

## **“A Comparative Study To Assess The Opinion Of Basic Bsc Nursing Students In Related To Advantage And Disadvantage Of Semester Pattern Vs. Annual Pattern Curriculum Of Basic Bsc Nursing Implemented By INC.”**

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### **ABSTRACT**

**INTRODUCTION-** The curriculum structure in nursing education plays a vital role in shaping students' learning experiences and academic outcomes. The Indian Nursing Council (INC) has implemented both semester and annual patterns in the Basic BSc Nursing program, each with distinct advantages and disadvantages. This comparative study aims to assess the opinions of Basic BSc Nursing students regarding these two systems.

**STATEMENT-** “A comparative study to assess the opinion of Basic BSc nursing students in related to advantage and disadvantage of semester pattern vs. annual pattern curriculum of Basic BSc nursing implemented by INC.”

### **OBJECTIVE-**

1. To find out opinion of Basic BSc nursing Student about advantage of semester pattern vs. annual pattern curriculum of Basic BSc nursing implemented by INC.
2. To find out opinion of Basic BSc nursing students about disadvantage of semester pattern vs. annual pattern curriculum of Basic BSc nursing implemented by INC.

### **BACKGROUND-**

Education serves as the foundation for intellectual, professional, and personal development, equipping students with essential skills and knowledge for their respective fields. Academic institutions worldwide adopt different curriculum structures to enhance learning experiences, with semester and annual patterns being two common approaches. Understanding the impact of these curriculum models is essential, especially in fields like general education and nursing education, where the structure of learning directly influences student outcomes.

In general education, curriculum design varies across disciplines and institutions. The annual pattern consists of a single academic session spanning a full year, with final examinations conducted at the end. This system allows for extended engagement with subjects but may lead to high exam pressure and syllabus overload. On the other hand, the semester pattern divides the academic year into two shorter terms, allowing periodic assessments and continuous learning. Many global educational institutions have adopted the semester system, citing benefits such as improved knowledge retention, regular feedback, and reduced end-term stress (Kuh, 2008). However, some students find frequent exams challenging, leading to concerns about increased workload and shorter preparation time (Tinto, 2012).

In nursing education, curriculum structure plays a crucial role in preparing students for professional practice by balancing theoretical instruction with clinical training. The Basic BSc Nursing program, regulated by the Indian Nursing Council (INC), has undergone curriculum reforms, with many institutions shifting from the annual pattern to the semester pattern. The semester system was introduced to ensure progressive learning, systematic evaluation, and improved adaptability to evolving healthcare demands (INC, 2019).

Despite its advantages, such as continuous assessment and structured learning, some nursing students and educators argue that the semester system increases academic pressure due to frequent examinations and limited time for in-depth subject exploration (Patil & Pawar, 2021). In contrast, the annual system provides extended learning periods but often results in last-minute academic stress and reduced continuous assessment opportunities (Reddy, 2020).

### **NEED OF THE STUDY**

It will provide an opportunity to students for continuous learning and assessment/feedback and the better paced understanding of the subject. There will be more focused class interaction because of continuous engagement between student and teachers. These will provide regular study habits among students. The main advantage is that the performance would not be judged at the end of one year rather conducting examinations twice a year will help regularly evaluating the student progress.

Interdisciplinary would play an important role in the way subjects are being conceptualized and knowledge integrated across diver's disciplines. Semester system would facilitate the possibility of undergraduate students imbibing relevant knowledge and skills that are not content within the disciplinary boundaries of their primary subject areas. The current situation of University of Delhi is inflexible in terms of accumulation of credits which would allow movement of student across Universities in India and Abroad.

Adopting a semester system at the undergraduate level will lead to a harmonization with changes made at the postgraduate level as well as with undergraduate courses that are already being run in semester system. Inadequacy of time, semester system starts on July and the admission keeps on going till august, which adversely affect the proper starting of the classes. When there is no clarity in the system it have been decided that the first semester exam would held in December, the annual examination system teachers have a right amount of time to complete the course and students have enough time to prepare well for the exam. Increasing work load, extra classes, reduction in co-curricular activities.

### **LIMITATIONS-**

Following are the limitations of the present study

1. The study is limited to the selected nursing students.
2. The sample size is 100.

### **REVIEW OF LITERATURE**

Literature related to opinion of nursing students related to advantages and disadvantages of semester pattern and annual pattern

Review of literature gave the researcher through and profound knowledge of the research topic, a through and extensive review of literature guessed the wheels to establish the conceptual framework, tool, research design and plan for analysis.

