

# Assessment of Assertiveness and Self Esteem among Nursing Students in Selected Nursing Colleges: A Systematic Review

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## Abstract

**Background:** Assertive behaviour promotes a feeling of personal power and self-confidence. These two components are commonly lacking in individual/students. Becoming more assertive empowers individuals by empowering self-esteem, without diminishing the esteem of others. **Purpose:** To systematically review the articles to assess assertiveness among nursing students in selected Nursing colleges. **Method:** The search of significant articles including assertiveness and its correlates among nursing students was carried out in PubMed/Medline, Google Scholar and other databases. It includes both Qualitative and Quantitative studies were evaluated according to predefined quality criteria. Medline and PubMed were searched to identify peer-reviewed English-language studies published between 1985 and March 2018 reporting Assertiveness among nursing students. Total 250 studies were selected for review, out of which only 30 Studies were found appropriate to be included in the study. **Results:** Analysis was done 90 papers were retrieved by the search. Among them, 30 were evaluated to be of higher quality. These Studies included sample of nursing students and excluded Non Nursing Students. **Conclusion:** Based on the review it was concluded that the level of assertiveness among nursing students studying in advanced Semesters was increased slightly as compared to those displayed by first-semester. It was also concluded that concluded that there was significant correlation found between the assertiveness and academic achievement and with self- esteem.

**Keywords:** *Assertiveness, Self Esteem, Nursing Students.*

## Introduction

Assertive behavior helps us feel good about ourselves and increases our self-esteem. Assertive honesty is not an outspoken declaration of everything that is on one's mind. It is instead an accurate representation of feelings, opinions, or preferences expressed in a manner that promotes self-respect and respect for others. Communication must occur in an appropriate context in order to be considered assertive.<sup>1</sup>

Students nurses who are aggressive defend their own basic right by violent the basic right of other. Feeling are often expressed dishonestly and inappropriate .They express an air of superiority , their voice are often loud, demanding and angry and cold , without emotion They not listen anyone and showing aggression if task is not fulfilled according to their desire. When nursing students express a lack of confidence and a lack of assertiveness, patients may notice. If those patients do not feel that nursing students are confident in their work, skills and practices they will not have a strong trusting relationship.<sup>2</sup>

Self-esteem is directly related to assertiveness. It is used to describe a person's overall sense of self-worth or personal value. In other words, how much you appreciate and like yourself. It plays a significant role in your motivation and success throughout your life.<sup>3</sup>

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## Material and Methods

**Research Design:** A systematic review was conducted by electronic search to identify articles in PubMed/ Medline, and Google Scholar.

**Inclusion criteria:** The study includes the studies like Descriptive, cross sectional, systematic review, quasi experimental studies and qualitative which are related to assessment of assertiveness and Self Esteem among Nursing Students.

**Exclusion criteria:** The study excludes studies on assessment of assertiveness and self-esteem among non-Nursing students.

**Data Analysis:** The data was grouped and analyzed in terms of Meta-analysis. Relevant articles based on the topic assertiveness and Self Esteem among Nursing Students were identified by search of significant articles PubMed/Medline, SCOPUS, CINAHL, PsychoINFO, Elsevier and Google Scholar with the following key words: Assertiveness, Self Esteem and Nursing Students

The search generated a total 90 articles. Out of 50 articles, the full texts of the 13 articles were retrieved and reviewed.

## Results

A systematic review was done to assess assertiveness and Self Esteem among nursing students in selected Nursing colleges. Total 50 studies were selected for review out of which 13 were found appropriate for systematic review. The reviews were divided into two different areas:

Ø Related to Assertiveness among the nursing students.

Ø Related to Self Esteem among Students.

### Related to Assertiveness among the nursing students

Out of 8 studies, 1 Study was Comparative study done to compare the assertiveness scores of sophomore level nursing students and senior level-nursing students. The findings of the study revealed that the sophomore level students were found to be more assertive than the senior level-nursing students.<sup>2</sup> Among these Studies, 3 Studies were Cross- Sectional Studies assessed the

level of assertiveness among the IInd year B.Sc. nursing students and To find out the association between level of assertiveness among second year B.Sc. Nursing students with their selected socio demographic variable<sup>4</sup>, 2<sup>nd</sup> study was conducted to assess the relationship of assertive behavior and self-esteem with each other and with other demographic variables among nurses<sup>5</sup> and 3<sup>rd</sup> study was carried out to evaluate the relationship between assertiveness and depression as well as investigate assertiveness and depression levels in the students<sup>6</sup>. Among these Studies, 2 studies were Descriptive research studies which assess level of assertiveness among undergraduate Nursing students in Greece<sup>7</sup> whereas other study was conducted assess the changing level of assertiveness during the pre-registration among nursing students<sup>8</sup>. 1 study was correlational study which was conducted to assess the correlation between the assertive behavior and self-esteem among adolescents<sup>9</sup>.

