

# A Descriptive Study to Assess the Self-care Attitude and Practice among Nurses from Selected Hospitals of Pune City

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## Abstract

**Introduction:** To learn Healthy coping strategy should be a part of self-care development for the nursing staff and the student nurses. It will encourage health and is also a fundamental value for the scope and standard of practice. The attitude of all the nursing different some are favorable and some are not favorable towards the positive attitude for the self-care. Some also denote that the attitude should be positive or negative. Attitude is one the essential part for nursing education<sup>7,5,3</sup>. **Objectives of the Study:** 1. To assess the self-care attitude among nurses from selected hospitals of Pune City. 2. To assess the self-care practice among nurses from selected hospitals of Pune City. **Methodology:** Quantitative research approach was adopted for this study to accomplish the objectives of the study. **Result:** The analysis of the study suggests that nurses have positive attitude about their self-care in regards to spiritual wellness, Mental wellness, Emotional wellness, Nutritional wellness, Social wellness, Intellectual wellness, Physical wellness. But the practice regarding the self-care is very poor among nurses. which an important point to note and the researcher suggest that there should be proper awareness and practice regrading self-care among nurses.

**Key Words:** Assess, Self-care, Attitude, Practice

## Introduction

Self-care practice is an professional anticipation which is to be underlying for the role of nurses in the clinical practice.

The importance of self-care for nursing staff should be included in the standards of practice of a clinical nurse. Various research studies shows the importance of self-care for all the nurses but the evidences shows that it is not been acknowledged<sup>3</sup>.

Due to there is degrading in the implication for the development of standards of nursing practice across the globe and also creates a loophole in the existing standards.

To learn Healthy coping strategy should be a part of self-care development for the nursing staff and the student nurses. It will encourage health and is also a fundamental value for the scope and standard of practice<sup>7</sup>.

The attitude of all the nursing different some are favorable and some are not favorable towards the positive attitude for the self-care. Some also denote that the attitude should be positive or negative<sup>3</sup>

.Attitude is one the essential part for nursing education.

It promote nursing strategies which may impact on their self-care. the self-care management is very rarely studied in nursing students. Because there clinical practice, professional identity if being focused more.

## Statement of the Problem

A Descriptive study to assess the self-care attitude and practice among nurses from selected hospitals of Pune City

## Objectives:

1. To assess the self-care attitude among nurses from selected hospitals of Pune City.

2. To assess the self-care practice among nurses from selected hospitals of Pune City.

## Methodology

### Research Approach

Quantitative research approach was adopted for this study to accomplish the objectives of the study.

### Research Design

In this study, Non-experimental Descriptive survey design was used.

### Variables.

#### Independent Variables:

The independent variable for the study was attitude and practice

#### Dependent Variables:

The dependent variables of the study was self-care.

## SETTING OF THE STUDY

The investigator conducted the study in urban area of Pune City.

## POPULATION OF THE STUDY

### SAMPLE AND SAMPLE SIZE

In the present study, the nursing staff working in various hospitals of Pune City. Who fulfilled the inclusive criteria were the samples.

### SAMPLE SIZE

The sample size was 194 .

### SAMPLING TECHNIQUES

Non probability convenience sampling technique was used to select the samples.

## DEVELOPMENT AND DESCRIPTION OF THE TOOL

The instrument was developed and compiled by the investigator with the guidance of experts and review of literature. The data collection questionnaire used in the present study had the following components:

### Section A: Assessment of background variables

· Demographic variables of the nurse:

**This included study participants age**, religion, type of family, monthly income in rupees, educational status.

**Section B: Structured Question to assess the self-care attitude among nurses .**

**Section C: Observational Checklist on self-care practice among nurses.**

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## CONTENT VALIDITY

Content validity of instrument was done by the panel of experts in the fields of Nursing Research and Statistics. The experts' suggestions were incorporated in designing the final tool for this study.

## RELIABILITY

Reliability of the tool was measured using Karl's Pearson coefficient of correlation' test retest method for, **Structured Question to assess the self-care attitude among nurses** and **Observational Checklist on self-care practice among nurses**. And inter rater method for perceived practice.

The reliability r value were 0.78. These values were very high thus making it a reliable tool for assessing the self-care attitude and practice among nurses.

