



Perceived Sources of Stress and Coping Strategies in Dental Students and Interns

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ABSTRACT Dental students are exposed to different stress factors in different stages of dental education which, apart from affecting their physical and mental health also has an impact on academic performance. The present research attempts to identify the perceived sources of stress and coping strategies amongst dental students and interns. Questionnaire consisting demographic data, Modified Dental Environmental Stress Questionnaire and Tactics for Coping with Stress Inventory were administered to undergraduate dental students and interns (N= 320). Stress showed an upward trend from first to final year. Stress due to emotional factors was significantly higher than academic, social and physical factors. Females were more stressful than males. Students staying at home were more stressful than those staying in hostel. There is a need for intervention programs at the level of students, parents, teachers and administration to develop an overall positive institutional atmosphere for dental education and student welfare.