

A Study to Assess the Effectiveness of Self Enhancement Program for Nursing Students (SEPNS) on Raising Self- Esteem among Nursing Students in selected, Nursing College Padhar Betul M.P.

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Abstract

Introduction: Self esteem is an emotional component that is essential for psychological survival. Without self esteem many basic and emotional need going unmet. Awareness regarding self esteem is an important factor to differentiate between human and animals. Self Esteem Program is a motivation program specifically designed to make people feel good about themselves and to give a boost of enhancement to their self esteem.

Method: The present study adopted **Evaluating research approach**. One group pre test post test design was used to assess the effectiveness of self enhancement program for nursing student. In the study the sample comprised of 26 undergraduate nursing students of college of nursing students padhar was fulfilling the inclusive criteria. Convenient sampling technique was used to select the sample.

Result: The data presented in the study show that out of 26 subjects majority 18 (69.23%) participants belonged to age group of 17-22 years, and similar majority were females, Most of them 11(42.30%) had a family monthly income Rs. 2000-10000 per month. The mean pre test score was 26.42, whereas mean post test score 35.76. The data depicts that the obtained t value was 10.76 and p value 0.001.

Conclusion: After exclusive data interpretation it has been found that self esteem has significantly improved compared to pre test. Thus it can be concluded that Self Esteem Enhancement Program for Nursing Students (SEPNS) found effective to enhance the self esteem among undergraduate nursing students.

Keyword: Self Esteem, self enhancement program, nursing students.

Introduction

Self esteem is an emotional component that is essential for psychological survival. Without self esteem many basic and emotional need going unmet. Awareness regarding self esteem is an important factor to differentiate between human and animals.⁴

Self esteem is very closely related to the other components of the self concept. Similar to personality and self body image, the development of self esteem is broadly influenced by the perception of individual towards them, how they perceive themselves without the significance of others perception towards

them. Self esteem is simply the respect of individual towards self and it is a measure of their own worth that they judge their abilities. It is one's attitude towards oneself along a positive negative dimensions resulting in either high or low self esteem.³

Self-esteem is the level of approval, acceptance and self-worth in relation to self. Self-esteem, as defined by Coppersmith, includes four dimensions: personal self-esteem, social self-esteem, academic self-esteem and parental self-esteem. Personal self-esteem is a detailed understanding of the value of oneself. Social self-esteem is the perception of the quality of their relationships with others. Self-esteem is an important

element of a person in which people with healthy self-esteem perceive themselves as a worthy person. The feeling of worthiness will influence a person to be confident, manage their work and show respect to others.⁸

Nursing profession is a profession which require a sound mental health. During training period of nursing personal is a time where they obtain a sense of "self" as a nurse. A sound self esteem helps the nursing personals to work confidently and efficiently. Lack of self worth leads to low self esteem, and it affect the individuals overall growth especially as a professional.⁷Nursing is one of the stressful profession and need a high level of sound mental health, confidence, and self esteem to handle the crucial and high level stressful situation. As a nurse they need to be able to cope in a very stressful environment with right decisions in effective way to save the life of client. Person with low self esteem will be poor in making judgement of situation and hesitate to took decision and this lead to life threatening situation for client many time.⁵

Nurses have a history to provide not only health care but also health education to promote the well being of clients. To maintain a good environment it is necessary for nurse to have a healthy self esteem, mental well being and a positive self concept. This only is possible when the nurse have self confidence, assertiveness and feeling of self worthy. It is seen usually that the nursing students having low self esteem which affect their academic as well as clinical performance.⁶

Self Esteem Program is a motivation program specifically designed to make people feel good about themselves and to give a boost of enhancement to their self esteem.⁹ Self enhancement program is important for preventing poor health behaviour, poor academic performance and subsequent problems of nursing students. It help nursing personals to be more assertive, confident and self aware. Thus providing self esteem enhancement intervention at early stage of profession such as during training period is very important.²

After review of literature the investigator designed the Self Enhancement Program for Nursing students. The Self Enhancement Program is divided in Six session. Session I Introduction which include the meaning of your name and related things, Session II All People are unique and respectable, Session

III Nobody is Perfect , Session V I am Proud to be a Nurse and Session VI I Love Myself. Each session is followed by some activity related to previous session. Each session include activity lasting for 1 hour. That helps to improve the level of self esteem among nursing students.

In the present study researcher is investigating the effectiveness of Self Enhancement Program for nursing students, which believe to have a positive effect on self esteem of nursing students. The aim of the study is to investigate nursing student's self-esteem and to find the effectiveness of SEPNS in enhancing the self-esteem of the nursing students thereby improving their psychological wellbeing. Objectives of the study were to find the effectiveness of SEPNS in terms of gain in mean post test self-esteem scores.

