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# **Nursing Students' Mental Health and Well-Being**

A literature review

Thesis

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## Thesis abstract

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Well-being encompasses health, pleasure, and prosperity, where mental health, including anxiety and depression, is crucial. The COVID-19 pandemic has heightened anxieties, leading to social isolation, lack of emotional support, and information gaps. The purpose of the thesis is to describe the challenges of mental health in nursing students and how to promote mental health. The aim is to get current information about nursing students' mental health and the development of nursing students' mental health and well-being. The thesis was carried out as a descriptive literature review and 7 articles were selected as sources. This study employs inductive content analysis to organize qualitative data.

The results of the upper class consisted of Students' mental health challenges, The pandemic brought change to well-being and Mental health improvements. The study highlights the negative effects of social isolation and stress on nursing students' mental health, including increased stress, anxiety, and depression. The pandemic has exacerbated these issues, with 34.0% experiencing depression and anxiety. The study suggests maintaining psychological well-being through peer interaction, positive psychology therapies, and managing nutrition, exercise, and mental health. Mental health promotion is a complex concept that encompasses prevention, protection, and promotion of mental health. It involves a strengths-based strategy to address the determinants of mental health and promote mental well-being. This approach is inclusive and aims to eliminate health inequities by emphasizing collaboration and participation. Research shows that mental health promotion activities enhance mental well-being, reduce mental disease risk, and have positive socio-economic effects.

<sup>1</sup> Keywords: mental health, nursing students, prevention, Covid-19, well-being, promotion

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## Terms and Abbreviations

<b>WHO</b>	World Health Organization
<b>YHTS</b>	Ylioppilaiden Terveystieteiden Seura
<b>FSHS</b>	Finnish Student Health Services
<b>CINAHL</b>	Cumulated Index to Nursing and Allied Health Literature
<b>MeSH</b>	Medical Subject Headings
<b>MPD</b>	Minor psychiatric disorders

## 1 USE OF THIS TEMPLATE

Health, pleasure, and prosperity are the experiences that make up well-being. It entails having a positive outlook on life, feeling content with it, finding meaning or purpose in it, and being able to handle stress (Davis, 2019). In a broader sense, being well simply means feeling well. According to WHO (2022) in 2019, 1 in every 8 individuals, or 970 million people worldwide, suffered from a mental condition, with anxiety and depression being the most frequent. Because of the COVID-19 epidemic, the number of individuals suffering from anxiety and depression increased considerably in 2020. Initial estimates reveal that anxiety and severe depressive disorders have increased by 26% and 28%, respectively, in just one year. While there are excellent preventative and treatment alternatives, most persons with mental problems do not have access to them. Many people face stigma, discrimination, and infringement of their human rights (op. cit.).

According to Priano et al. (2018, p.66-76) emotional, psychological, and social well-being are all parts of what is meant by mental health, which has many different definitions. It influences thoughts, emotions, and behaviors. It can be characterized as the lack of mental diseases and psychological well-being. They discovered that practicing nurses have higher rates of depression, compassion fatigue, and burnout, as well as less healthy lifestyle behaviors and work-life balance than the general population (op. cit., p.66-76). It has been discovered that nurses, even students, exhibit stigmatizing views toward those who suffer from mental illness (Foster et al., 2021, p.84). Importantly, when individuals exhibit favorable views about those who suffer from mental illness, customer experiences and healthcare outcomes are improved (op cit., p.84).

School is a social and intellectual experience for students (Fruehwirth et al.,2021). Students have voiced a spectrum of feelings ever since the Covid-19 epidemic started in March 2020. Some have spoken of their dread and worry due to social isolation; others have spoken of their lack of emotional support, their concern over the quick transition to online study, and their stress related to going back home (op. cit.). For nursing students, the COVID-19 pandemic brought about many more anxieties. These included worries

about contracting the disease or spreading it to their families, a lack of personal protective equipment, and information gaps that would affect their performance in clinical environments (Donovan et al., 2022, p.32). Due to the nature of their employment and education, research suggests that nursing students are more vulnerable to depression (op. cit., p.32).

The purpose of this thesis is to describe the challenges of mental health of nursing students and how to promote mental health. The thesis aims to get current information about nursing students' mental health and the development of nursing students' mental health well-being.

## 2 WELL-BEING AND MENTAL HEALTH

### 2.1 Well-being definitions

There are many different definitions of well-being (Davis, 2019). The purposes of this study and as explained wellbeing is a holistic term that includes both physical and mental health. Every person strives to be content, have a healthy life, and maintain positive social connections. Experiencing good overall health, emotional satisfaction, and general well-being. Both our positive and negative thoughts often have a direct influence on how we feel. The foundations from which well-being is constructed include our ideas and emotions, behaviours, and how we see the world. While feeling cut off, such as after quitting a job, splitting up with a spouse, or disliking something, can have detrimental effects on occupational wellness, if we are linked through a pleasant and fulfilling connection, we are more productive in society (op. cit.).