## Sample Review

A descriptive study was conducted to investigate the high assertiveness level i.e sophomore level nursing students and senior level-nursing students. A total of 195 nursing students were selected by using convenience sampling techniques. Data was collected by using demographic variables and Rathus assertiveness schedule. The data was analyzed by using the descriptive and inferential statistics. The results of the study showed that majority of the sophomore and senior level-nursing students were Caucasian. Hence, the study concluded that males were having higher assertive behavior than female students. A significant difference ( $p=.049$ ) was found between assertiveness scores of students who were employed (4.69) and those who were not (9.21). The researcher suggests that the students who were not employed may not be aware about knowledge and effective communication skills essential for successful assertiveness.

A cross- sectional study was conducted to find out the association between the assertiveness with selected demographic variables among 100 B. Sc. (N) students by using purposive sampling techniques. Data was collected by using socio demographic variables and Rathus Assertiveness rating scale. Data was analyzed by using the descriptive and inferential statistics. The Chi-Square test was used to assess the association between

the level of assertiveness among B.Sc.( N) 2<sup>nd</sup> year students with their demographic variables. The result of the study showed that out of 100 B.Sc.(N) students, 3(3%) of nursing students in the category of non-assertive, 6(6%) students was situational nonassertive, 27(27%) students was somewhat assertive, 41(41%) students were assertive and 23(23%) students was probably aggressive. The findings of the study showed that there is no significant association between the level of assertiveness among BSc(N) 2<sup>nd</sup> year students with the selected socio demographic variables like age, religion, place of residence and type of family.

A descriptive correlational survey was done to find out the relationship between assertiveness and self-esteem among 60 adolescents was selected by using random sampling technique. Data was collected by using Rathus assertiveness schedule and Rosenberg self-esteem Scale. The data was analyzed by using descriptive and inferential statistics. The result of the study showed that majority of the adolescents (75%) in the category of moderately assertive and high self-esteem was (53.33%). There was a positive correlation ( $r=0.64$ ) found between the assertive behavior and self-esteem of the adolescents and a significant association was found between the assertive scores with the age & education level of the adolescents. Hence it was concluded that Education level of the adolescents was the only variable significantly associated between the assertive and self-esteem scores.<sup>6</sup>

### Related to Self Esteem among Students

Out of 6 studies, 1 study was Quasi-experimental study which was conducted to evaluate or enhance the self-esteem among 922 nursing students<sup>10</sup>. Among these studies, 2 studies were Cross sectional study which was conducted to assess the self-esteem among 300 nursing students which showed that male and female student respondents indicated positive senses of self-esteem<sup>11</sup> whereas other study was conducted medical universities in Tehran among 332 students by using the stratified sampling to determine the self-esteem of nursing students and compare the self-esteem of nursing students to four of medical universities in Tehran.<sup>12</sup> Among these studies, 1 study was exploratory study which aims to assess the level of self-esteem among adolescents and to associate the self-esteem among adolescent with their

selected demographic variables and the finding of the study showed that majority of adolescents had moderate level of self-esteem<sup>13</sup>. Among these studies, 1 study was correlational study which was conducted to investigate the relationship between the self-esteem, assertiveness and academic achievement among 701 female students and the result of the study concluded that there was significant correlation found between assertiveness and academic achievement, and finally self-esteem with assertiveness<sup>14</sup>.

### Sample Review

A cross sectional study was conducted to assess the self-esteem among 300 nursing students selected by stratified random sampling in college of Nursing (University of Mosul, Iraq in 2015. Data was collected by using the demographic variables and RSES. The data were analyzed by using descriptive and inferential statistics. The result of the study showed that male and female student respondents indicated positive senses of self-esteem, when the perceived self-worth of the male students was differentiate with the female. It also showed that self-esteem scores were ( $29.3\pm 0.2$ ) with range (20-40), (54.7%) of nursing students had Moderate self-esteem level, (29%) had High level self-esteem and (16.3%) had low level self-esteem. Male students had more scores ( $30.4\pm 1.2$ ) than female students ( $29.1\pm 0.1$ )

A Correlational study was conducted to investigate the relationship between the self-esteem, assertiveness and academic achievement among 701 female students by using the stratified random sampling techniques. Data were collected by using the demographic information, Coppersmith Self-Esteem scale and Gambrells and Ritchie's assertiveness questionnaire. Data were analyzed by using the descriptive and inferential statistics. The result of the study concluded that there was a significant correlation found between assertiveness and academic achievement ( $p \leq 0.001$ ), assertiveness and birth order was ( $p: 0.006$ ), and finally self-esteem with assertiveness was ( $p \leq 0.001$ ).

**Ethical Clearance:** Ethical approval was taken from the institutional ethical committee of M.M University Mullana, Ambala, Haryana for conducting the study.

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