SETSCI Conference Indexing System,
Volume 2 (2018), 250-250

ISAS 2018
*I^st International Symposium on Innovative Approaches in Scientific Studies*

# The Effect of Academic Stress on Oxygen Saturation in Paramedic Students

Dilek GÜMÜŞ[1] , Fatma TOPAL[1*+], Nedime KÖŞGEROĞLU[2]

[1]*Department of Medical Services and Techniques, Bilecik Şeyh Edebali University, Turkey*
[2]*Department of Nursing, Eskişehir Osmangazi University, Turkey*
[*]*Corresponding author: fatma.topal@bilecik.edu.tr*
[+]*Speaker: fatma.topal@bilecik.edu.tr*
*Presentation/Paper Type: Oral / Abstract*

***Abstract-*** Stress is a condition was effect whole body. The present study was carried out to investigate stress and its effect on oxygen saturation in peri-exam period. There were 91 students out of which 83 participated (19.2±1.0 year old) in the study.The oxygen saturation was measured in the morning (07.00-08.00) and in the evening (17.00-18.00) for 3 days during the prereview, review and exam periods. Prior to examination, the Perceived Stress Scale questionnaire was used to measure stress. The score range was from 0 to 56 and these points were used for stress. Firstly, the oxygen saturation recorded respectively when the prereview period was 97.29±1.67, which decreased to 97.24±1.52 in the review period ($p>0.05$). Secondly, the oxygen saturation recorded respectively when the prereview period was 97.29±1.67, which decreased to 97.14±1.71 in the exam period ($p>0.05$). And lastly, oxygen saturation recorded respectively when the review period was 97.24±1.52, which decreased to 97.14±1.71 in the exam period ($p>0.05$). That is to say, even though there had been a decrease in oxygen saturation for 3 days, it wasn't found significant difference among measures in terms of oxygen saturation. When socio-demographic features were examined;It wasn't found any significant difference among age, gender, number of siblings, monthly income, place of residence, smoking status and exam phobia and stress ($p>0,05$). It was found that the stress score of students (27.50±7.85) was low. Stress with low level did not affect on oxygen saturation($p>0.05$). Low level of academic stress is not important marker for respiratory functions.

*Keywords- Academic stress, oxygen saturation, student.*