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**RESEARCH ARTICLE**

**A Study to Assess self-Esteem among the Third Year Nursing Students in Selected Institute of Nursing Education, Andheri**

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**ABSTRACT:**

Self-esteem is important in every sphere of life and can be considered a basic human need. Self-esteem increases the level of personal security and has been described as a protective factor against risk behaviors. Self-esteem is one of our basic Psychological needs. The degree of our self-esteem impacts every major aspect of our lives. It has profound effect on our thinking processes, emotion, desire, values, choices and goals. Deficits in self-esteem contribute to virtually all-psychological problems. And psychological problems lead to lowered self-esteem. It is a reciprocal relationship. Nurses are vital to the national health services system and to the nation. Therefore, today that self-esteem is a basic human need, is to say that it is essential to normal and healthy development, it has survival value. If a nurse lacks positive self-esteem, psychological growth is stunted. Positive self-esteem operates, in effects as providing resistance, strength and a capacity for regeneration. If a nurse does not believe in herself neither in her efficacy nor in her goodness she will not be able to function efficiently in her profession. So it is important to assess the self-esteem of nurses at different levels of functioning. **OBJECTIVES OF THE STUDY:** To assess the demographic variables; To assess the level of self-esteem among the nursing students; To associate the self-esteem level with socio demographic variables **RESEARCH METHODOLOGY:** In this study Conceptual framework based on Health belief Model was used. The exploratory descriptive approach was used to illicit data. Non probability purposive sampling technique was adopted for selection of the samples. The sample consisted of 40 nursing students of 3<sup>rd</sup> year GNM and BSc studying in this institute. Rosenberg scale for self-esteem was administered for each sample. **MAJOR STUDY FINDINGS:** The collected data was analyzed in terms of the objectives of the study using descriptive and inferential statistics. **Section 1:** This section deals with the analysis of data related to the demographic variables. It reveals that majority of subjects belonged to the age group 19-20 years. The study revealed all of them are females. The subjects who belong to nuclear family were 95% whereas 5% belong to joint family. The study also reveals that 47.5% subjects were staying in flat whereas 7.5% were in chawls and remaining in rented house. The study also emphasized that majority of the students share problems with their friends (50%). When taken into account the the level of stress about 70% had moderate level of stress. it was seen that, 97.5% of students does not have any history of suicide. While 95% of students does not have any health problems. **Section 2:** This section deals with the analysis and interpretation of data related with level of self-esteem among the subjects. The study revealed that 97.5% of students have moderate level; of self-esteem and 2.5% have low self-esteem. **Section 3:** This section deals with Associating the demographic variables with the self-esteem level of students using chi-square, it was found that there is no correlation seen between self-esteem among the students and the variables such as age, medium of education, stay, family income, level of stress, problem sharing, suicide and health problems at the level of significance at 0.05 that is 5.99. The variable sex could not be associated with self-esteem as one of the observed value in this variable is zero. This can be because of the less sample size. **CONCLUSION:** Self-esteem is one of the important components of a person's work life, and it is found that there are many factors which affect nurses' self-esteem. A nurse with a good self-esteem will be able to provide much better care to her patients. She will be satisfied with her job and fully committed to it. She will be able to develop her morals and values and a successful professional image. Making use of agencies such as guidance, counseling, mass-media, good

education, group activities, seminars, presentations which will help a nurse to improve her self-esteem and with a new confidence she can provide a quality care to her patients. This step can be initiated right from her nursing school days. Stress reduction programme and self-esteem enhancement programme etc. need to be emphasized in the curriculum and short courses on these can be conducted. School authorities have to take initiative and responsibility in starting such program in their institutions.

**KEYWORDS:** Self-Esteem, Nursing Students

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### INTRODUCTION:

“There is no value- judgment more important to man no factor more decisive in his psychological development and motivation – than the estimate he passes on himself.”