The review of literature has been organized under the following headings.

#### **❖ Literature related to advantages of semester pattern.**

A study aimed to examine the impact of the semester system on students' academic performance, focusing on structured learning, frequent assessments, and feedback. Using a quantitative approach with 500 university students, they found that 72% reported improved engagement, 68% noted better retention, and semester system students had a 15% higher average GPA. Additionally, 80% of faculty agreed it allows better progress monitoring. Despite limitations like self-reported data, the study recommended broader implementation, enhanced student support, and periodic curriculum evaluations, concluding that structured learning improves academic discipline, engagement, and performance

This study aimed to assess whether the semester system enhances student focus and reduces academic stress in engineering programs. Using a mixed-methods approach with 300 students, they found that 76% preferred structured coursework, 70% reported lower stress, 65% observed better content retention, and 82% appreciated shorter terms for balanced workloads. Despite limitations like focusing only on engineering students, the study recommended expanding research to other professional courses, implementing support programs, and optimizing course structures. It concluded that the semester system improves focus, reduces burnout, and enhances academic satisfaction in professional education

#### **❖ Literature related to disadvantages of semester pattern.**

A study aimed to assess the disadvantages of the semester system in higher education, focusing on academic pressure and student mental health. Using a quantitative approach with 400 university students, data collection involved questionnaires on stress levels and workload perception. Results showed that 69% experienced higher stress due to frequent exams, 65% struggled with assignments and deadlines, 58% felt overwhelmed by the fast pace, and 54% reported burnout during exams. Despite limitations like self-reported data, the study recommended academic support programs, flexible deadlines, and stress management initiatives, concluding that while structured, the semester system can increase stress and burnout, requiring better support mechanisms.

A study was conducted a mixed-method study aiming to assess the impact of the semester system on long-term knowledge retention and deep learning. With a sample of 300 students, data collection involved surveys, interviews, and academic evaluations. Results showed that 67% focused on short-term learning for exams, 63% struggled to recall past topics, 60% felt it encouraged rote memorization, and 55% believed the fast pace hindered deep understanding. Despite limitations like the lack of long-term tracking, the study recommended curriculum adjustments, periodic reviews, and alternative assessments, concluding that while the semester system ensures continuous evaluation, it may not effectively support deep, long-term learning.

#### **❖ Literature related to advantages of annual pattern.**

A study aimed to analyse the advantages of the annual examination system in promoting in-depth learning and long-term retention. Using a quantitative and qualitative approach with 300 university students, data collection involved surveys, interviews, and academic performance analysis. Results showed that 76% found the system allowed deeper subject exploration, 69% reported better long-term retention, 63% valued the flexibility of self-paced learning, and 58% felt reduced academic stress. Despite variations in student discipline, the study recommended a blended model combining structured assessments from the semester system with the depth of the annual system, concluding that the annual system supports conceptual clarity but could benefit from hybrid improvements.

A study was conducted to examine the advantages of the annual examination system in reducing student stress. The aim was to assess whether longer preparation periods and fewer assessments lead to lower stress levels and better workload management. Using a quantitative approach with 400 university students, data collection involved questionnaires and stress assessment scales. Results showed that 73% reported lower stress, 68% saw improved time management, 61% felt less exam pressure, and 57% found it easier to balance academics and personal life. The study recommended a hybrid model combining structured semester assessments with the flexibility of the annual system to enhance learning efficiency.

#### ❖ Literature related to disadvantages of annual pattern.

A study aimed to assess whether the long interval between exams in the annual system affects knowledge retention, academic progress, and performance. The study followed a quantitative approach, analyse data from 400 university students through surveys and academic performance records. Results showed that 72% struggled with knowledge retention, 68% found it difficult to track progress, 63% performed lower on final exams, and 58% faced challenges due to a lack of continuous feedback. The study concluded that while the annual system allows extended study time, it may hinder consistent learning, making periodic assessments essential for academic success.