## DATA ANALYSIS AND INTERPRETATION

**Demographic Data****Table 1: Description of Demographic data in terms of Frequency and percentage distribution****N=194**

SR	Demographic variable		Freq	%
1	Age	20 – 30 years	70	26.4
		31 – 40 years	85	32.1
		41 – 50 years	50	18.9
		51 and above	60	22.6
2	Gender	Male	112	42.3
		Female	153	57.7
3	Family	Nuclear family	160	60.4
		Joint family	96	36.2
4	Religion	Hindu	155	60.5
		Muslim	51	19.9
		Sikh	20	7.8
		Christian	10	3.9
		Other	20	7.8
5	Monthly family income in rupees	10-30 k/Month	60	23.4
		above 30 K/month	40	15.6
		Below 30 K/Month	155	60.5
7	Educational Status	GNM	50	19.5
		B.Sc Nursing	70	27.3
		P.B.BSc Nursing	80	31.3
		M.Sc Nursing	25	9.8

**Table 2: Description of self-care attitude among nurses from selected hospitals of Pune City**

**N=194**

	Items	Mean	Std. Deviation	Scaled Response	Verbal Interpretation
Spiritual Assessment	Knows importance of life	3.81	0.495	Every Time	Positive
	Believes that some power is greater than myself	3.68	0.556	Every Time	Positive
	Believes on the perspective that life has value, meaning, and direction	3.49	0.655	Every Time	Positive
	Feel a part of life and living frequently	3.47	0.584	Every Time	Positive
	Knows that there is some level of connection with power	3.43	0.542	Every Time	Positive
	Recognize that there are different roles of my life are an expression of my true self	3.38	0.61	Every Time	Positive
	Know how to create a balance and feel a sense of connectedness	3.34	0.731	Every Time	Positive
	Items	Mean	Std. Deviation	Scaled Response	Verbal Interpretation
Mental Assessment	Enjoy developing new skills and Talents	3.55	0.544	Every Time	Positive
	I am interested in and knowledgeable about many topics	3.4	0.577	Every Time	Positive
	I ask for suggestions and help when I need it	3.38	0.644	Every Time	Positive
	I am receptive to new ideas and life Patterns	3.38	0.573	Every Time	Positive
	Use my imaginations in considering new choices or possibilities	3.36	0.705	Every Time	Positive
	Prioritize my work and set realistic goals	3.23	0.598	Almost Every Time	Positive
	Read a broad range of subjects	3.02	0.707	Almost Every Time	Positive

**Cont... Table 2: Description of self-care attitude among nurses from selected hospitals of Pune City****N=194**

	Items	Mean	Std. Deviation	Scaled Response	Verbal Interpretation
Emotional Assessment	Listen to and respect the feeling of others	3.62	0.61	Every Time	Positive
	Listen to inner self-talk	3.47	0.584	Every Time	Positive
	Assess and recognize my own feelings	3.4	0.825	Every Time	Positive
	Can remember and acknowledge most events of my childhood including painful as well as happy	3.38	0.573	Every Time	Positive
Nutritional Assessment	All meal should be taken on time	3.62	0.61	Every Time	Positive
	Balanced diet is important to maintain.	3.47	0.584	Every Time	Positive
	Maintains the regular water intake	3.4	0.825	Every Time	Positive
	Healthy and oil free snack is preferred in the mid-day snacks	3.38	0.573	Every Time	Positive
Social Wellness	Developing friendships	3.47	0.584	Every Time	Positive
	Healthy sexual behaviors	3.4	0.825	Every Time	Positive
	Ability to interact comfortably with others.	3.38	0.573	Every Time	Positive
Intellectual Wellness	Strong desire to learn from challenges and experiences.	3.62	0.61	Every Time	Positive
	uses the available resources, in and out of the classroom, to expand their knowledge and skills for the betterment of society.	3.47	0.584	Every Time	Positive
Physical Wellness	Involves regular physical activities	3.62	0.61	Every Time	Positive
	Proper nutrition and health care	3.47	0.584	Every Time	Positive
	Exercise or Sports	3.4	0.825	Every Time	Positive
	Personal hygiene.	3.38	0.573	Every Time	Positive

Table 2 : Describes the selfcare attitude among nurses from selected hospitals of Pune City. The first component related to the attitude of nurses is there attitude related to spiritual assessment, In regards to spiritual assessment, knows importance of life, Believes that some power is greater than myself, Believes on the perspective that life has value, meaning, and direction, Feel a part of life and living frequently, Knows that there is some level of connection with power, Recognize that there are different roles of my life are an expression of my true self, Know how to create a balance and feel a sense of connectedness and the result reflected that the nurses had positive attitude related to the spiritual assessment.