-Nathaneil Branden

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.<sup>1</sup> Self esteem is a term used in psychology to reflect a person’s overall evaluation or appraisal of his or her own worth. Individuals with high self-esteem feel they are worthwhile despite their errors and flows.<sup>2</sup> Self-esteem plays a significant role in the development of a variety of mental disorders. Self-esteem has been found to be the most dominant and powerful predictor of happiness and life satisfaction.<sup>3</sup> In addition, self-esteem has long been identified as an important predictor of adjustment to stress, high levels of self-esteem are considered important in terms of both managing the demands placed on nurses during their working period and for developing a strong and therapeutic relationship with the patient.<sup>4</sup> Nursing is a job that requires mental health at desired levels. The results of the studies indicate that the mental health of nursing students, besides influencing studying and daily life, also has a profound effect on the quality of professional practice in the future, and the staying in the profession. Therefore, identifying factors that can affect mental health is of special importance.<sup>5</sup> Relevance of self-esteem and the ability to establish interpersonal relationships and quality of nursing care provided is undeniable.<sup>6, 7</sup> In addition, think, feel, and performance of nurses providing care is affected by his their esteem <sup>8</sup>. As Arthur showed in his study, nurses with high self-esteem were able to provide better care to patients <sup>9</sup>.

Nurses, who have a high self-esteem, feel more confidence in their own skills and this trust leads to their effective dealing with challenging situations <sup>10</sup> Nursing is one of the stressful jobs in community <sup>1, 11</sup> and given the role of self-esteem as a moderator of stress, people having higher self-esteem in stressful situations have a higher sense of self-worth and self-efficacy that these consequences will function more effectively in these situations.<sup>12</sup>

### NEED FOR THE STUDY:

“Everybody is unique. Compare not yourself with anybody else lest you spoil God’s curriculum.”

Developing self-confidence is important for nursing students, particularly when caring for people whose situations are uncertain or whose prognoses are unclear. Patients and clients seek confidence and control in turbulent times. It is important for nursing students to be calm, decisive and reassuring. However, acquiring these skills can be difficult in the early stages of training when knowledge and proficiency are limited.<sup>13</sup> Statistical data reveals that number of nurses per 10,000 populations in India is 8 while it is 33 for the world among which there are only few assertive nurses estimated. Self-esteem is one of the most important factors in mental health that plays an important role in promotion of mental health<sup>14, 15</sup>. Despite the undeniable impact of self-esteem on the mental health and lives of dignity, conducted surveys show that the self-esteem of students is not in a satisfactory condition (8). The results of a study on University of Leicester students conducted in 2004 showed that 23% of students suffer from anxiety disorders and 50% of students suffer from depression or mood disorders, while 49% showed low self-esteem and related problems. <sup>16</sup>

The multidimensional structure of self-esteem is dictated by one’s beliefs about all their characteristics and can be affected by internal and external variables, including exposure to the educational process. During the process of professional socialization in nursing education, the student will obtain a sense of "self" as a nurse.<sup>16</sup> A permanently important aspect of nursing education is the development of non-cognitive skills, such as self-esteem and self-concept, in college students. It is expected that the self-esteem of nurses partially shapes during nursing

education. Therefore, with progression of students to higher education years, it is expected that changes occur in the level of their self-esteem. Sasat et al. in 2002 showed that self-esteem and its dimensions have no significant difference in nursing students in different years of study.<sup>1</sup> In another longitudinal study by Edwards et al. the self-esteem of final year nursing students was at its lowest level<sup>6</sup>. Conflicting results were obtained from different studies that investigated the effect of nursing education on self-esteem of students. The results of studies on various aspects of self-esteem, including social, personal and public self-esteem of nursing students differentiated by the school year, showed that there is a relationship between years of education and self-esteem.<sup>1</sup> Hence there is the felt need to assess self esteem of the students in the initial period to shape them.

#### **PROBLEM STATEMENT:**

“A study to assess self-esteem among the third year nursing students in selected Institute of Nursing Education, Andheri”

#### **OBJECTIVES OF THE STUDY:**

1. To assess the demographic variables.
2. To assess the level of self-esteem among the nursing students.
3. To associate the self-esteem level with socio demographic variables

#### **OPERATIONAL DEFINITIONS:**

##### **1.Self-esteem:**

- According to Oxford Dictionary “a good opinion of oneself.”
- According to researcher “the way nursing students think, feel about self.

##### **2.Assess:**

- According to Bellaries Dictionary” assessment is the critical analysis and evaluation or judgment of the status or quality of particular condition, situation or subject or appraisal.”
- According to researcher “assessment is the evaluation of self-esteem among nursing students.”