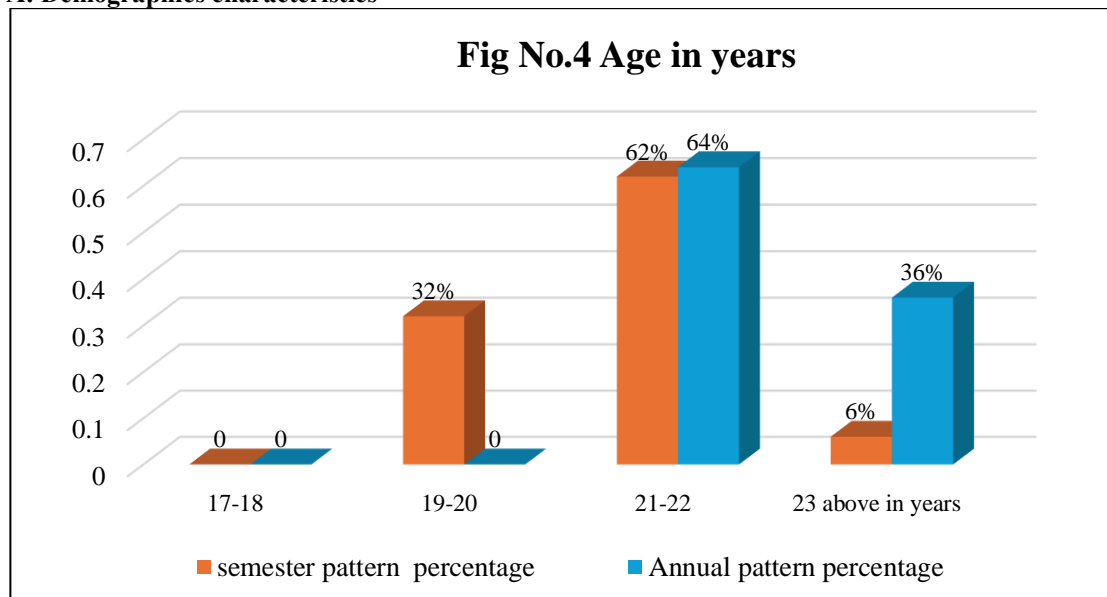
In this study use a quantitative research approach to examine the impact of infrequent exams on student well-being and academic performance in the annual examination system. The study aimed to assess whether the pressure of a single high-stakes exam contributes to stress, anxiety, and ineffective learning strategies. Data were collected through stress assessment surveys and academic performance records from 500 university students. Findings revealed high stress levels (76%), reliance on cramming (69%), academic burnout (64%), and difficulties in performance tracking (58%). The study recommended periodic evaluations, structured feedback, and academic counselling to enhance learning outcomes and mental well-being.

#### METHODOLOGY-

A quantitative research approach with survey design was used. Self-reported semi structured questionnaire was used to gather data. Convenient samples of nursing students from basic BSc nursing college in the area will be recruited for the study. Participants will be assessed for their baseline total 100 samples of students were taken.

