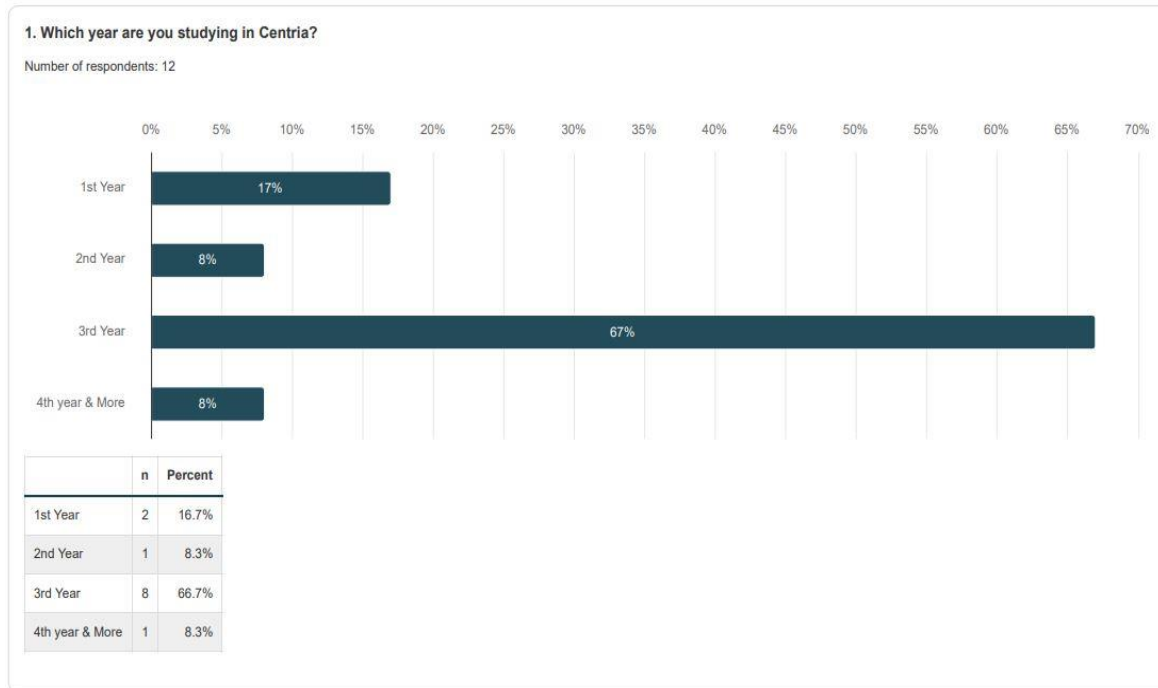


FIGURE 2. Responders from different years of study

The above figure shows, the students who responded questionnaire from different years. It shows that 17% were from first year, 8% were from second year, 67% were from third year and 8% were from fourth year and more has answer the research question.

3.Home country:

Number of respondents: 12

Nepal
Brazil
Nigeria
Ghana
Ghana
Ghana
Morocco
Ghana
Cameroo
n
Ghana
Nepal
Cameroo
n

FIGURE 3. Responders from different countries

The above figure shows that, the students who have responded questionnaire from different countries. It shows that 5 responders were from Ghana, 2 were from Nepal, 2 were from Cameroon, 1 was from Nigeria, 1 was from Morocco and 1 was from Brazil.

5.2 Students' experiences of stress

CALD nursing students experience social isolation, discrimination, cultural differences, and linguistic difficulties. Students experience inadequate support from their teacher and guiding nurse. Different teaching approaches are also creating extra difficulties for students to use their theoretical knowledge in clinical placements.

The following table shows stress factors among CALD nursing students during their nursing study. Students experience the following types of stress on their study period.

TABLE 1. Factors causing stress among CALD Nursing students at Centria UAS

Condensed meaning unit	Sub-Categories	Categories
Online study	Academic stress	Stress occurring factors
Network barrier during study time		
Frequent changes in study schedule		
Too many assignments at the same time		
Poor command of English in lecturer		
Language barrier	Clinical stress	
Too difficult to find practical places in English		
Feeling of discrimination during practice period		
Location from home to college	Personnel or Social stress	
Finance		
Lack of teacher reply to student's mail.		
Psychological and mental health problem		

5.2.1 Academic stress

Nursing students are facing academic stress during their studies. According to the survey results, students express that many factors are creating academic stress. For example, online self-study, where they need physical study and more knowledge from the lecturer, while doing self-study, students cannot ask anyone when they do not understand or want to know more about a related topic. Students also mentioned that they do not have a good internet connection. Their time takes longer while logging on to the computer, and the internet is disrupted while asking and answering some questions. Some students were

not satisfied with the English language skills of the lecturers. The student mentioned that they were not able to understand pronunciations and get the actual answer perfectly the way they could understand.