Analysis related to the mental assessment had covered the following parameters Enjoy developing new skills and Talents, I am interested in and knowledgeable about many topics, I ask for suggestions and help when I need it, I am receptive to new ideas and life Patterns, Use my imaginations in considering new choices or possibilities, Prioritize my work and set realistic goals, Read a broad range of subjects the result reflected that the nurses had positive attitude related to the mental assessment on selfcare.

Analysis related to the emotional assessment had covered the following parameters Listen to and respect the feeling of others, Listen to inner self-talk, Assess and recognize my own feelings, Can remember and acknowledge most events of my childhood including

painful as well as happy result reflected that the nurses had positive attitude related to the emotional assessment on selfcare.

Analysis related to the nutritional assessment had covered the following parameters All meal should be taken on time, Balanced diet is important to maintain, Maintains the regular water intake, Healthy and oil free snack is preferred in the mid-day snacks, result reflected that the nurses had positive attitude related to the nutritional assessment on selfcare.

Analysis related to the social assessment had covered the following parameters Developing friendships, Healthy sexual behaviours, Ability to interact comfortably with others, result reflected that the nurses had positive attitude related to the social assessment on selfcare.

Analysis related to the Intellectual assessment had covered the following parameters Strong desire to learn from challenges and experiences, uses the available resources, in and out of the classroom, to expand their knowledge and skills for the betterment of society, result reflected that the nurses had positive attitude related to the intellectual assessment on selfcare.

Analysis related to the Physical assessment had covered the following parameters Involves regular physical activities, Proper nutrition and health care, Exercise or Sports, Personal hygiene, result reflected that the nurses had positive attitude related to the intellectual assessment on selfcare.

**Table 3: Description of self-care practice among nurses from selected hospitals of Pune City”**

N= 194

Self Care Practise		Very Good		Good		Poor	
		Freq	%	Freq	%	Freq	%
1	Spiritual Wellness	60	23.44	76	29.69	120	46.88
2	Mental/Psychology Wellness	19	7.42188	85	33.20313	150	58.5938
3	Emotional Wellness	56	21.875	70	27.3438	130	50.7813
4	Nutritional Wellness	26	10.1563	40	15.625	190	74.2188
5	Social wellness	75	29.2969	70	27.3438	111	43.3594
6	Intellectual Wellness	76	29.6875	100	39.0625	80	31.25
7	Physical Wellness	19	7.42188	85	33.20313	150	58.5938

Table 3 :Describes the self -care practise among nurses reflects that the spiritual wellness practise was performed in very good manner by 23.44 % nurses ,Mental wellness was practised by 7.4 % nurses ,Emotional wellness was performed by 21.8 % nurses, Nutritional wellness was 26 % in nurses ,Social wellness was 29 % among nurses ,Intellectual wellness was 29.6 % in nurses and Physical wellness was 7.4 % among nurses.

### Conclusion

The above analysis of the study suggests that nurses have positive attitude about there self care in regrdas to spiritual wellness,Mental wellness,Emotional wellness,Nutritional wellness ,Social wellness,Intellectual wellness ,Physical wellness .But the practice regrading the self care is very poor among nurses .which an important point to note and the researcher suggest that there should be proper awareness and practice regrading self-care among nurses.

### Recommendations

The study recommends the following

- A similar study may be conducted with large number of sample and population in various settings.
- A similar study may be conducted with large number of sample and population in various settings.
- A comparative study can be conducted between rural and urban population.
- A true experimental study with experimental and control group can be conducted.

**Conflict of Interest** – Nil

**Source of Funding-** Authors have no financial support to this project. The study was fully funded by authors.

**Ethical Clearance** – Ethical approval of the study taken from Symbiosis College of nursing

ethical committee. Informed consent was taken from the professional included in the study.Informed the responders regarding the data collection procedure. The collected data was used only for research purpose and kept confidential

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