

ABSTRACT

Introduction: To assess the coping strategies among first year nursing students of Brainware University, Barasat, West Bengal. Coping strategies defined as to the technique and methods individuals use to manage stress, difficult emotions or challenging situation as measured by COPE standardized tool. **Aim:** To assess the coping strategies among first year nursing students of Brainware University Barasat, West Bengal. **Methods:** The study was conducted by quantative approach. institute of nursing Brainware university was selected to data collection to conduct the study sample were selected fulfilling the inclusion criteria. The sample size was 50 GNM first year nursing students. Self-structured questionnaire and modified COPE rating scale were established to collect data required for socio demographic proforma and to assess coping strategies among first year nursing students. The data was analyzed by using descriptive and inferential statistics and p value. **Results:** The majority of participants 41(82%) age 17-20, 40(80%) are Hindu, 24 (48%) are belonged in urban community, 49 (98%) are unmarried, 43 (86%) are Bengali medium, 42 (84%) annual family income < 1 lakh, 38 (76%) have no family members or relative in nursing, 39(78%) are self-motivated. It depicts the present of significant between the modified brief cope rating scale variables problem focused (Mean =18.06, Standard deviation =3.055) emotional focused (Mean =21.96, Standard deviation =4.039) avoidant coping (Mean=21.44, Standard deviation =3.516) with coping strategies of the participants in the research study.