Students also claim that there is not enough course material in English where students do not understand Finnish. A lot of assignments and a short deadline are also factors that create study stress. Participants also feel that they do not have a good study schedule. Changes in study schedules from time to time make it hard for students to plan their other activities or work. Students also mentioned that they need to wait for an extended period to get a reply to their email from teachers and the head of the nursing department.

5.2.2 Clinical stress

CALD nursing students feel more stress during their clinical practice. Students learn to familiarize themselves with various tasks of nursing and treatment procedures in practice. They must learn to provide care to acute-illness patients. Fear of making mistakes, new systems and methods, and a supervising nurse beside them can create mental stress during clinical practices. Background, language, and cultural diversity make difficult for students during their practice. Responders feel that they are taught differently than other students. Discrimination from nursing staff and patients affects their motivation to study as well as their learning capability. Language skills used in placements are another challenging part for CALD nursing students. Students must communicate with patients in Finnish or Swedish. Patients could ask various questions during care, for instance, about treatment procedures, laboratory results, and any kind of help. Due to a lack of language skills, students are unable to answer the patient's questions. They have to take help from another colleague or tutor nurse.

5.2.3 Social or personal stress

Due to academic and clinical stress, students are also getting physical and psychological health problems. Participants in survey express that they have headache and a loneliness problem. They are not motivated towards nursing study. Students mentioned they have anxiety and a shaking problem. They feel tired with lot of assignments and nursing study. They refuse to attend class and try to be relieved from their stress. Students mentioned that they choose nursing with lot of excitement and looking forward to their carrier path. But they are feeling sad because they could not achieve goal as per their

expectation. Students also mentioned that they have financial stress, they pay more for their study, but they are not getting the education as the value they paid. Students feel like studying nursing is useless, sometimes they want to give up their study. Occasional migraine has been seen in some participants.

5.3 Stress Symptoms

Respondents in the survey mentioned that they have psychological health problems due to nursing studies. Psychological health problems are categorized into two different sectors: physical and mental health problems, according to their symptoms. A lot of assignments and a multicultural environment add more stress to students.

TABLE 2. Stress symptoms among CALD Nursing students at Centria UAS

Condensed Meaning Unit	Sub-categories	Categories
Tiredness	Physical Health problem	Stress Symptoms
Migraine, Headache		
Sleeping disorder		
Anxiety	Mental health problem	
Burnout		
Depression		
Loneliness, crying.		

5.3.1 Physical health problem

Students express that they got physical health problems due to nursing study. Responders have mentioned they feel tired and a sleeping problem. Headache and migraine have been seen in some responders. They were demotivated toward their study and want to give up nursing study So, that they can feel good life without any stress.

5.3.2 Mental health problem

Mental health problems like anxiety, depression and burnout have been seen in some responders. They feel loneliness and crying to be relieved from stress. Responders also express they are absent in the school because they could not focus on study. It negatively affects the student's learning capacity. From their studies, they do not get all the essential information, they need in the future as nursing professional.

5.4 Strategies to remove stress among CALD nursing Students

Students have mentioned that they use various strategies to be relieved from stress, which are arranged in three sub-categories: being positive, rest, relaxation, and support.

TABLE 3. Strategy to reduce Stress

Condensed Meaning Unit	Sub-categories	Categories
Having effective communication with tutor nurse	Being positive	Strategy to reduce stress
Open minded to new experiences		
Taking time off from study	Rest and Relaxation	
Finding some favorite activity to do		
Talking to family, prayer in keeping with their own religion	Support	
Seeking more video material Gathering with friends		

Participants in the survey explain that they try to be positive to get out of their stress. Some participants mentioned that taking everything positively, even after having some struggles during the study period, helps to decrease stress levels. They think that they can do it better after getting some knowledge about related topics. Responders mentioned that they have good relationships with teachers and nurses in practical placement. Students are open-minded about new experiences and ask for help when needed.

5.4.1 Rest and Relaxation

Rest and relaxation are especially important in everyday life. Some students mentioned that they take off some free time from study to refresh. They do their favourite activities that help to calm down and give relaxation. Swimming, going to walk, gathering with friends and watching favourite videos on YouTube help to get relief from stress.

