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Determining Self Esteem And Academic Stress Among Nursing Students With A View To Improve Self Esteem And Reduce Academic Stress

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Abstract

Introduction: Self-esteem is an attitude and perception of students which affects their feeling for themselves and others. People with high self-esteem had a good quality of relationships as compared to low self-esteem and were more likely to have academic stress. As academic stress is mental distress regarding anticipated academic failures and challenges. An individual with high self-esteem had less academic stress.

Methodology: A quantitative research approach and non-experimental descriptive (correlation) research design were used to conduct the present study. Non-probability total enumerative sampling technique was used to select 300 nursing students by using self-report (pen and paper) method. Responses were collected on Socio-demographic profile, Self-esteem scale (Rosenberg), and Academic stress scale (Hafekost K.). Data were tabulated and analyzed by using description and inferential statistics.

Result: The present study revealed that majority (42.3%) of the nursing students were in the age group of 19-21 years, (66.3%) were females, (31.0%) were in B.Sc. (N)1st year, (60.7%) were from nuclear family, (65.0%) had siblings, (47.0%) had previous academic achievement between 61%-71% and (42.0%) were from lower middle-class family. More than half (58%) of the nursing students were having low self-esteem whereas (41.3%) having high self-esteem. (55.3%) of the nursing students had mild academic stress, (32.7%) and (11.7%) had moderate and no academic stress, and only (0.3%) of the nursing students had very severe stress

KEYWORDS: Self-esteem, Academic stress, Nursing students.

Introduction

Academic stress among college students has been a topic of interest for many years. Stress is a mental or physical tension or strain that affects day to day activities of students it is an important personality trait for healthcare professionals including nursing. On the other hand, self-esteem is an overall evaluation of one's worth or value and it is an important predictor of stress and coping.1 Higher stress levels may result in a reduction of self-esteem and high self-esteem results in more active and effective coping. Therefore students" pre-existing level of self-esteem strongly contributes to successful or maladaptive adjustments to problems. So, students with high self-esteem show self- confidence and positive expectations in new situations. A new learning environment may be seen as a challenge and the adolescents will actively participate in learning new behavior. In contrast, a person with low self-esteem consistently demonstrates negative feelings about him and is pessimistic in every situation.1 So, the purpose of the study is to find out the relationship between academic stress and self-esteem among nursing students, and as an IEC material, we give teaching with the help of a PowerPoint presentation to increase knowledge to reduce academic stress and improve self-esteem.

Need Of The Study

Most people in some situation of life feel bad about themselves from time to time. This feeling of being low will be due to stressful life events and low self-esteem. Felling of low self-esteem may be triggered by being treated poorly by someone else recently or in the past or by a person's judgments of himself or herself. This is normal. However, low self-esteem is a constant companion for many people, especially those who experience, depression, anxiety, phobias, psychosis, delusional thinking, or who have an illness or disability. Low self-esteem keeps an individual away from lack of interest in life, doing the things which they want to do, and working towards personal goals.2 Review of literature confirmed that the self-esteem and academic stress of nursing students had significantly affected their clinical performance these findings possess an important question to nursing professionals to take self-esteem and academic stress equally important in the nursing curriculum.2 Hence, thus as researchers we felt the need to assess the self-esteem and academic stress among nursing students and to

develop teaching to improve self-esteem among nursing students to establish good relations with classmates, teachers, and with patients and to maintain the balance between internal and external stressors to meet their needs or to help patients by understanding their emotions.

Aim Of The Study

Aim of the study is to assess self-esteem and academic stress among nursing students with a view to improve the self-esteem and reduce academic stress.

Methodology

The researcher adopted the quantitative research approach for the correlational study. Non-Probability total enumerative sampling technique was used to collect sample. The present study was conducted at Shaheed Kartar Singh Sarabha College of Nursing and Nightingale College of nursing Ludhiana, Punjab. The target population of the present study was B.Sc. Nursing students of S.K.S.S College and Nightingale CON Ludhiana, Punjab. Sample size was determined by using power analysis formula. It was found to be 274.Therefore the sample size of the present study was 300 B.SC nursing students. Tool was comprised of three parts: Socio-Demographic profile, Self-Esteem Scale by Rosenberg, Academic stress Scale by Hafekost K were found to be appropriate and selected to assess self-esteem and academic stress among nursing students. Reliability of Rosenberg self-esteem scale was determined by using Cronbach's alpha method which was found to be r = 0-91 and Academic stress scale were determined by using test-retest method was found to be r= 0.82 which depicts its reliability. Descriptive and Inferential statistics was used.

ETHICAL CONSIDERATIONS

Ethical clearance was taken from the ethical committee of S.KSS College of Nursing Ludhiana, Punjab.An informed consent was obtained from the subjects.A written permission was obtained from the Principal of S.KSS College of nursing, Ludhiana, Punjab to conduct study.Subject information sheet was used to explain the purpose and procedure of the study and benefits of the study were also explained to the subjects.Anonymity of subjects and confidential of information was maintained during the study .