Emotional well-being is defined as a balance between good and negative emotions that corresponds to our experience and sense of contentment with the outside environment (Tchekmedyian and Heber, 2006). The person's capacity to manage their emotions and handle stress. eliminating negative feelings and substituting love for oneself and others with good emotions (op. cit.). It involves a person's understanding of and aptitude for employing methods and tools for calming the mind and maintaining composure under pressure (Davis, 2019).

Physical well-being is the capacity for a person to become more physically fit and healthy by engaging in a variety of beneficial behaviours, such as regular exercise and a balanced diet (Davis, 2019). Physical well-being is the capacity to engage in social activities and accomplish physical duties without being hindered by physical challenges, physical discomfort, or other aspects of a physiological lifestyle (Capio et al., 2014).

Social wellness describes a person's capacity to participate in society, work cooperatively, and preserve positive connections with others. Everyone feels as though they are



a part of it and contribute to it. Therefore, social welfare may be defined as having excellent collaboration and keeping good connectedness and interpersonal relations. Like this, occupational well-being refers to our capacity to pursue a route toward realizing our purpose in our professional lives (Davis, 2019).

## 2.2 Mental health

World Health Organization, (WHO, 2022) has described that Mental health is a state of mental well-being that allows people to cope with life's stresses, realize their abilities, learn, and work effectively, and contribute to their community. Mental health conditions include mental disorders and psychosocial disabilities, as well as other mental states associated with considerable suffering, difficulty in functioning, or risk of self-harm. People with mental health disorders are more likely to have poorer levels of mental well-being, however, this is not always the case. Mental wellness is more than the absence of mental diseases. It exists on a complex continuum that is experienced differently by everyone, with variable degrees of difficulty and discomfort and possibly very different social and clinical results. At some phases of life, mental health can be a burden, and transient mental illness in a stressful life scenario is common. When a person's mental health is compromised, it is critical that the condition be identified, and proper treatment is offered (op. cit.).

While COVID-19 played a part in the increase of mental health issues there are many factors such as genetics, homelessness/unemployment, alcohol and other drug use, discrimination and racial injustice, family conflict or family disorganization, and stressful life events (Government of Western Australia Mental Health Commission, l.a). Because of the COVID-19 epidemic, many of us are remaining at home and participating in less social contact and physical activities. This might be harmful to your physical and emotional health (op.cit.). According to the Finnish Student Health Service (FSHS, 2021), demand for mental health treatment among university students, this fall has been greater than overall yearly levels in the past. They evaluated that in September, around 3,300 students were assessed for the need for mental health treatment, and the figure was nearly the same in October (Op. cit.).

According to the Finnish Student Health Survey, mental health issues develop and remain during studies; around one-third of students suffer from mental health issues while studying. Students confront challenges such as fatigue from study, little livelihood, and uncertainty about the future. Students' mental health and well-being issues have become more prevalent. According to the National Finnish Student Health Survey, diagnoses of depression and anxiety disorders among university students have quadrupled since 2000 (op.cit.). Mental health and coping issues are also the most common causes of a lack of study abilities in young adults (Kunttu et al., 2016).

### **2.3 Well-being in students during studies**

According to the National Library of Medicine from a nursing perspective, this topic is both interesting and relevant. The biggest source of stress among nursing students is an academic burden, particularly clinical practice, followed by financial and family difficulties (op. cit.). Furthermore, professional nursing training comprises a diverse range of learning approaches that combine clinical practice with the application of gained abilities (Sodeify et al., 2020). In the study field, the main stress factors are the academic environment, exams, activities, and projects, and, more specifically, meeting deadlines and the number of exams required (Reverte-Villarroya et al., 2021). Additionally, students' concern about their performance in their exams, the large number of students in the classrooms, boring lectures, and feeling doubted by lecturers were all identified as sources of stress (op. cit., p.13).

Born between 1995 and 2010, Generation Z makes up most conventional nursing students (Parker & Igielnik, 2020), that provides a lens through which to examine their cultural norms. Generation Zers have a propensity to embrace racial and cultural diversity, are likely parents with college degrees, and are digital natives (op. cit.). Another factor to consider is the generation's increase in anxiety and depression, which rose from 8% in 2007 to 13% in 2017 (Pew Research Center, 2019). Fitzgerald and Konrad (2021, p.110) discovered that as students adapted to online learning from home, tension and anxiety followed. The necessity for study time, reliable internet connections for lectures and tests,

and emotional support to complete course requirements presented obstacles for traditional students in situational adaptations in both activities and relationships. Statistics indicate that college students reported feeling anxious and stressed out in 84% of cases (op. cit., p.110).

## 2.4 Mental illness

In the context of mental illness, stigma occurs when someone is marked or discredited in some way, or when they are reduced from being a whole person to being a stereotype or labeled as a collection of symptoms or a diagnosis. A stigma comes when someone with a mental illness is characterized as 'dangerous,' 'crazy,' or 'incompetent,' rather than healthy (WHO, 2022). A mental health condition is the result of a combination of variables. Often, a stressor is the ultimate trigger that causes a condition, for which other elements have already built the framework. Normal reactions in ordinary life, such as a normal mourning reaction in a loss circumstance, are not considered mental health disorders. Reactions to natural challenges in life should not be seen as an illness. A major conflict, such as in convictions or beliefs, between the individual and other individuals is also not a ground for diagnosing a mental condition. Positive mental health is an advantage that allows one to live a more meaningful and joyful life. It assists in developing and maintaining connections and functioning as productive, creative members of communities (op. cit.).