5.4.2 Support

Students take extra help from teachers at school and tutor nurses in practical placement. They try to become familiar with the unfamiliar environment. Some have experienced that watching more video material on YouTube helps them gain extra knowledge and be free from stress. Gathering with friends also helps students minimize stress. Students share their feelings and difficulties with friends, where they get help to solve the problems that occur during the study period. Some participants express that talking with family and remembering or praying for their own religion helps to get rid of stress and gives refreshment.

6 ETHICAL ISSUES

Ethics is very important to any profession, and it sets standards, so it secures and gives the right to work confidently and independently. According to Akaranga and Makau, informed consent is considered a major ethical issue while conducting research. So, to avoid fabrication and plagiarism, researchers must be careful. They must protect the advocacy, safety, and confidentiality of participants' rights. (Akaranga & Makau 2016).

In qualitative studies, trustworthiness has become an essential idea as it lets researchers explain the virtues of qualitative phrases outside of the parameters that might be usually implemented in quantitative studies. Hence, the ideas of generalizability, inner validity, reliability, and objectivity may be reconsidered in qualitative terms. (Akaranga & Makau 2016).

While conducting this research, the author followed the ethical guidelines and instructions of Centria UAS. To collect the data from the participants at Centria, the author first applied for the permit from Centria, concluding the thesis agreement. The author had a meeting with the student union COPSA and a supervising teacher to apply for a research permit. All the participants are informed about the purpose and benefit of the research study, the principles of voluntary participation, the confidentiality of the research subject, and anonymity. Data is collected in a secure way through the Webropol survey. An open-ended questionnaire has been sent to the participants through email. The respondents' name and email do not appear while answering the research question. Questionnaires, data collection, and data analysis are done ethically within scientific criteria. (Arene 2019.)

7 DISCUSSION

According to this study, culturally diverse nursing students face many difficulties during the study period. Different education systems, assignments, group work, a lot of exams, practical placement in diverse cultures with different languages, and different behaviours from teachers to international students are the things that create stress among CALD nursing students. These kinds of stress are affecting students' health and studying negatively. Students with high levels of stress are even having psychological health problems. Anxiety and burnout are the most common psychological problems. Due to the occurrence of these kinds of problems, they are hampering their health as well as their studies. They are not motivated by their studies to graduate from nursing education. (Senturk & Dogan 2018).

In clinical practice, students have more stress because of the language barrier. In Finland, communication between nurse and patient takes place in the Finnish language, where students must communicate in Finnish with their patient as well as the tutor nurse, which causes extra stress and difficulties for foreign students. When students are new to Finland, a short Finnish course does not help in their placement. There should be more focus on Finnish language courses where students can familiarize themselves easily with the Finnish language. They do not even understand what to do or how to do it. Some tutors do not speak English. It makes it hard for students to understand and ask questions if they do not understand. In this situation, students should be supported and motivated by their supervisor, as well as by a guiding nurse before and during placements. (Ropponen et al. 2023)

Students apply various coping strategies to relieve study stress. According to the findings, participants use positive coping methods and emotion-releasing methods to reduce stress symptoms. Participants use this strategy to develop their professional competency and avoid stressful situations. It helps students be successful in academic and social life. Resilience is another way to help participants focus on their studies and avoid physical as well as psychological problems. (Shuang & Hasson 2020)

8 CONCLUSION

The result of this study showed that CALD nursing students experience stress during their theoretical and clinical studies. According to their experiences, the language barrier is the main factor that creates stress in CALD nursing students. The language used in clinical practice is Finnish, where students are unable to understand professional words and do not know how to react. Students learn basic Finnish at school, where they can ask and answer only basic things with patients, nurses, and colleagues in practice. Students mentioned that they lack some study material in English, which is important to learn and understand. They use that knowledge while going to practice and while working after graduation. It is recommended that the college organize a Finnish course with more credit and include more nursing professional words, for instance, name of a diseases. It helps students develop their professional language competency while going to practice.

Students also experience the teacher's poor English language skills during academic studies, which make difficult to receive perfect answer from lecturer. It is recommended that school authorities ensure that lecturers have a good command of English while instructing international students. According to the research results, students lack some study material in English. It is recommended to provide all study material in English. All materials are equally important in practice as well as at work after graduation. It is also recommended to organize an awareness program, an orientation program, information about needed vaccinations, and students' responsibilities during practice. This will help students develop their social skills and cope with upcoming stress in nursing education. It is also recommended to help students finish their studies on time through motivation and support.