Statement of Problem

"A study to assess the effectiveness of Self Enhancement Program For Nursing Students (SEPNS) on raising self- esteem among nursing students in selected, nursing college Padhar Betul M.P.."

Objectives

1. To assess the existing level of self esteem among nursing students.
2. To evaluate the effectiveness of self Enhancement Program for Nursing students (SEPNS).

Hypotheses

H1: There will be significant difference between pre-test and post -test in the level of self esteem among nursing students after Self Enhancement Program for Nursing Students intervention.

Material and Method

Research Approach: An Evaluating research approach was adopted for assessing the effectiveness of self enhancement program for nursing student.

Research Design: In this present study One group pre test post test design was used to assess the effectiveness of self enhancement program for nursing student among undergraduate nursing student.

$$O_1 \rightarrow X \rightarrow O_2$$

O OBSERVATION

X INTERVENTION (SELF ENHANCEMENT PROGRAM FOR NURSING STUDENT)

O₁ pre intervention score – Level of self esteem score before self enhancement program for nursing student.

O₂ post interventional score – Level of self esteem score after self enhancement program for nursing student.

Independent Variable: - self enhancement program for nursing student was the independent variables in the study.

Dependent Variables: - Level of self esteem was the dependent variable in the study.

Population

In the present study target population was all undergraduate nursing students.

Target Population:-The target population of the research study was undergraduate nursing students of college of nursing students Padhar.

Accessible Population:-In this study accessible population was the undergraduate nursing students of College Of Nursing Students Padhar, who fulfil the inclusive criteria has been included in the study.

Sample: In the study the sample comprised of 26 undergraduate nursing students of College Of Nursing Students Padhar was fulfilling the inclusive criteria.

Sampling Technique: Convenient sampling technique was used to select the sample.

Development and Description of the Tool

Section A: Socio Demographic Variables (7 items)

Section A consist of socio demographic variables of undergraduate nursing students such as age, gender, religion, Parents education, Parents monthly income, family member with chronic illness and percentage of class 12th.

Section B: Rosenberg Self Esteem Evaluation Scale

Section B consists of Standardized **Rosenberg Self esteem Evaluation Scale**. The scale consist of

10 items is scored on four point rating scale with options; strongly agree, agree, disagree, and strongly disagree. Five positive and five negative statements with total score 40. Scores were classified as 10-22 low self esteem, 23-33 considered as medium self esteem and 34 and above as high self esteem.

Section C: Self Enhancement Program For Nursing Students (SEPNS),

Self Enhancement Program for Nursing students (SEPNS), was developed on the review of the literature and the objectives state for self esteem. The investigator prepare The Self Enhancement Program is divided in Six session. Session I Introduction which include the meaning of your name and related things, Session II All People are unique and respectable, Session III Nobody is Perfect , Session V I am Proud to be a Nurse and Session VI I Love Myself. Each session is followed by some activity related to previous session. Each session include activity lasting for 1 hour. That helps to improve the level of self esteem among nursing students.

Data Collection

A total 26 samples were selected for the present study from undergraduate Nursing student College of Nursing Padhar.

The actual data collection period was 11/10/2021 to 18/10/2021. A written permission was obtained from the Principal College of Nursing. An informed consent was obtained from the Nursing Students. Prior to the data collection a brief introduction of self and study was given and informed consent was obtained from the respondent and confidentiality was assured to the subjects. The subject took 20min to answer the present portion in Rosenberg Self Esteem Evaluation Scale. Soon after the pre test structured teaching module through power point presentation were imparted to the sample. After 7 days post test was taken.

Plan for Data Analysis

The data were tabulated and analysed using descriptive statistics like mean, standard deviation, frequency distribution and percentage. Inferential statistics like paired t-test, and Chi-square test.

Findings

Analysis and interpretation of data collected from 26 samples to find the effectiveness of Self Enhancement Program for Nursing Students(SEPNS).

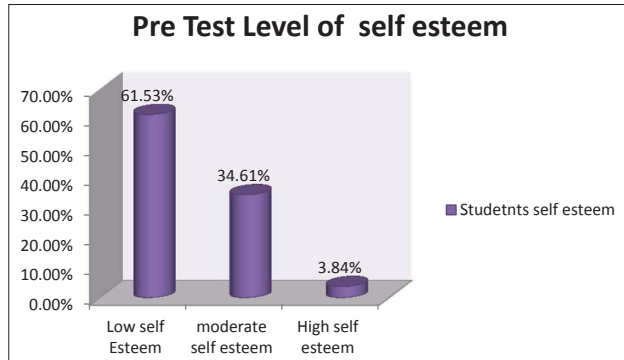


Figure 1.1: Cylindrical diagram shows pre test level of self esteem of undergraduate nursing students.