According to the American Psychiatric Association (2020), depression (major depressive disorder) is a widespread and significant medical ailment that harms how you feel, think, and act. Depression creates feelings of melancholy and/or a loss of interest in previously appreciated activities. It can cause several mental and physical problems and a reduction in your capacity to operate at work and at home (op. cit.). Burnout is not a disease, but it is linked to an increased risk of developing illnesses such as depression, sleep problems, drug addiction disorders, and stress-related somatic issues (Uusitalo-Arola, et al.,2022). Work weariness has also been linked to an increase in the likelihood of accidents and disability. Long-term straining to attain goals without structures causes widespread tiredness. Fatigue is no longer relieved by typical rest during leisure time and is unrelated to individual load maxima at work or study. Academic burnout is a negative emotional, physical, and

mental reaction to a continuous study that causes tiredness, frustration, loss of desire, and decreased academic aptitude (op. cit.).

Burnout symptoms include exhaustion, insomnia, lack of motivation, frustration, lack of inspiration, loss of confidence, difficulty meeting deadlines, increased body pain, increased illness frequency, bad habits, inability to concentrate, boredom, anxiety, depression, life changes, and underlying mental health disorders (UoPeople, I.a.). Physical activity, behavioral activation, mindfulness, psychotherapy, and medication can help those struggling with burnout. Addressing these symptoms can help individuals overcome burnout and maintain motivation (op. cit.).

Questions about the definition of mental health in different cultures and environments and the factors linked to it are central to mental health promotion (Kylmä et al.,2009, p.9). Mental health can be defined as a concept that encompasses both positive mental health and mental health problems. It is important to identify the possibilities and means of promoting mental health in a cultural context to ensure a better understanding of the concept. Mental health promotion can be described in various ways, but there is currently no agreement on its exact meaning. One definition suggests that mental health promotion involves actively fostering good mental health by strengthening the factors that promote it, while also reducing factors that may harm or impair mental health in individuals or communities (op. cit., p.10). Positive mental health is having a positive sense of well-being and possessing individual resources such as self-esteem, optimism, life management skills, a sense of wholeness, the ability to form and maintain fulfilling relationships, and the ability to withstand adversity in life. Positive mental health creates joy and hope in everyday life and helps to cope with challenging situations. It is an emotional experience that makes you feel good (op. cit., p.11).

### **3 AIM AND PURPOSE OF THE THESIS**

The purpose of this thesis is to describe the challenges of mental health in nursing students and how to promote mental health.

The thesis aims to get current information about nursing students' mental health and the development of nursing students' mental health well-being.

The research question is: How do students describe their well-being and mental health during nursing studies?

## 4 METHODS

### 4.1 Descriptive literature review

The thesis was carried out as a descriptive literature review. According to Cronin et al. (2008, p.38-43), a literature review is an objective, thorough summary and critical analysis of the relevant available research and non-research literature on the topic being studied. Its goal is to bring the reader up to date with current literature on a topic and form the basis for another goal. A good literature review gathers information about a particular subject from many sources. The body of literature is made up of relevant studies and knowledge that address the subject area. It is typically selective in the material it uses. This type of review is useful in gathering a volume of literature on a specific subject area and summarizing and synthesizing it. Its primary purpose is to provide the reader with a comprehensive background for understanding current knowledge and highlighting the significance of new research. Undertaking a literature review includes identification of a topic of interest, searching and retrieving the appropriate literature, analyzing and synthesizing the findings, and writing a report (op. cit.).

As with any other research, specific procedures must be followed, and actions must be taken to guarantee that the review is exact, precise, and reliable (Snyder, 2009). Only then can a literature review be considered a valid research methodology. Like any research, the quality of an academic review is determined by the methodology, the findings, and the reporting (op. cit.).

After choosing the academic research papers, the papers are studied, and once studied, relative topics are taken and categorized (Ridley, 2012, pp. 1-2). Such research investigations and literary works that portray both the contemporary situation and some earlier studies are pertinent to the current setting. For the assessment and analysis, have been chosen a specified period from which to compile those papers. In this investigation, a qualitative study will be carried out. The literature review is a crucial method and component of research and is composed mostly of two sections. The first is the completed and ready

product of the researcher's review as a final version of the thesis work, and the second is the activity or process of examining the articles and materials. Numerous references that deal with the topic are needed for a literature study. As a result, this process influences the direction of the research and serves as a platform for inquiry and discovery. There are numerous processes involved in the literature review, such as deciding the study's aim, which refers to the sort of research to be conducted and to what extent, and then examining what will be included and omitted from the study. Another step is to determine why the research is being conducted (op. cit.).

Literature review includes methods for evaluating data, the duration of data collection, ethical considerations, the reason for the study, and many other specific actions (Hart, 2005, p. 49). Because of the nature of the study, which is qualitative research, this thesis will concentrate on people's experiences and daily lives as well as information found in academic journals (op. cit.).