Specially third-year students are in the graduation phase; they can move anywhere in search of a job or clinical placement. Kokkola is a small city where students cannot easily find placement as well as a job in the field they want. Some students are not graduating on time due to a lack of practical placement. In this case, the college must support students in finding a place for an internship. Teachers do not react to students' emails; students need to wait a long time and send more messages on the same topic. It is also recommended that the college authority reply to students emails so that they can schedule their time properly for studying and other activities. In some cases, students are also feeling stressed when teachers are not supporting students' studies, for example, managing online exams or time for students who must travel for 4-5 hours for one exam, and they can have their own personnel problems. It is recommended

that teachers understand the student's problem and help those in need. It helps motivate students to finish their studies on time and decrease mental stress.

9 PERSONAL GROWTH AND LEARNING

I started my thesis from the theoretical part and prepared to do a thesis survey. I used evidence-based research articles from Centria Finna and the internet, as well as books from the library, while writing the theory part of my thesis. I had meetings with my thesis supervisor time to time through Zoom and discussions through email and text message in Wihi. The supervisor gave feedback through comments and meetings, which helped me to write the thesis in proper and correct way following thesis guidelines.

I collected the data from students in a secure way through a Webropol survey. Before sending the survey to the student, I consulted with the supervisor. After checking the survey format and questions, the teacher gave some comments to make corrections. When everything was correct, the supervisor gave permission to collect data through CALD nursing students at Centria UAS. Students were informed about the data collection process and the confidentiality of the collected data. After collecting data, the author analysed it and explained it in more detail. After that, the thesis was sent to the supervisor teacher to be checked. The feedback and advice from supervisor teacher play very vital role to make this thesis more readable and easier to understand its core concept.

Writing a thesis for the first time was challenging because there was a lot of research and learning things that I have done myself. I got reference and online materials which helped to complete this thesis on time. I learned many new things and got the idea to start my thesis. I also learn how to use evidence-based articles as well as the data collection and analysis process. I got the opportunity to learn more about CALD nursing students' experiences with stress, psychological health problems, and stress management strategies. Of course, the author has faced much stress while doing a thesis and finding a suitable article for the thesis, but a supervising teacher helped to complete the thesis in an effective way.

I enjoy writing thesis in cooperation with the supervising teacher and COPSA. I would like to thank the supervising teacher and executive member of COPSA who helped me to complete this thesis.

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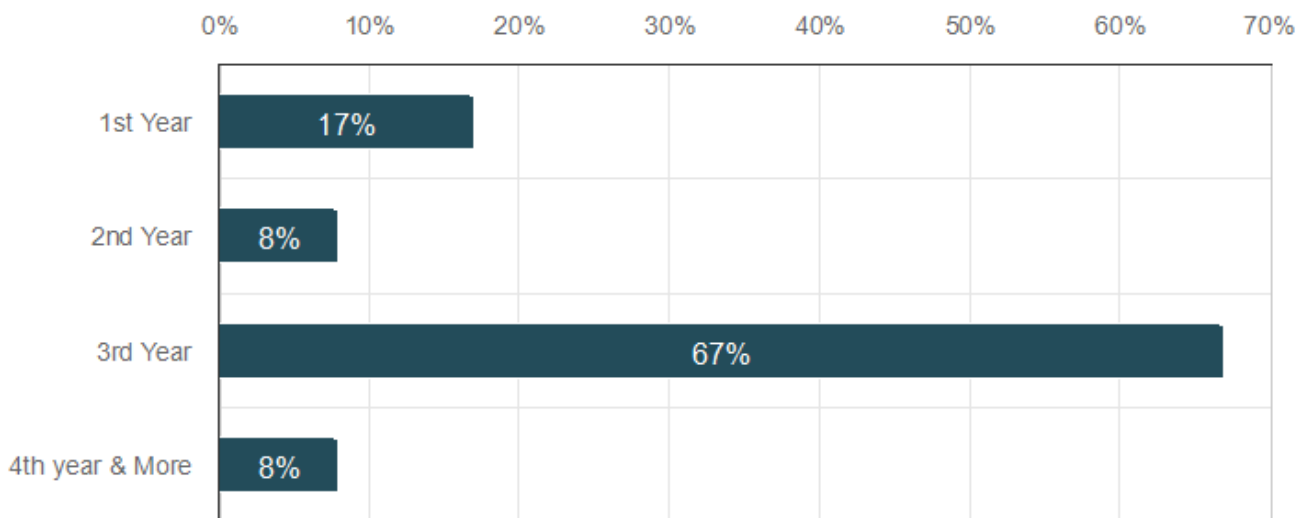
APPENDIX 1