Fig. 1.1 shows that out of 26 participants 16 (61.53%) of the participants have low self-esteem, whereas 9(34.61%) had moderate self esteem and the only 1(3.84 %) have high self-esteem.

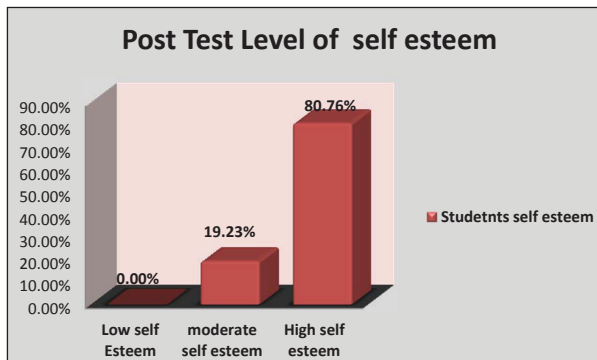


Figure 1.2: Cylindrical diagram shows post test level of self esteem of undergraduate nursing students.

Fig. 1.2 shows that out of 26 participants majority 21(80.76%) of the participants have high self-esteem, whereas only 5(19.23%) had moderate self esteem and no students had low self-esteem

Effectiveness Of Self Esteem Enhancement Program For Nursing Students (Sepns)

In order to find the effectiveness of SEPNS on self esteem the following hypothesis was stated H1: There will be significant difference between pre- test and post -test in the level of self esteem among nursing students after Self Enhancement Program for Nursing

Students intervention. Parametric paired t test was preferred

Table 2 : Comparison between pre and post score (n=26)

Group	Mean	Mean Difference	SD	DF	't' value
pre test	26.42	9.34	4.84	25	10.76
post test	35.76				

*P≤0.05

**P≤0.01

***P≤0.001

The data depicts in Table 2 shows that the obtained t value was 10.76 and p value 0.001. hence H1 was accepted and it is interpreted that self esteem has significantly improved compared to pre test. Thus it can be concluded that Self Esteem Enhancement Program for Nursing Students (SEPNS) found effective to enhance the self esteem among undergraduate nursing students.

Discussion

The findings of the present study had been discussed with reference to its objectives, hypothesis, and results finding of other studies. In the present study total 26 participants participated out of which 16(61.53%) of the participants have low self-esteem. This finding support the report of another similar study conducted by Arun Kumar Jindal, Loyd Melwyn Mendonca, Mavitha V. G Maharaja Agrasen Medical College, Agroha, Haryana,India in 2018 among undergraduate nursing students to assess the effectiveness of Self Enhancement Program undergraduate nursing students had out of 87 nursing students 30 (34.50%) students have found to have low self-esteem.¹

Limitations

- A limited time for data collection.
- Sample was selected from College of Nursing Padhar only.
- The study was confined to 26 samples.
- The study was limited to Undergraduate Nursing Students only who fulfil the inclusive criteria of study.

Recommendation for Further Research

- Similar study can be conducted in other settings.
- Comparative study can be done among GNM & B.Sc Nursing students .
- Comparative study can be done among different nursing colleges.
- A similar study can be conducted on large number of samples.

Implication

Psychiatric Nursing Practice

Psychiatry nursing is a field of variation which not only limited to theatrical and clinical field for nursing students but can contribute in overall personality development of nursing students. Present study is an initiation helps those nursing student who may suffer from low self esteem. Helping them to improve their self esteem will increase their confidence in their academic and personnel growth.

Psychiatric Nursing Policy

Present study emphasis on the self esteem enhancement of undergraduate nursing students. The researcher felt a great need of self enhancement program for develop a sense of self worth and confidence among nursing student. Their must be some regular enhancement program to be organised periodically in every nursing college so all the students can get benefited.

Psychiatry Nursing Research

The nurse researcher should work on the need and existing problem of health care domains. Evidence based nursing is give emphasis and shows need of further researches of various problems. In the present study researcher gave much more emphases on problem which is not yet diagnosed as problem area or neglected area. The module is design in such easy way so the nursing students can gain a sense of self love respect and value.

Conclusion

The study concludes that, there was significant increase in the level of self esteem of subjects shows

high self esteem after introduction of Self Enhancement Program for Nursing Students (SEPNS) . To assess the effectiveness of Self Enhancement Program for Nursing Students (SEPNS) “t” test was applied and the calculated t value was found significantly higher than mean value of post test value. Thus it was concluded that Self Enhancement Program for Nursing Students (SEPNS) was found effective

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Ethical Clearance : Ethical clearance was obtained from Prior to the data collection written administrative permission was obtained from College authority. Written informed consent taken from the Nursing students before data collection. Confidentiality of the data was ensured through allotment of unique code.

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