The fundamentals of qualitative research are the narrative of human experience, including changes and conflicts, and its interpretive approach in the context of the current reality of contemporary society (Holloway & Wheeler, 2010.). In this kind of research, the background must be carefully chosen and understood in detail. Depending on the circumstances, the situation or setting of the people and their character and conduct must be realistic and natural. Researchers employ a vast lot of data and information, which they then analyze, describe, and interpret. As a result, the investigated person and the researcher have an equal standing as members of humanity. Researchers in the research are self-reflective (op. cit.).

## **4.2 Data collection and implementation**

The collected findings are based on scientific journals/publications. The used sources can be found in CINAHL, PubMed, and SeAMK Library (FINNA). The conclusion for using these mentioned methods and sources is because of trustful writers and reliable professional sources.

The websites are reliable because they are written by field professionals and the contents are based on research. Examples: WHO, and MIELI. Healthcare is something that causes extreme pressure and burnout, if we can target the issues and find a solution it will lead to the improvement of students' motivation and health. The databases used in the research will be a variety of sources. New and old sources will be compared and considered during our research.

Search engines included SeAmk Finna, CINAHL, PubMed, Internet research, MeSH, and Hoidokki. Students, mental health, nursing students, nurses, motivation, burnout, COVID-19, anxiety, and prevention are the keywords. The articles utilized could be accessed in full text in thirteen years or less. Within these limitations, the most recent information was found on the subject. The outreach is intended for nursing students, who represent the target demographic.

Seven academic journals were selected. The result of the findings totals more than 1,000 articles. The articles must be filtered from the oldest to the newest between 2010 and 2023. The heading of the articles and content must suit and answer the thesis questions. Over 800 articles were rejected because of the content, and they are not full texts. As shown in Figure 1, the data-gathering procedure was carried out in phases.



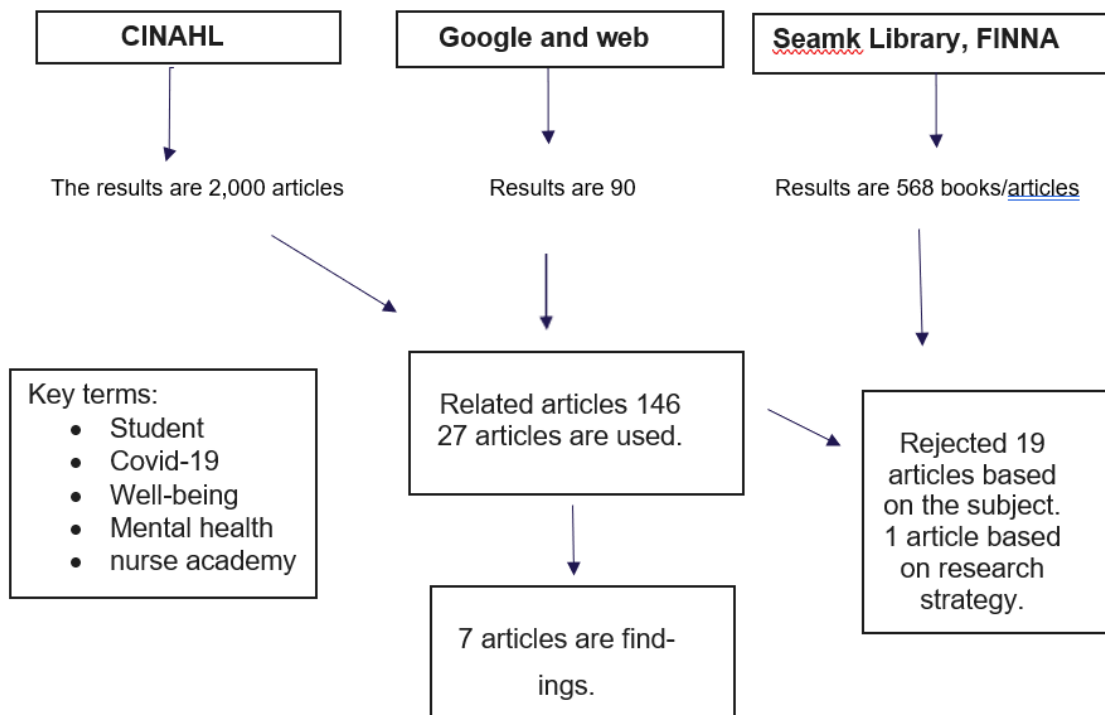


Figure 1. Data collection methods

Since many of the articles required membership or login information to access, the article search process was time-consuming. The selected articles were available in full text and had undergone critical analysis. They were published in English and were chosen because they offered the context information and the foundation for answering research topics. The articles that were only published thirteen years ago have been taken into consideration.