Thesis Survey

Total number of respondents: 12

1. Which year are you studying in Centria?

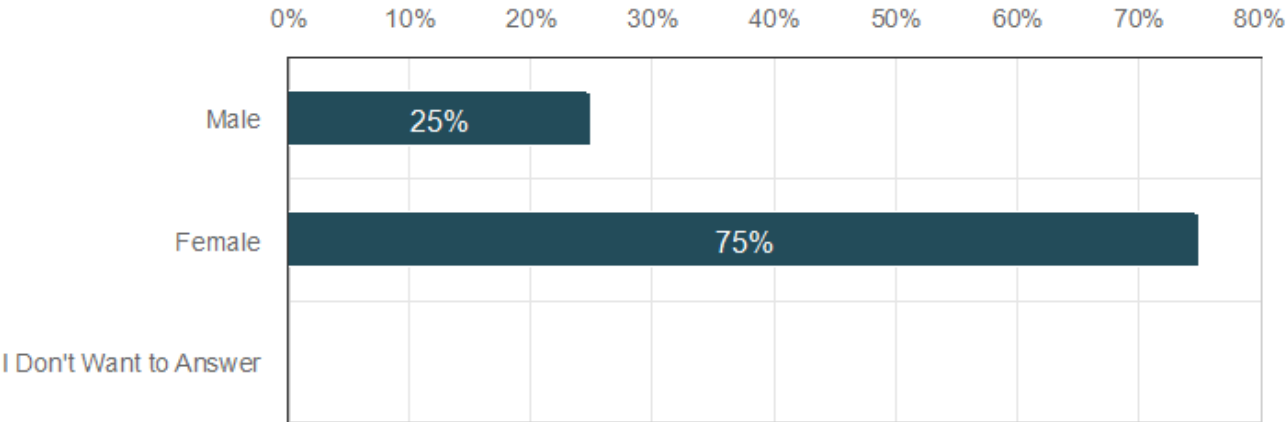
Number of respondents: 12



	n	Percent
1st Year	2	16.7%
2nd Year	1	8.3%
3rd Year	8	66.7%
4th year & More	1	8.3%

2. Gender

Number of respondents: 12



	n	Percent
Male	3	25.0%
Female	9	75.0%
I Don't Want to Answer	0	0.0%

3.Home country:

Number of respondents: 12

Nepal
Brazil
Nigeria
Ghana
Ghana
Ghana
Morocco
Ghana
Cameroon
Ghana
Nepal
Cameroon

What factors cause stress during nursing study at Centria?

Number of respondents: 11

Responses
Assignments, more self-study, practice in new environment, lack of support from college teachers, work, exams and finance, discrimination between native student and foreign student
There is not many available materials in English, teachers don't have enough language skills, and finding a practice placement that teaches in English.
The first part of the Finnish Language course taken was online and a major part of it had to be personal study. Network barrier during study time left me lagging and prevented quality question and answer time.
Having so many assignments together as well as language barrier problems with clinical practice
Having so many assignments together as well as language barrier problems with clinical practice
I am yet to experience stress maybe because i am still at the early stage. They always keep change the schedule which for me if the trend continues it will cause stress.
Lack of teacher reply Difficulty of calculation exam Some teachers are not nice
A lot of factors especially the language. Some tutors are unable to express and explain certain topics very well for students to understand
Bad planning of Timetables So many assignments
1. Lecturers poor command of the English language, this hinders effective understanding of the topic of discussion. The head of the nursing department hardly reply to his emails. Too many assignments. - they are sometimes difficult to comprehend.

Location of the school, 25km from where I live.

The allocated number of credits for Finnish language courses is pretty small for students to familiarize themselves with the language.

Language

What symptoms do you feel during your stress?

Number of respondents: 11

Responses
Anxiety, depression, sad, loneliness, sleeping disorder, tired
Anxiety, headache, shaking.
Stress was mental and psychological causing discouragement and loss of interest
Normal tiredness and occasional migraines
Normal tiredness and occasional migraines
I feel bored.
Burn out No motivation to study no more Hating nursing Isolating
Headache
tiredness feel like giving up
Tiredness Unwilling to learn or complete assignments- Refusal to attend class. Cry
Tired, anxious stressful, headache

What strategy can reduce your stress?

Number of respondents: 10

Responses
Support and help from college teachers, more materials for theory as well as practical placement, longer deadline to do assignments, good behaviour from teacher, walking outside, gathering with friends, swimming
Having good communication with my tutor nurse, reassurance, extra help, being open minded to new experiences
Seeking more video materials on YouTube
Just taking some time off to rest
Just taking some time off to rest
I just find anything interest to do.
Going out with friends Talking to family Religions
Tutors employed to teach English courses should be fluent enough to explain notes to students
We just make do with the situation, but I feel like I am not getting education worth the value of the fees I pay
Calming self-down, being positive