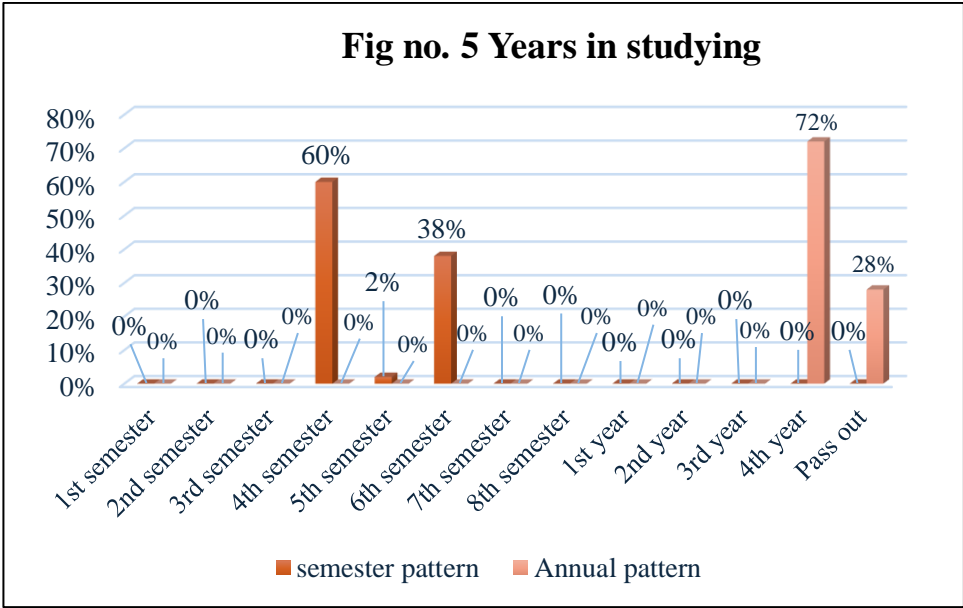
#### FINDINGS

##### Section A: Demographics characteristics-



##### Distribution of sample age in year.

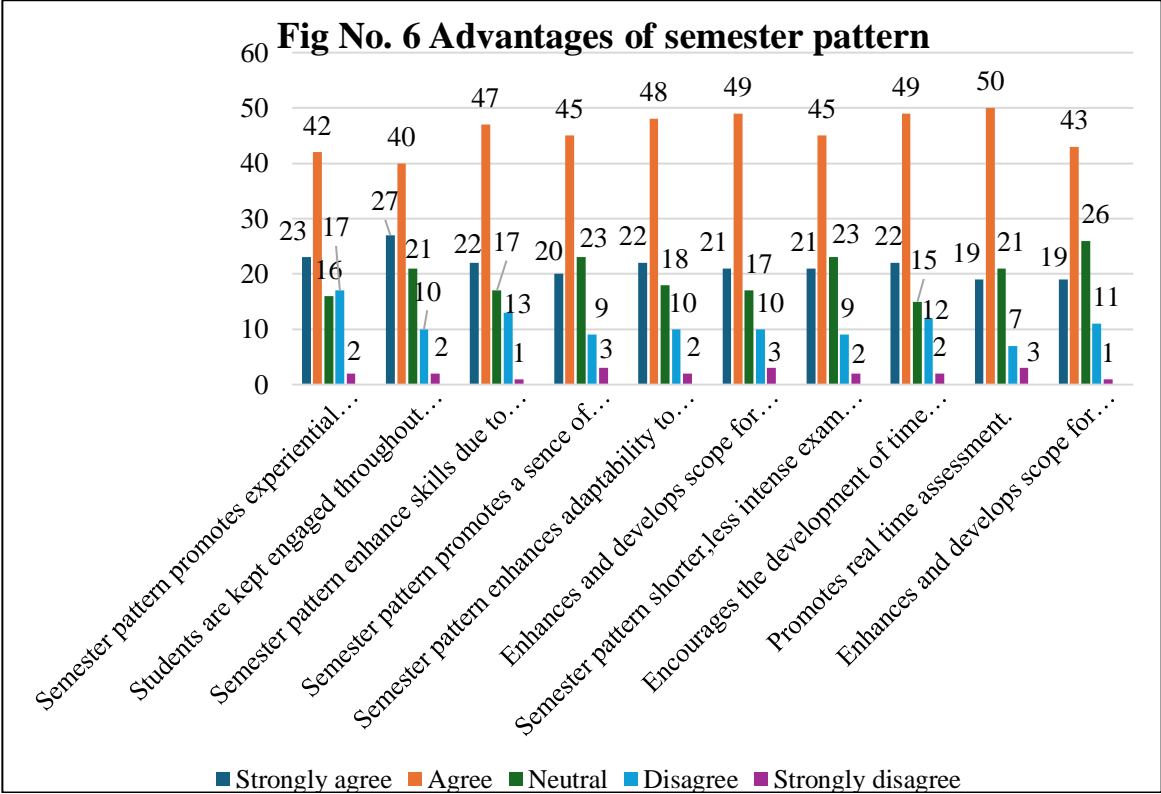
The survey results show that in both the semester and annual patterns, most students are in the 21-22 years age group (62% in the semester pattern, 64% in the annual pattern). The semester pattern has 32% of students in the 19-20 years group, while the annual pattern has 36% of students aged 23 or older. Both patterns have no students in the 17-18 or 19-20 years groups. The annual system has a higher proportion of older students (23+ years), suggesting they may take longer to complete their studies or enroll later.



**Distribution of sample studying in year.**

The survey results show that in the semester pattern, most students are in the 4th semester (60%) or 6th semester (38%), with a small proportion in the 5th semester (2%). No students were recorded in the 1st, 2nd, 3rd, 7th, or 8th semesters. In the annual pattern, 72% of students are in the 4th year, and 28% have already graduated, with no students in the 1st, 2nd, or 3rd years. These findings suggest that the semester system is more common for middle-year students, while the annual system is used primarily by final-year students or graduates.