Inclusion criteria	Exclusion criteria
Articles in English	Articles older than 13 years
Article from the past 13 years	Not related to the topic
Scientific articles	In other languages
Full-text articles	No full-text articles

Table 1. Inclusion and Exclusion criteria of articles

### 4.3 Data analysis

The purpose of content analysis is to organize, glean meaning from, and then synthesize the information gathered (Bengtsson, 2016, pp. 8–14). The researcher must decide whether to focus on thorough analysis or broad information presentation. In content analysis, locating a significant unresolved issue and then succinctly conveying it are quite crucial. The research methodology reduces the volume of text acquired, establishes, and groups categories, and strives to understand it. It is simpler to comprehend the analysis's key point because of this grouping. To attain authenticity, the researcher aims to "remain faithful" to the text in every manner. succinct data that was categorized. The material and information can be extensively analyzed and evaluated or broken down into smaller components at the discretion of the researcher. The researcher's goal and the research question he develops from the problem must lead him throughout this procedure (op. cit.).

Content analysis is a research tool used to determine the presence of certain words, themes, or concepts within some given qualitative data (i.e., text). Using content analysis, researchers can quantify and analyse the presence, meanings, and relationships of certain words, themes, or concepts (Columbia University, 2019). This topic was chosen to bring attention to student's mental health and well-being. To identify the problems that student's problems when studying and to find out the potential common causes. The thesis aims to

get new information about nursing students' mental health well-being and to potentially improve the development of nursing students' mental health services (op. cit.). According to Elo & Kyngäs (2008, p.108) the method of study, content analysis is a methodical and impartial way to describe and measure occurrences. Content analysis tests theoretical issues and enhances data understanding by dividing words into fewer categories, assuming shared meaning. This study utilizes inductive content analysis and organizes qualitative data using open coding, categories, and abstraction (op. cit., p.109). The purpose of inductive content analysis is to derive concepts, categories, and themes from data (Kyngäs et al., 2020, p.14).

The aim and purpose of this study were supported by seven articles, which have been summarized in table 2. The table includes information such as the writer, title, methods or materials, results, and summaries (appendices). The articles were categorized into lower and upper classes based on this information. From the seven articles phrases are picked out and must answer the research question. Many phrases have been gathered into a list. From this list, they are classified according to their meaning and then grouped into lower classes with phrases of the same meaning. Some phrases don't belong and the same meaning is left out. The lower classes are then classified into three different categories, which are named according to their content. These three categories make up the upper class and are described in Table 2. The research has three headings that answer the research aim, purpose, and question.

## 5 FINDINGS

Nursing students' well-being and mental health is made up of mental health challenges, the changes the pandemic brought to well-being and mental health improvements (table 2.)

Upper class	Lower class
Students' mental health challenges	Depression and anxiety are prevalent mental health issues, with MPD causing numerous health issues, with student nurses experiencing more mental health issues than other nurses.
	Symptoms of stress can be physical.
	Symptoms of stress can be physiological.
	Depression causes issues during studies.
	Depression causes issues in personal life. Poor mental health has negative social and economic effects
The pandemic brought change to well-being	The pandemic has led to a rise in poor health,  Distance learning has become a significant source of stress due to increased academic workloads and heavy workloads.
Mental health improvements	Exercise improves stress.  Faith can help reduce stress levels.  Exercise promotes health.  Active Students have better mental health.  Humor can help reduce stress levels.  Proper nutrition contributes to improvement in mental health.  Communication helps keep up social well-being

Table 2. Students' well-being and mental health during nursing studies

## 5.1 Students' mental health challenges

For nursing students to maintain their psychological health and develop coping skills for the stress they face, interaction with other students is crucial. Stress symptoms such as headaches, chest discomfort, sleeplessness, and anxiety can be physical or psychological (7). To avoid the emergence of mental diseases, it is essential to promote well-being and good mental health. Poor mental health has adverse social and economic effects (4). Nursing students, in comparison to nurses, experience greater stress during clinical practice and are also subject to competition in academic study. A third of nursing students, 34.0%, experience mild to severe depression symptoms. Sixty-seven percent of students who are depressed also struggle with anxiety. Low academic achievement, inferior quality of life, and suicidal thoughts can be caused by depression and anxiety (5).

Minor mental diseases (MPD), burnout syndrome, sadness, and adjustments in eating and sleeping habits. Some symptoms of MPD include physical issues, fatigue, depression, concern, anger, forgetfulness, insomnia, and tiredness (6). The word "neurasthenia" is used to indicate emotional suffering. These symptoms, in contrast to persistent mental diseases, cause removal and therapy. This could cause functional impairment, limiting one's ability to work, study, and create emotional income. Emotional, behavioral, and physiological changes start to occur when the presence of the stressor stimuli induces significant organic abnormalities. MPD affected 29,1% of females and 9,5% of males. Lack of physical activity among students increased (6).

## 5.2 The pandemic and change brought to well-being

Student nurses are under mental and psychological distress that increases stress, anxiety, and even melancholy (5). Ineffective teaching methods, inadequate remote learning techniques, a lack of learning materials, and external distractions were the primary causes of distance learning during the pandemic. Stress includes problem-solving techniques, self-assurance strategies, planning and setting goals, and looking for enough social support. It was determined that 57.9% of the pupils had dysfunctional anxiety levels (3). Alcohol and drug abuse as a coping strategy can harm a person's health and should be avoided. The

pandemic caused an increase in poor health. Distance learning during the pandemic can lead to increased stress. Distance learning during the pandemic can lead to increased heavy academic workloads (3).

