

# The Effects of Grit and Academic stress on Nursing Student's Adjustment to College Life

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## Background

Nursing students have a lot of academic work and stress from clinical practice compared to other departments. Nursing aspirants are increasing, but they experience difficulties due to the mismatch between aptitudes, so it is a matter of note for Adjustment to College Life. So, It is necessary to find out factors related to adaptation to college life.

## Purpose

This study aimed to identify the relationship among grit, stress, and college adjustment of the nursing students and to confirm the factors associated with their college adjustment.

## Methods

The study has conducted a survey on 163 nursing students. The data were analyzed by SPSS 25.0 program using descriptive statistics, Pearson's correlation, multiple regression analysis.

## Results

Their college adjustment was a significantly correlated with grit ( $r=.53$ ,  $p<.001$ ), and academic stress ( $r=-.71$ ,  $p<.001$ ). The factors related to college adjustment were grit ( $\beta=-.34$ ,  $p<.001$ ) and academic stress ( $\beta=.28$ ,  $p=.001$ ). The factors predicted 28% of their college adjustment.

## Conclusion

This study is meaningful in that it has presented theoretical and policy implications for alternatives to their college adjustment. These findings indicate that academic stress and grit are important factors associated with their college adjustment. Therefore, to improve the nursing students' college adjustment, personal and organized efforts are urgently needed to decrease academic stress and to increase grit.