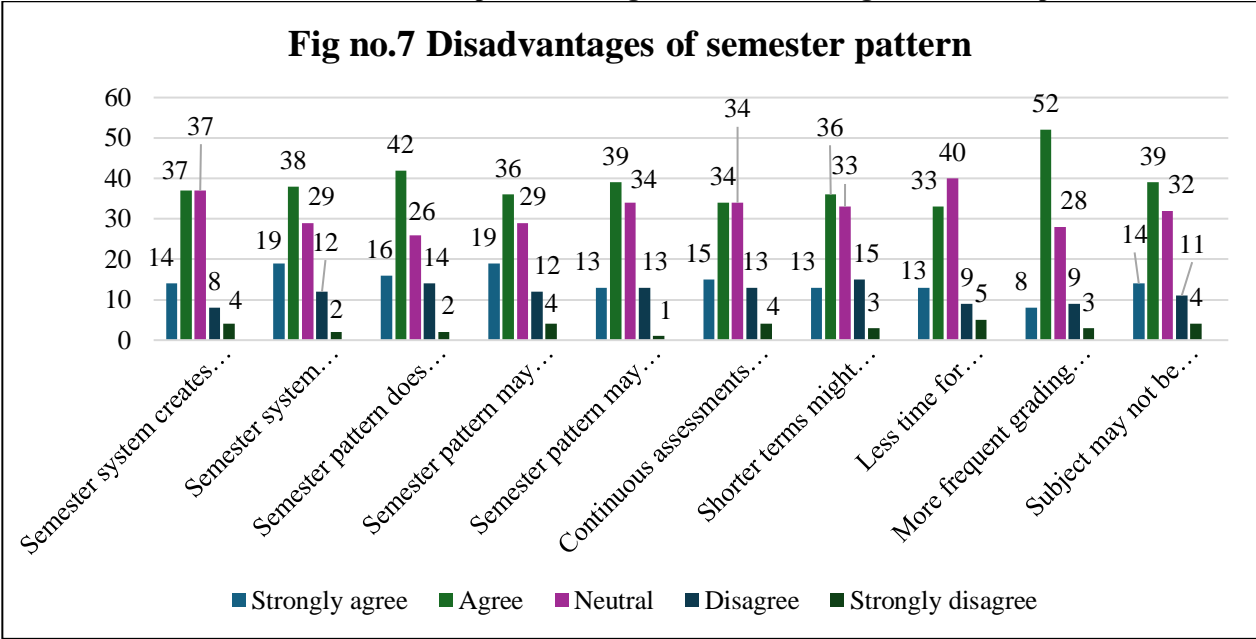
**Section B: Distribution of samples according to their advantages of semester pattern.**



The survey shows strong support for the semester system, with 62% to 71% of respondents acknowledging its benefits, such as promoting experiential learning (65%), keeping students engaged (67%), enhancing skills through new teaching methods (69%), and fostering accomplishment at term ends (65%). The system also helps with adaptability to diverse teaching styles (70%) and improves time management (71%). Additionally, 70% recognize its role in formative

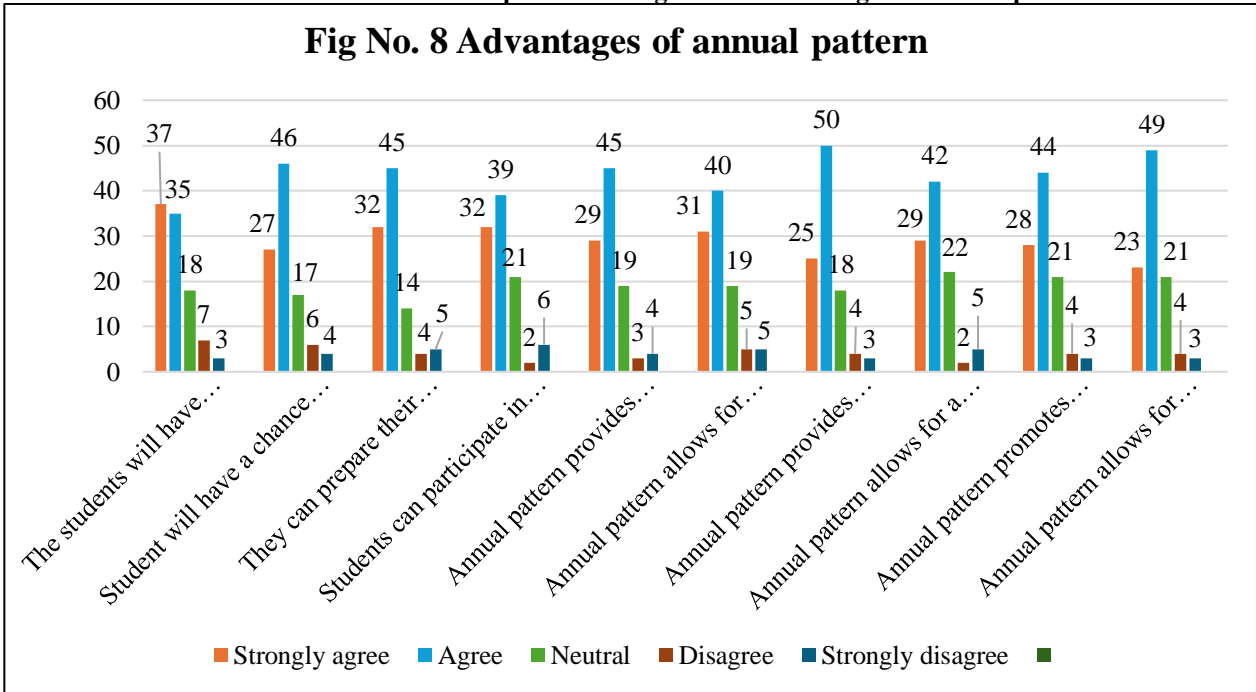
evaluation, and 66% believe shorter exam periods reduce stress. However, 10% to 14% disagreed with the system's benefits, and 15% to 26% remained neutral, suggesting room for improvement and better communication to increase acceptance.