### **5.3 Mental health improvements**

A few benefits of having strong mental health include a healthier lifestyle, improved physical health, speedier recovery from illness, fewer restrictions in everyday life, and higher educational performance. Three essential lifestyle elements that nursing students should manage to preserve their health and well-being are nutrition, exercise, and mental health (7). Although it might be challenging for students to maintain a nutritiously balanced diet, it is nevertheless crucial. The advantages of physical activity for the body and mind as well as the negative effects of inactivity on health should be understood by nursing students (3). It is advised that nursing students communicate with their peers to maintain their psychological well-being and develop coping strategies for the stresses they face. These peers can provide social support. Students who utilize spiritual ('trusting in God) and not scientific (social networking) sources of support report less stress and improved health and well-being.

Sports like ultimate Frisbee, rounders, and dodgeball are selected because they are inclusive of people of all abilities and are sociable. The research shows how exercise can relieve stress, anxiety, and depression by promoting molecular changes in the body that lower inflammation (1). Active students have better mental health (5). Pre-pandemic research demonstrated the value of humor in assisting people in overcoming adversity and avoiding negative outcomes associated with stressful conditions (3). Humor could be useful when adequately coping with anxiety-based emotional distress and further improve individuals' psychological well-being (3). Students reported reduced levels of stress and improved health and well-being when they relied on spiritual ('trusting God') rather than scientific (using social networks) sources of support (3).

## 6 DISCUSSION

It is common knowledge that nurses are overwhelmed, overworked, and overstressed because modern nursing requires them to deal with a lot of stressful situations (Mudallal et al., 2017). Mental and emotional strains are always more difficult to handle than physical ones. As shown, nurses who suffered from severe mental illnesses like depression and stress had a larger desire to quit their jobs. The reality is that mental illnesses are already common in nursing education but are discussed far less frequently (op. cit.).

Nursing students, in comparison to nurses, experience not only the stress of clinical practice but also the pressure of academic rivalry (Sharif & Masoumi, 2005). Personal issues like connections with others, morals and beliefs, religion, opportunities, and the future must be dealt with by nursing students. During their time in college, all nursing students deal with a demanding workload, strict progression requirements, and money issues. Since stress has been shown to harm both academic achievement and student well-being, it has been recognized as a significant psychosocial element in the educational process. Mental illnesses are linked to nursing student dropouts or thoughts of leaving school, which can harm the standard and quantity of healthcare provided. Therefore, nursing students must be in good mental health to develop a skilled nursing workforce. (Op. cit.)

According to Rezayat and Dehghan Nayeri (2014) compared to their peers in the medical field, nursing students are more likely to experience depression and anxiety. Nursing students may be more susceptible to mental problems due to their youth and inexperience. Depression and anxiety have their bases in feelings of failure, a lack of exposure to clinical practice and professional nursing expertise and demanding academic workloads. Another inevitable aspect of life is stress. Academic stressors, clinical stressors, and personal/social stressors are the three primary groups of stressors. Nursing students benefit from little stress as part of their professional development. However, stress can harm a student's mental health if it is not effectively managed (op. cit.).

The ideas of mental health prevention, protection, and promotion are all interconnected and intricately related (Singh et al., 2022, p.5). The term "mental health promotion" also

has definitional challenges as it signifies different things to different individuals. For some, it means the treatment of mental illness; for others, it means preventing the occurrence of mental illness; while for others, it means increasing the ability to manage frustration, stress, and difficulties by strengthening one's resilience and coping abilities. According to the authors (2022, p.5) a wide concept, mental health promotion argues for a strengths-based strategy and seeks to address the more extensive determinants of mental health. It embraces the entire population. By empowering, collaborating, and participating, health inequities are to be eliminated. A growing body of research shows that mental health promotion activities enhance mental well-being, reduce the risk of mental diseases, and have positive socioeconomic effects (op. cit.).



## 7 CONCLUSION

In summary, the authors spotlighted and described the well-being of nursing students during their studies. The study indicated that nursing students' feelings of social isolation and stress are major issues during their studies. In addition, stress negatively led to emotional reactions and dissatisfaction that impacted on academic performance. For some time now, researchers have been studying the topic of mental health. The experience of nursing students' mental health, the factors that jeopardize it, and the methods for enhancing it have, however, received little attention. Student nurses face increased stress, anxiety, and melancholy due to ineffective teaching methods, inadequate remote learning techniques, lack of materials, and external distractions during the pandemic. To manage stress, students should focus on problem-solving, self-assurance, and social support. Alcohol and drug abuse can negatively impact health, and distance learning during the pandemic can lead to increased academic workloads. Poor mental health negatively impacts social and economic outcomes. Nursing students face increased stress and academic competition, with 34.0% experiencing mild to severe depression and anxiety. These issues can lead to low academic achievement, inferior quality of life, and suicidal thoughts. Minor mental diseases (MPD) can also result from poor mental health, including physical issues, fatigue, depression, anger, forgetfulness, insomnia, and tiredness.

This study was qualitative, and one of the major findings was that everyone's definition of mental health is unique. Considering this, mental well-being for nursing students is psychological and includes elements of current mental state like emotions, stress, depression-prone tendencies, relationship needs, and coping with the day-to-day challenges of being a nursing student.