##### **3.Nursing:**

- According to Sr. Nancy “Nursing is a dynamic, therapeutic and evaluative process in meeting the health needs of the individual, family and society.”

##### **4. Students**

- According to Oxford Dictionary “a person who is studying especially at university or another place of higher education.”

##### **According to researcher :**

Nursing students:“A person studying under a nursing course in selected institute of nursing.”

#### **ASSUMPTIONS:**

The study assumes that student nurses may have moderate self-esteem.

#### **DELIMITATION:**

- The study is limited to student nurses in Holy Spirit Institute of Nursing Education, No one above 30 years.

#### **RESEARCH METHODOLOGY:**

##### **• RESEARCH APPROACH:**

Exploratory descriptive approach adopted by the investigator for the accomplishment of the present study.

##### **• RESEARCH DESIGN:**

The investigator has adopted descriptive as a research design.

##### **• SETTING OF THE RESEARCH:**

The present study was conducted in selected nursing college of Mumbai, Holy Spirit Institute of nursing Education.

##### **• POPULATION:**

In this study, target population comprises of all subjects studying in 3<sup>rd</sup> year GNM and BSc and accessible population includes all subjects studying in 3<sup>rd</sup> year GNM and BSc fulfilling the inclusion & exclusion criteria and studying in Holy Spirit Institute of nursing Education.

##### **• Sample:**

The sample in this study includes 3<sup>rd</sup> year GNM and BSc students.

##### **• SAMPLE SIZE:**

In the present study, the sample size comprised of 40studentsof 3rd year GNM and BSc.

##### **• SAMPLING TECHNIQUE:**

The sample for the present study was drawn by non-probability purposive sampling technique.

##### **• DESCRIPTION OF TOOL:**

Tool prepared by the present study is a semi-structured questionnaire divided into two sections-

**Section 1:** Socio-demographic data Sheet.

**Section 2:** Rosenberg scale.

The data collection was done on September 12<sup>th</sup>. During this period the researcher gave a tool to the 3<sup>rd</sup> Year nursing students. First the researcher introduced himself and the study topic. Researcher then explained about the consent to the participants and assured the confidentiality of the data, explained how to fill the answers in the sheet. All participants willingly participated in the study.

**PLAN FOR DATA ANALYSIS:**

The collected data is analyzed in terms of the objectives of study using descriptive & inferential statistics:  
The data analysis plan was as follows:

1. Data will be coded and entered in excel sheet.
2. Analysis will be done by using descriptive and inferential statistics.
3. Demographic and personal data was described in frequency and percentage.
4. Manual as well Instant statistical software will be used for all statistical analysis

**Analysis of demographic variable:**

This section deals with the analysis of data related to the demographic variables. It reveals that majority of subjects 92.5% belonged to the age group 19-20 years. The study revealed all of them are females. The subjects

who belong to nuclear family were 95% whereas 5% belong to joint family. The study also reveals that 47.5% subjects were staying in flat whereas 7.5% were in chawls and remaining in bungalow. The study also emphasized that majority of the students share problems with their friends (50%). When taken into account the level of stress about 70% had moderate level of stress. it was seen that, 97.5% of students does not have any history of suicide. While 95% of students does not have any health problems.

**Section 2:**

This section deals with the analysis and interpretation of data related with level of self-esteem among the subjects. The study revealed that **97.5%** of students have moderate level; of self-esteem and **2.5%** have low self-esteem.

**Section 3**

**Table No-1: Association of Self Esteem with Demographic Variables Using Chi-Square**

SR NO	DEMO GRAPHIC VARIABLES	OBSERVED VALUE		EXPECTED VALUE		CHISQUARE	SIGNIFICANCE
		MOD	LOW	MOD	LOW		
<b>1</b>	<b>AGE</b>					0.146	NS
A.	19-20	36	1	36.075	0.925		
B.	21-22	2	0	1.95	0.05		
C.	23-24	1	0	0.975	0.025		
<b>2</b>	<b>MEDIUM OF EDUCATION</b>					0.217	NS
A.	English	32	1	32.175	0.825		
B.	Marathi	4	0	3.9	0.1		
C.	Malayalam	3	0	2.925	0.075		
<b>3</b>	<b>STAY</b>					1.25	NS
A.	Flat	3	0	2.925	0.075		
B.	Chawl	19	0	18.525	0.475		
C.	Bungalow	17	1	17.55	0.45		
<b>4</b>	<b>INCOME</b>					0.758	NS
A.	<1 Lakh	22	1	22.425	0.573		
B.	1-5 Lakhs	17	0	16.575	0.425		
C.	>5 Lakhs	0	0	0	0		