Section C: Distribution of samples according to their disadvantages of semester pattern.



The survey highlights several disadvantages of the semester system, with 52% to 66% of respondents agreeing on key challenges. These include time inadequacy (51%), increased workload (57%), lack of extra class opportunities (58%), and limited comprehensive learning (55%). Stress is a concern for 52%, while 49% finds continuous assessments overwhelming, and 49% feel that shorter terms hinder information retention. The lack of time for extracurricular activities (46%) and the added burden of frequent grading (60%) were also noted. Additionally, 53% believe subjects aren't covered in enough depth. However, 26% to 40% of respondents were neutral, and 9% to 15% disagreed, suggesting varying impacts. The results highlight the need for improved workload management, time strategies, and support.

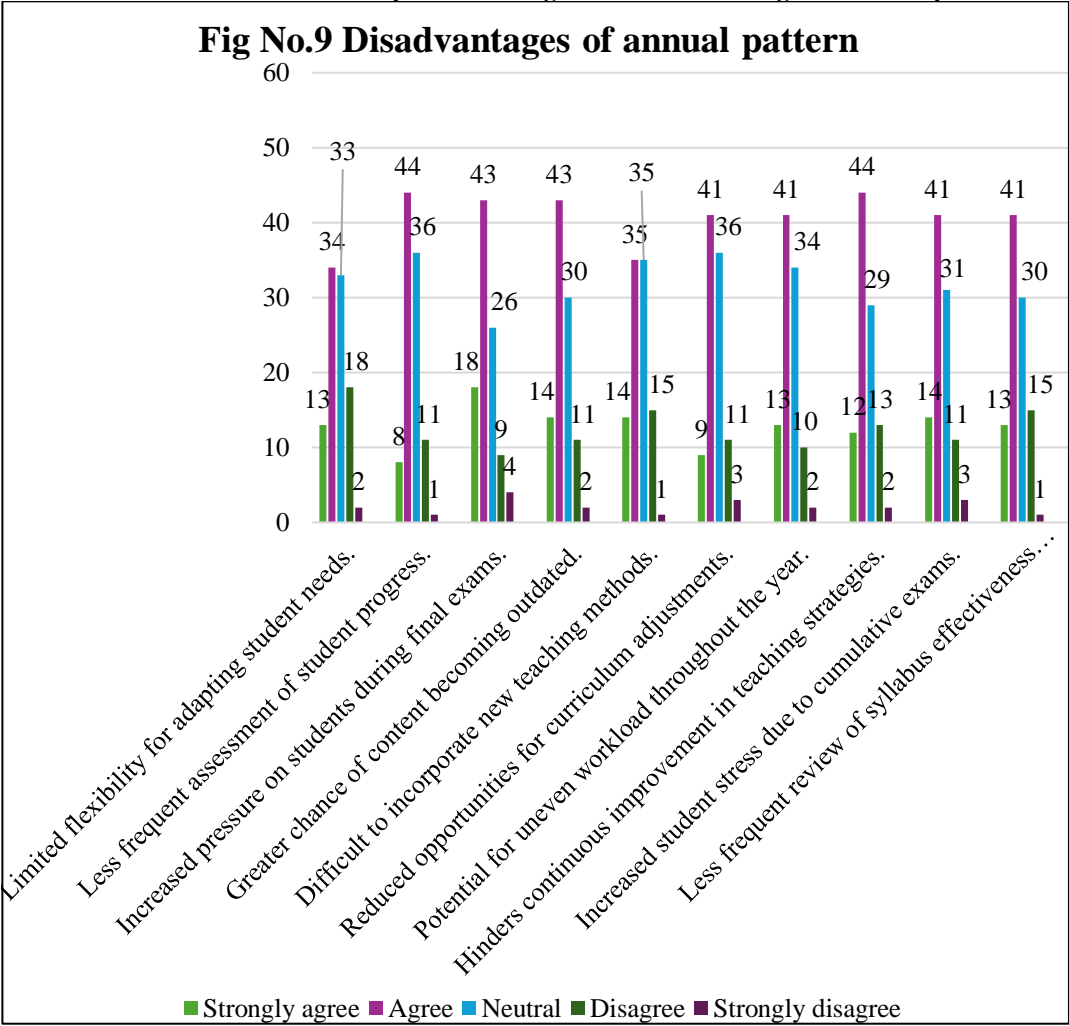
Section D: Distribution of samples according to their advantages of annual pattern.