Results

(47.0%) of the nursing students were scored 61%-70% academic achievement in previous year.(42.0%) of the nursing students were belonged to lower middle socio- economic status.(58.0%) of the nursing students had low self-esteem. Whereas 41.3 % had high self-esteem and only 0.7% had inflated self-esteem.Most (55.3%) of the nursing students had mild academic stress. Whereas 32.7% had moderate academic stress and only0.3 % had severe academic stress as well as 11.7% had no academic stress.Weak negative correlation of self-esteem and academic stress (r = -0.136) Which was found to statistically significant at p = 0.01 level of significance

Figure 1: Frequency, percentage of nursing students as per their levels of self- esteem.

N = 300
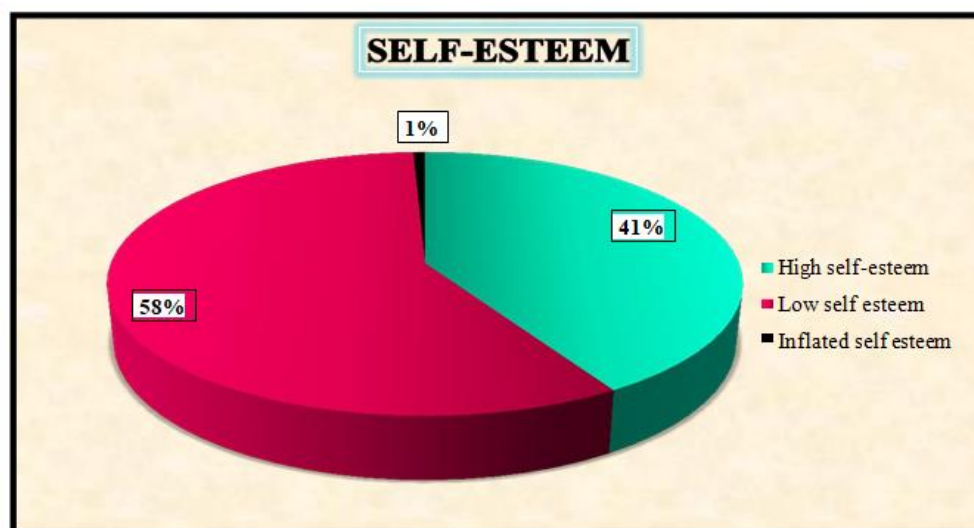
Mean±SD = 42.50± 5.66   Maximum score = 60
Minimum score =12

Figure 1 illustrate that 2/3rd (58%) nursing students were having low self-esteem, (1%) students were having inflated self-esteem. The mean of self-esteem score was found to be (42.50±5.66) among nursing students.

Table 1: Frequency, percentage, mean of nursing students as per their levels of academic stress.

N=300

Levels of academic stress	Scores	f(%)
Severe	130-160	1(0.3)
Moderate	100-130	98(32.7)
Mild	70-100	166(55.3)
No stress	40-70	35(11.7)

Mean±SD =90.91±17.73   Maximum score =160
           Minimum score = 40

Table 1 shows that 2/3rd (55.3%) of the nursing students had mild academic stress but only (0.3) of the nursing students had very severe stress. The mean academic score was found to be (90.91±17.73) among nursing students.

Table 2: Correlation between self-esteem and academic stress among nursing students.

N = 300

Variables	Mean± SD	r value	p value
Self-esteem	42.50±5.66	-0.136	0.01[*]
Academic stress	90.91±1.77		

* Highly significant $p<0.001$

Table 2 illustrate a weak negative correlation of self-esteem and academic stress among nursing students.

Discussion

Ibrahim R.H (2013) who conducted a descriptive study on 300 subjects in Mousal to assess self-esteem among nursing students and reported that (29%) of nursing students had with high self-esteem, whereas only (54.7%) of nursing students had moderate self-esteem.[3] Bhagora H. (2011) who conducted a non-experimental survey on 1000 subjects studying in nursing college of Udaipur , Rajasthan and reported that (66.1%) of nursing students had low self-esteem and only (41%)of nursing students had high self-esteem.[4] Sunandha M.S., Neelakshui G., Sarasapharnia G. (2021) who conducted a study on 100 subjects studying in Sri Ramachandra Institute and results reported that majority (85.3%) of them had moderate stress followed (13.3%) of students had severe stress and only of students (1.03%) had mild stress.[5] Nikitha S., Jose T.T, Valsarj B.P. (2014) conducted a study on 538 students in selected private schools of Udupi district and results reported that there was a relationship between self-esteem and academic stress and it found to be statistically significant at p = 0.036 level of significance.[6]

Conclusion

The present study concluded that more than half of nursing students were having low self-esteem and have average academic stress. It was concluded that as the self-esteem will high it will eventually leads to decrease in academic stress among nursing students. Although, the association of class and place of stay with self-esteem was found to be significant. Self-esteem was more among B.Sc. (N) 1st year and high among students Who were staying in relative house. Meanwhile, the association of place of stay with academic stress was also found to be statistically significant this conveys that nursing students Who were staying in home had higher academic stress.

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