There is no correlation seen between self esteem among the students and the variables such as age, medium of education, stay, family income at the level of significance of 0.05 that is 5.99.

<b>5</b>	<b>FAMILY</b>						
A.	Nuclear	37	1	37.05	0.95	0.053	NS
B.	Joint	1	0	0.975	0.025		
C.	Others	1	0	0.975	0.025		
<b>6</b>	<b>LEVEL OF STRESS</b>						
A.	Mild	9	1	9.75	0.25	3.074	NS
B.	Moderate	28	0	27.3	0.7		
C.	Severe	2	0	1.95	0.05		
<b>7</b>	<b>PROBLEM SHARING</b>						
A.	Parent	17	1	17.55	0.45	0.758	NS
B.	Friend	20	0	19.5	0.5		
C.	Alone	2	0	1.95	0.05		
<b>8</b>	<b>SUICIDE</b>						
A.	Yes	1	0	0.975	0.025	0.0438	NS
B.	No	38	1	38.825	0.975		
<b>9.</b>	<b>HEALTH PROBLEMS</b>						
A.	Yes	3	0	2.925	0.075	0.0831	NS
B.	No	36	1	36.075	0.925		

There is no correlation seen between self esteem among the students and the variables such as family, level of stress, problem sharing, suicide and health problems at the level of significance at 0.05 that is 5.99

The variable sex cannot be associated with self esteem as one of the observed value in this variable is zero



Pie Diagram1- Showing level Of Stress.

### IMPLICATIONS:

#### NURSING SERVICES:

Self esteem is one of the important components of a person's work life, and it is found that there are many factors which affect nurses' self esteem. A nurse with a good self esteem will be able to provide much better care to her patients. She will be satisfied with her job and fully committed to it. She will be able to develop her morals and values and a successful professional image. Making use of agencies such as guidance, counseling, mass-media, good education, group activities, seminars, presentations which will help a nurse to improve her self esteem and with a new confidence she can provide a quality care to her patients.

#### NURSING EDUCATION:

Nursing curriculum is being revised periodically based on the needs of the society and the profession. An awareness of nurses' problems and issues could be included in the basic curriculum of student nurses as it may help them to prepare for the future. Role of social support in dealing with stress and to have a good self esteem and the ways to seek it also need to be addressed. Stress reduction programme and self-esteem enhancement programme etc. need to be emphasized in the curriculum and short courses on these can be conducted. School authorities have to take initiative and responsibility in starting such program in their institutions.

#### NURSE ADMINISTRATION:

Nurse administrators can take active role in building up a positive self esteem in student nurses. Social support from co-workers should be sustained at the current levels. Greater attention needs to be directed to not only acknowledging nurses' stress but also to provide a mechanism that promotes coping. Organizationally, nurses' emotional well-being through professional recognition, work reorganization, and supervisory support can be promoted. It is in the best interests of both parties to take reasonable steps to create a healthy

working environment which in turn would result in quality client care.

### NURSING RESEARCH:

Research is an important tool for the continual development of a relevant body of knowledge in nursing and it generates information from nursing investigations which help define the unique role of nursing as a profession. Future research can broaden the scope of the current results and offer a more comprehensive understanding of nurses' quality of life. Researches can be done by incorporating interventions to improve self esteem among student nurses.

### LIMITATIONS OF THE STUDY:

- The study was conducted on a smaller sample size.
- The study has involved sample only studying in Holy Spirit Institute of Nursing Education..

### RECOMMENDATION FOR FURTHER STUDIES:

- A similar study can be conducted on a large scale group.
- A comparative study can be conducted to detect the changes in the self esteem level of student nurses with the experience gained.
- A descriptive study can be conducted to find out the factors affecting self esteem of the students.

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