The survey shows strong support for the annual pattern, with 65% to 75% of respondents acknowledging its benefits. Key advantages include ample time for revision (72%), opportunities for diverse resources (73%), and participation in extracurricular activities (71%). It is also seen as stable (74%), allowing in-depth topic exploration (71%) and extensive research (75%). Additionally, 72% believe it aids retention and long-term planning for projects and internships. However, 14% to 22% of respondents were neutral, and 5% to 11% disagreed, suggesting that while the system is widely appreciated, there is a need for flexibility and support for varying learning preferences.

**Section E: Distribution of samples according to their disadvantages of annual pattern.**

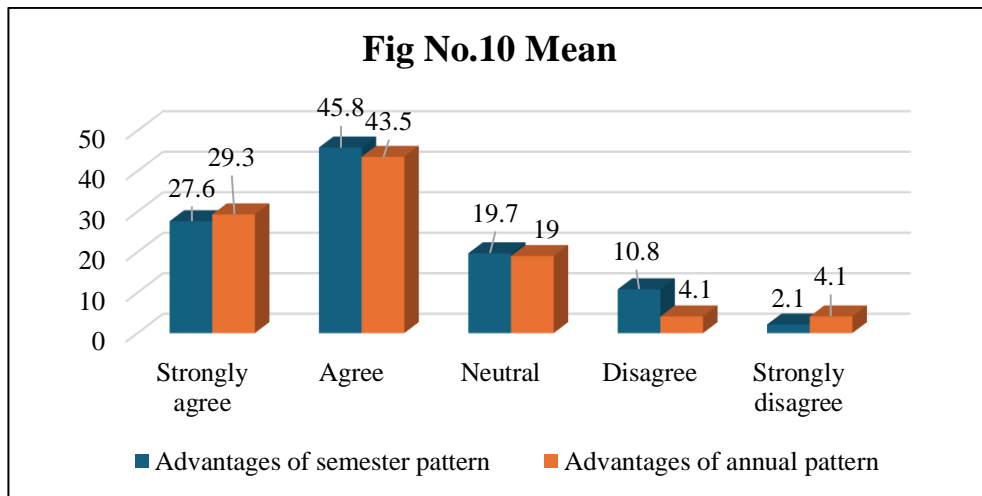


The survey highlights several disadvantages of the annual pattern, with 47% to 61% of respondents agreeing on key concerns. These include limited flexibility (47%), infrequent assessments hindering progress (52%), increased pressure during final exams (61%), and content becoming outdated (57%). Concerns also include difficulty in adapting teaching methods (49%), reduced curriculum adjustments (50%), uneven workload (54%), and hindrance to continuous improvement (56%). Stress is a major issue, with 55% citing cumulative exams as stressful, and 54% feeling that fewer syllabus reviews reduce engagement. However, 26% to 36% of respondents were neutral, and 10% to 18% disagreed, suggesting varied impacts. The findings suggest the need for adjustments in assessment frequency, curriculum updates, and stress management strategies.

