Anxiety, stress and depression and its association with locus of control and sense of coherence among dental students.

Ana Beatriz L Pace (IC), Ana C Almeida (PG), Juliana B Warlet (IC), Rosana F Possobon (PQ)

Abstract
This research checked the association among anxiety, depression and stress and locus of control and sense of coherence among dental students. It also found many students affected for stress and with symptoms of anxiety and depression.

Key words: anxiety, stress, depression, sense of coherence; locus of control.

Introduction

Researches had demonstrate that anxiety, stress and depressive symptoms among university students has become increasingly common. Many academic environment situations can generate anxiety for some students such as exams, short term, presentations, and others. It is possibly to question if the locus of control, that is a tendency to credit, or not, to coincidence the events that happens in their lives, and the Sense of Coherence, that is the individual’s ability to face stressing situations, could be associated to bigger or smaller degrees of anxiety, stress or depression on students. This research investigated anxiety, stress and depression symptoms levels among students of dentistry course from FOP-Unicamp and verify this conditions level variation, according to locus of control and the individual Sense of Coherence. Furthermore, factors related to academic life, was analyzed and could initiate this process.

Results and Discussion

For this to occur, every student of FOP-Unicamp graduation that was regularly doing the course during the research time was invited to participate on it. Five instruments was applied to investigate these research variables, besides sociodemographic data. All these data was tabulated and analyzed. Results: It had shown that among the academic difficult reported by students, the most prevalent was associated with exams and quantity of study material. Among social difficult, it highlights the lack of Family. As a way to face this kind of situation, students suggest that, among academics questions, new ways to study, and among the social ones, the media. To stress symptoms, students had shown predominantly equal quantities of physical and psychologic symptoms. Among phases, exhaustion is the most prevalent among students. According to Sense of Coherence (SOC), students had mostly shown convey above average, however, this average was not must variable, representing 55.8%. Mostly of students presented minimum levels of anxiety and depression. That was the association between Sense of Coherence and depression, anxiety and stress.

Conclusions

The data shown that graduation students should receive especial attention on learning study methods, organization of academic routine, and especially, emotional support, once that, too many of them, is the first experience away from Family support.

Acknowledgement

We thank PIBIC-CNPq for the studentship concession.