Nursing students need interaction with peers to maintain psychological health and develop coping skills for stress. Positive psychology therapies help young people realize their potential, as poor mental health in childhood leads to unfavorable adult outcomes. Promoting well-being and good mental health is crucial. Strong mental health benefits include a healthier lifestyle, improved physical health, faster recovery from illness, reduced

restrictions, and higher academic performance. Nursing students should manage nutrition, exercise, and mental health to maintain their well-being. Maintaining a balanced diet is crucial while understanding the benefits of physical activity and the negative effect of inactivity is essential. Engaging with peers and seeking spiritual support can help maintain psychological well-being and develop coping strategies.

## 8 ETHICS AND RELIABILITY

Ethics investigates the intellectual basis for our moral judgments; it investigates what is morally right or wrong (Barker, 2010, p.3). Ethics in the thesis refers to the researcher's adherence to the ethical guidelines throughout the entire study process. The research has been ethically conducted when the researcher's procedures for analysis and data collection are compliant with the requirement that they could serve as a rule of thumb for any investigation. Attempting research imparts positive qualities to individuals in attendance as the study's purpose, but does not risk the lives of those participating, particularly when the research investigates a delicate subject (Kumar, 2014).

Reliability is ensured with the use of already published and factual articles, publications, surveys, etc. found from CINAHL and other reliable well-known sources, for example. Sources present a detailed, well-supported hypothesis, contention, and discussion, based on substantial data. Scientists and researchers must always follow a set of ethical norms while collecting data from individuals. Understanding real-world events, finding effective cures, evaluating behaviors, and improving people's lives are typically the goals of human research. Both what you choose to investigate and how you perform that research must be ethically considered. For a thesis to be considered reliable, the researcher must be able to persuade the reader that the research methods utilized to formulate the research question and conduct the study were appropriate and justified. The researcher must honestly describe each phase of the research process so that the reader can use it step by step (Reid 2009). Academics began debating which criteria should be used to determine credibility, though, as qualitative methods grew in popularity. The quality, authenticity, and truthfulness of the findings, as well as other factors, all affect how credible qualitative research is according to SeAmk guidelines, every source that was used in this study is cited both in the text and in the bibliography list, along with the names of the authors, the year the source was published, and any relevant pages. The supervisor teachers provided feedback and guidance throughout the thesis writing process.

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## Literature review articles

1. Geis, E. (2022). *Work, Relax and Play is a well-being program for student nurses*. *Nursing Times*, 118(7), 38–40.
2. Giralt Palou, R., Prat Vigué, G., & Tort, N. G. (2020). *Attitudes and stigma toward mental health in nursing students: A systematic review*. *Perspectives in Psychiatric Care*, 56(2), 243–255.
3. Labrague, L. J. (2022). *Specific coping styles and their relationship with psychological distress, anxiety, mental health, and psychological well-being among student nurses during the second wave of the COVID-19 pandemic*. *Perspectives in Psychiatric Care*, 58(4), 2707–2714.
4. Singh, V., Kumar, A., & Gupta, S. (2022). *Mental Health Prevention and Promotion—A Narrative Review*. *Frontiers in psychiatry*, 13.
5. Li, C., Zhao, J., Shang, B., Hu, M., Chen, L., Yin, H., & Zhang, P. (2018). *Interventions to promote mental health in nursing students: A systematic review and meta-analysis of randomized controlled trials*. *Journal of Advanced Nursing (John Wiley & Sons, Inc.)*, 74(12).
6. Melo de Souza, L., Lopes Oliveira, E., & De Souza Pinheiro, I. (2014). *Psychiatric Disorders in Nursing Students*. *Journal of Nursing UFPE / Revista de Enfermagem UFPE*, 8(12).
7. McSharry, P., & Timmins, F. (2017). *Promoting healthy lifestyle behaviors and well-being among nursing students*. *Nursing Standard*, 31(24), 51–63.

