

INTRODUCTION

Students especially those in health science fields have been reported to experience high levels of psychological stress which can lead to many undesirable outcomes including health problems. College students are exposed to a considerable amount of internal and external stressors, which necessitates successful and constantly changing coping strategy (Elizabeth Scott, 2009). Studies among dental students reported levels of stress that is caused by several factors (Naidu et al. 2002; Al-Omari, 2005; AlZahem et al., 2011; Al-Sowygh 2013; Basudan et al. 2017); some related to profession itself while others might be related to different factors such as social ones. Based on the literature search, no study was found that aimed at exploring role of parents on their children's career selection as a very crucial social factor that might contribute to dental stress.

OBJECTIVES

- 1- Assess the perceived sources of stress among dental students in Riyadh, Saudi Arabia.
- 2- Explore the role of parents on their career decision as an indicator of social stressors.

MATERIALS AND METHODS

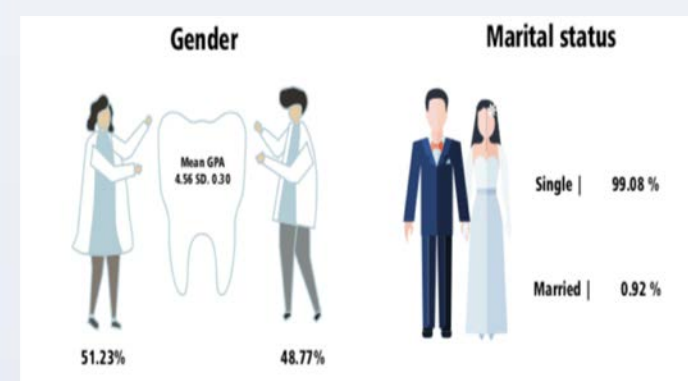
This cross-sectional study utilized the validated Dental Environmental Stress (DES) scale as the assessment tool along with other questions related to each role of parents on the students career decision to assess the research aim. The self-reported questionnaire survey was conducted from the July to December of 2018.

All undergraduate dental students, across, all academic years studying at College of Dentistry, King Saud University were approached through on-line channel to reach maximum number.

The collected data was analyzed using SPSS. The assessment of quality of the study includes the study design, study sampling, survey tool, validation, response rate, survey analysis (including random check), and outcome measures.

RESULTS

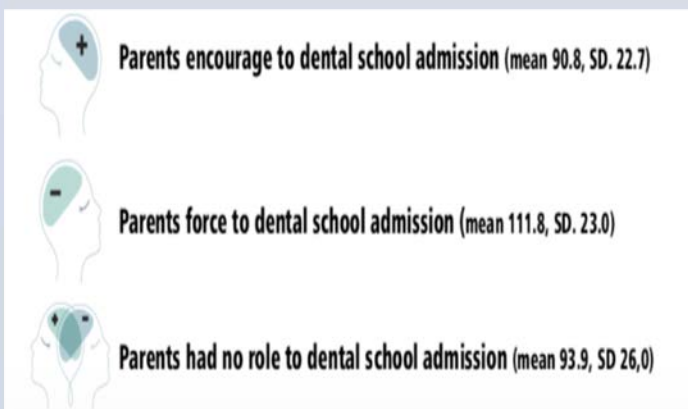
Total number of participants was 326 with even distribution between female and male students.



DES items were grouped into seven domains of stressors and results of mean levels of stress are indicated in table below:

DES domain	Mean	SD	Minimum	Maximum
Self efficacy	21.1	6.4	3	36
Faculty & administration	21.3	6.8	3	40
Workload	17.0	4.6	5	40
Patient treatment	9.1	4.9	0	16
Clinical training	9.7	3.9	0	16
Performance pressure	8.5	2.5	2	12
Social stressors	6.5	4.8	0	20

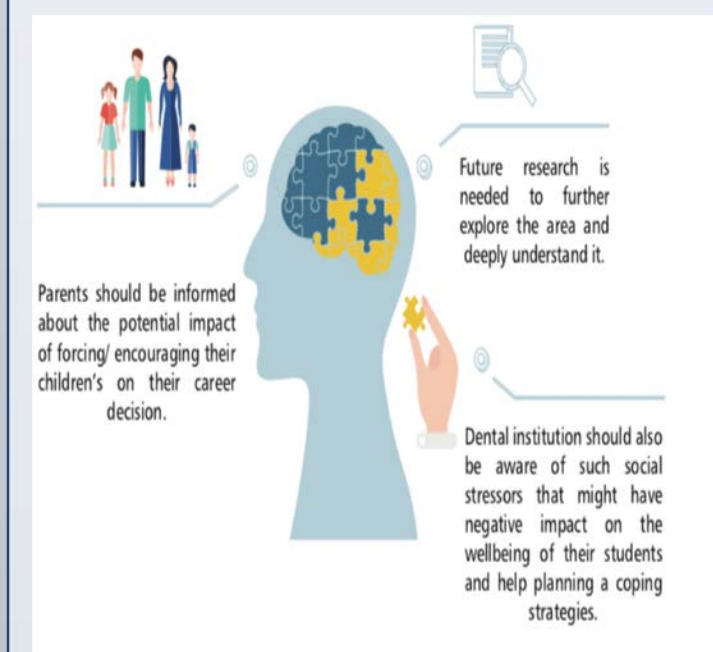
Results also indicated that mean DES scores were not statistically significant with the factor that whether was their first choice or not. Also, parents' level of education was not associated with their DES scores. However, mean DES score and parents' role in career decision making showed statistically significant results (P-value = 0.020)



CONCLUSIONS

Study revealed that students are experiencing stress due to many sources where parents could play an important role. However, this findings mandate investigations to further understand impacts of different social stressors.

IMPLICATIONS



REFERENCES



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