**RESULTS**

**Table No.07: Mean of expert opinion about the advantages of semester pattern and annual pattern.**

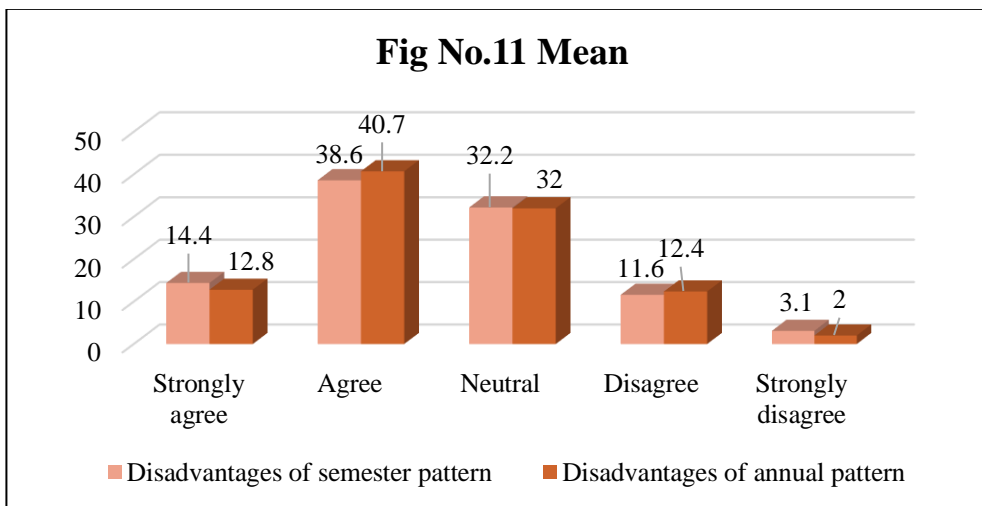
Overall mean	Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
Advantages of semester pattern	27.6	45.8	19.7	10.8	2.1
Advantages of annual pattern	29.3	43.5	19	4.1	4.1



The survey shows strong support for both the semester and annual patterns. The semester pattern is favoured by 73.4% of respondents (27.6% strongly agree, 45.8% agree), with 12.9% disagreeing. The annual pattern is supported by 72.8% (29.3% strongly agree, 43.5% agree), with a slightly lower disagreement rate of 8.2%. While both patterns are well-received, the semester pattern has slightly higher overall agreement but also a higher dissatisfaction rate. This suggests the semester system is seen as more structured but potentially more challenging, while the annual pattern is viewed as more stable and manageable.

**Table No.08: Mean of expert opinion about the Disadvantages of semester pattern and annual pattern.**

Overall mean	Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
Disadvantages of semester pattern	14.4	38.6	32.2	11.6	3.1
Disadvantages of annual pattern	12.8	40.7	32	12.4	2



The survey reveals that 53% of respondents acknowledge the disadvantages of the semester pattern, with 14.4% strongly agreeing, while 53.5% recognize the drawbacks of the annual pattern, with 12.8% strongly agreeing. Both systems have similar levels of perceived disadvantages, but the semester pattern has a slightly higher strongly agree percentage (14.4% vs. 12.8%). Additionally, more students strongly disagree with the semester system’s drawbacks (3.1%) compared to the annual pattern (2%). Overall, while both systems are seen as having disadvantages, the annual pattern is considered slightly more disadvantageous, but with fewer students strongly opposing its issues.

**DISCUSSION-**

The findings of this study are consistent with previous research, such as the study by Singh and Mehta 2020 (reference 7), which emphasized the need for curriculum adjustments to promote deep learning among nursing students. Similar to their results, our study also shows that importance of on-the-job training for nurses. Similar to their results, our study

also shows shorter academic terms often lead to short-term learning strategies, hindering students' ability to retain and apply knowledge over time.

### **CONCLUSION-**

This study compared semester and annual academic patterns, revealing differences in student Advantages of semester pattern and annual pattern. Also Disadvantages of semester pattern and annual pattern, with over 70% of respondents agreeing on their advantages. However, respondents also acknowledged disadvantages in both systems, indicating a nuanced understanding of the trade-offs between semester and annual patterns.

### **IMPLICATIONS OF THE STUDY:**

The study's findings have significant implications for nursing student:

- The study guides curriculum planners in selecting a pattern that promotes better learning, regular assessment, and reduced academic stress among nursing students.
- It helps prepare students more effectively for clinical practice by aligning academic schedules with practical exposure and skill development.
- Provides evidence-based insights for the INC and regulatory bodies to implement curriculum reforms that standardize and improve nursing education across institutions.

### **SCOPE OF STUDY:**

- The scope of this study is to evaluate the opinions of Basic BSc Nursing students regarding the advantages and disadvantages of the semester pattern and annual pattern curriculum implemented by the Indian Nursing Council (INC).
- It aims to analyse students' perspectives on learning effectiveness, academic workload, examination patterns, and overall impact on their education and professional preparedness.
- The study will provide valuable insights for educators and policymakers to enhance the nursing curriculum for better academic outcomes.