Authors	Title	Aim and purpose	Methods and materials	Results	Summarize
<b>1. Emma Geis is a lecturer in paramedic science, and Work, Relax, and Play program lead, at Staffordshire University.</b>	Work, Relax and Play: a wellbeing program for student nurses	The Work, Relax, and Play program aims to improve student well-being through weekly sessions focusing on work, relaxation, and play	Health professionals attend sessions, where they share and reflect on their experiences Student feedback	management of work-related stress financial assistance, wellbeing strategies, and compassion fatigue Debriefing techniques, eating disorders, Exercise, nutrition, and education on sexual abuse can help with stress, anxiety, and depression. They can also stimulate molecular changes that lower inflammation, which in turn lowers depression. Help clinical placement students develop emotional resiliency.	Exercise can improve anxiety, depression, and stress, reduce inflammation, and build emotional resilience.
<b>2. Rosa Giralt Palou PDI, RN, MSN</b>	Attitudes and stigma toward mental health in nursing students: A systematic review	This systematic review seeks to ascertain whether mental health-specific education reduces stigmatizing attitudes in nursing students.	A systematic review of the literature	Mental illness affects 1/3 of Europeans, making it one of the main challenges facing mental health care. Attitudes of acceptance, tolerance, and social constraints improved but there is room for more improvement.	Mental health care has improved, but there is still room for improvement.
<b>3. Leodoro J. Labrague RN, PhD, DM, CNE</b>	Specific coping styles and their relationship with psychological distress, anxiety, mental health, and psychological well-being among student nurses during the second wave of the COVID-19 pandemic	To identify specific coping skills that contribute to relieving anxiety and stress while supporting student nurses' mental health and psychological well-being	cross-sectional online survey involving 261 student nurses from private and government-owned nursing schools in the Central Philippines.	The pandemic has exacerbated mental and psychological stress in student nurses due to heavy academic workloads, ineffective teaching strategies, lack of resources, and environmental distractions. Strategies to manage stress include problem-solving, self-confidence, and seeking social support.  57.9% of students have dysfunctional anxiety levels, highlighting the need for discouragement of alcohol and drug use. Spiritual support and humor can help manage anxiety and improve psychological well-being.	Distance learning during the pandemic can lead to increased stress, anxiety, and depression due to heavy academic workloads and assignments, ineffective teaching strategies, poor distance learning strategies, lack of resources, and environmental distractions. Spiritual and psychological sources of support, such as faith and humor, can help reduce stress levels and improve psychological well-being.
<b>4. Vijender Singh, Akash Kumar, and Snehil Gupta</b>	Mental Health Prevention and Promotion—A Narrative Review	To promote mental health and prevent mental health crises from getting worse. Promoting mental health interventions.	Literature, A Narrative review.	Promote well-being and positive mental health in preventing the development of mental disorders, poor mental health has social and economic implications. Depression affects 10-20% of young people globally, leading to negative health, social, academic, and economic outcomes. Positive psychology interventions empower youth with life skills, promoting positive physical and psychological health through collaborations.	Poor mental health during childhood is associated with adverse health outcomes in adulthood, so interventions promoting positive psychology empower youth with the life skills and opportunities to reach their full potential.
<b>5. Chen Li, Huiru Yin, Jinping Zhao, Binghan Shang<sup>1</sup>   Mingyue Hu, Ping Zhang<sup>3</sup>, Li Chen China</b>	Interventions to promote mental health in nursing students: A systematic review and meta-analysis of randomized controlled trials	Systematically examine the efficacy of interventions aimed at improving nursing students' mental health and identify which form of interventions was effective	A systematic review of the literature and meta-analysis	Nursing students face stress in clinical practice and academic competition, with 34.0% experiencing mild to severe depressive symptoms and 67% experiencing anxiety, leading to low academic performance, poor quality of life, and even suicide.	Nursing students suffer from depression and anxiety, which can lead to low academic performance, low quality of life, and suicidal behavior.
<b>6. Luccas Melo de Souza, Edimara Lopes Oliveira, Ingrid de Souza Pinheiro</b>	Psychiatric Disorders in Nursing Students	analyzing the suspicion of psychiatric disorders and its relationship with the predictor variables in academics of a degree course in nursing.	a cross-sectional, analytical study with a quantitative approach. There were interviewed 133 students from the first to the tenth semester of a private university of Rio Grande do Sul, using the Self-Reporting Questionnaire	Changes in eating and sleeping patterns, minor mental illnesses (MPD), burnout syndrome, and depression. Insomnia, exhaustion, melancholy, worry, irritability, forgetfulness, difficulties focusing, and somatic problems are some of the symptoms of MPD. Neurasthenia is an emotional distress that can lead to functional impairment, impacting work, study, and emotional income. It occurs when stressor stimuli cause significant organic alterations, leading to emotional, behavioural, and physiological changes. MPD affects 29.1% of women and 9.5% of males, with students who lack physical exercise having higher rates.	MPD symptoms include insomnia, fatigue, sadness, anxiety, irritability, forgetfulness, difficulty concentrating, and somatic complaints such as neurasthenia, which can cause functional disability and interfere with work/study and psychic income. The prevalence of psychological distress was higher among students who were not doing physical activity and those with no time for leisure.

<p><b>7.McSharry, P., &amp; Timmins, F.</b></p>	<p>Promoting healthy lifestyle behaviors and well-being among nursing students</p>	<p>This article's objective is to assist nursing students in adopting a realistic strategy for enhancing and preserving their health and well-being.</p>	<p>Literature</p>	<p>Good mental health benefits a healthier lifestyle, physical health, faster recovery from disease, fewer daily limitations, and higher educational attainment. Nursing students should manage nutrition, exercise, and mental health to maintain their well-being. Maintaining a balanced diet is crucial, while understanding the benefits of physical activity and the negative effect of inactivity is essential. Social interaction with classmates can help maintain psychological well-being and create coping mechanisms.</p>	<p>Nursing students should focus on nutrition, exercise, and mental health to maintain their health and well-being. A healthy, nutritionally balanced diet is important, as is physical activity and social support. Nursing students need to interact with their classmates to preserve their psychological well-being and create coping mechanisms for the pressures they encounter. Stress can manifest as physiological or psychological symptoms, such as headaches, chest pain, insomnia, and anxiety.</p>
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Figure 2. Articles research