

# **Stressors and Coping Strategies among Nursing Students during the COVID-19 Pandemic: Scoping Review**

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## **Abstract**

COVID-19 has impacted every aspect of life around the world. Nursing education has moved classes online. Undoubtedly, the period has been stressful for nursing students. The scoping review aimed to explore the relevant evidence related to stressors and coping strategies among nursing students during the COVID-19 pandemic. The scoping review methodology was used to map the relevant evidence and synthesize the findings by framing the research question using PICOT, determining the keywords, eligibility criteria, searching the CINAHL, MEDLINE, and PubMed databases for the relevant studies. The review further involved study selection based on the PRISMA flow diagram, charting the data, collecting, and summarizing the findings. The critical analysis of findings from the 13 journal articles showed that the COVID-19 period has been stressful for nursing students with classes moving online. The nursing students feared the COVID-19 virus along with experiencing anxiety and stressful situations due to distance learning, clinical training, assignments, and educational workloads. Nursing students applied coping strategies of seeking information and consultation, staying optimistic, and transference. The pandemic affected the psychological health of learners as they adjusted to the new learning structure. Future studies should deliberate on mental issues and solutions facing nursing students during the COVID-19 pandemic.

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## **Biography**

Aisha Majrashi is a student of King University, Saudi Arabia.