**Original article:**

**Assessment of psychological stress in first year students of a private medical college**

**1DR RESHU GUPTA \* , 2DR ANKUR PUNIA, 3DR SHIKHA MATHUR, 4DR RC GUPTA , 5DR ABHISHEK KAWATRA, 6DR KK VERMA**

1Assistant Professor, Department Of Physiology, MGMC&H

2Final Year Resident, Department Of Medicine, MGMC&H

3Associate Professor, Department Of Physiology, MGMC&H

4Professor & Head, Department Of Physiology, MGMC&H

5Assistant Professor, S.P Medical College, Bikaner

6Professor & Head, Department of Psychiatry, S.P Medical College and Associated group of hospitals, Bikaner

**\*Correspondence Address** - Email: reshugpt@gmail.com

**ABSTRACT**

**Introduction:** Present study was planned to determine the prevalence of anxiety among first year medical students at MG Medical College, Jaipur.

**Methodology:** A cross-sectional study was carried out at MG Medical College, Jaipur on 150 first year medical students who had spent more than 6 months in college and had no self reported physical illness. We assessed the students during a period without and during a period with examinations. Anthropometric and demographic variables of the students included age, gender, weight, height and BMI. Prevalence of anxiety was assessed using a structured validated questionnaire, The Hamilton Anxiety Scale (HAM-A) with a cut-off score for various levels of anxiety. They were subjected to the questionnaire both prior to and during the examination and data analysis was done using SPSS v.17.

**Results:** All 150 students completed the questionnaire. The mean age of the students was 18 years. A low prevalence of anxiety amongst medical students was found. Male students were found to be more prone to anxiety than female students. There was no significant association between the prevalence of anxiety and examination period.

Conclusion: It was seen that medical students do not constitute a vulnerable group for the prevalence of anxiety as far as examination stress is concerned.

**Keywords:** examination stress, anxiety