

**A STUDY TO ASSESS THE LEVEL OF SELF ESTEEM AMONG FIRST YEAR
NURSING STUDENTS AT SATHYABAMA COLLEGE OF NURSING, CHENNAI**



**A PROJECT WORK SUBMITTED TO SATHYABAMA INSTITUTE OF SCIENCE
AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)
CHENNAI**

**IN PARTIAL FULFILMENT OF THE REQUIREMENTS FOR
THE DEGREE OF BACHELOR OF SCIENCE IN NURSING
2019-2023**



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BY

Ms. DIVYABHARATHI D

Ms. REVATHI M

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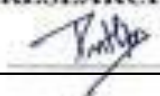
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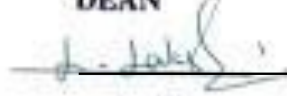
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2019 - 2023

RESEARCH GUIDE



DEAN



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BONAFIDE CERTIFICATE

This is a bonafide work done by Miss. DIVYABHARATHI D and Miss. Revathi M B.Sc (N)III Year Students from Sathyabama college of Nursing, Sathyabama Institute of Science and Technology, Chennai, submitted in partial fulfillment for the Degree of Bachelor of Science in Nursing under the Sathyabama Institute of Science and Technology(Deemed to be University) , Chennai.

College seal:

College seal:



Signature of the Dean:

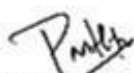
Signature of the Dean:


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ENDORSEMENT BY THE GUIDE

This is to certify the project work entitled “ **A Study to assess the level of self – esteem among first year nursing students at selected sathyabama college , Chennai** “ is bonafide research work done by **Ms. Divyabharathi D** and **Ms. Revathi M** In partial fulfilment of the requirement for the degree of bachelor of science in nursing .

SEAL AND SIGNATURE OF

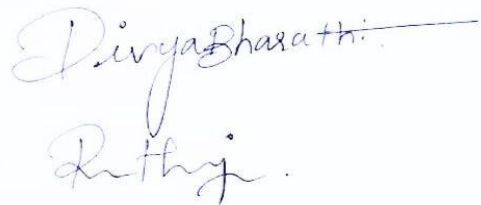


THE RESEARCHER GUIDE

Head of the Department
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DECLARATION

We hereby declare that the present project report entitled, “ **A Study to assess the level of self – esteem among first year nursing students at selected sathyabama college , Chennai** “ is bonafide research work done by **Ms. Divyabharathi D** and **Ms. Revathi M** In partial fulfilment of the requirement for the degree of bachelor of science in nursing . We also declare that the material of this project report has not formed in anywhere, the basis for the award of any degree in this university or any other university.



Divya Bharathi.
Revathi M.

ACKNOWLEDGEMENT

“He makes all things beautiful in his time”

My great indebted thanks to the Lord Almighty for his abundant blessings, endless grace and love showered on me in providing the strength to overcome all the difficulties and made me to complete my study successfully, without which it would not have been possible. There are several hands behind in giving a shape to this research study, which would be impossible to mention all by name. There are some whom the investigator would particularly like to thank.

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This study drew upon the knowledge and help, experience and expertise of many persons of good will, though too numerous to name, each one of them is remembered for their individual contributions without which the realization and presentation of this research would not have been. So I shower my great deal of thanks to those who helped directly and indirectly in this study.

Abstract

A study adopted a descriptive research design, where simple random sampling was used to collect data from 30 B.Sc. (Nursing) students from a selected nursing college in Chennai. The objectives were to study the socio-demographic profile of the subjects, to assess the level of self-esteem and to find the association between self-esteem and selected socio-demographic variables. **high self – esteem** The total scores of self-esteem among the nursing students ranged from minimum score of 12 to a maximum of 18. The mean score of total Rosenberg's self-esteem scale was 15.08 ± 1.462 . The domain-wise scores on the Rosenberg's self-esteem scale varied from 15-18 with mean score of 15.76 ± 0.759 in normal range of self-esteem, 12-14 with mean score of 13.27 ± 0.749 in low self-esteem.

CHAPT ER	TITLE	PAGE NO
	ABSTRACT	
I	INDRODUCTION AND NEED FOR THE STUDY	16
	Statement of the problem	16
	Objectives of the study	17
	Hypothesis	17
	Operational definition	17
	Assumption	17
	Delimitation	18
II	REVIEW OF LITERATURE	19
III	RESEARCH METHODOLOGY	22
	Research approach	22
	Research design	22
	Setting of the study	22
	Study population	22
	Sample of the study	22
	Sample size	22
	Sampling technique	22
	Sampling criteria	22

	Research tool and technique	22
	Content validity	24
	Data collection procedure	23
	Plan for data collection	24
IV	DATA ANALYSIS AND INTERPRETATION OF DATA	25
V	DISCUSSION	35
VI	SUMMARY ,CONCLUSION , IMPLICATION AND RECOMMENDATION	38
	REFERENCE	39
	APPENDICES	41

LIST OF TABLES

S.NO	TITLE	PAGE NO
1	FREQUENCY AND PERCENTAGE DISTRIBUTION OF THE SAMPLE BASED ON THEIR DEMOGRAPHIC VARIABLES	
2	FREQUENCY AND PERCENTAGE DISTRIBUTION OF THE SELF ESTEEM AMONG FIRST YEAR NURSING STUDENTS	
2.1	FREQUENCY AND PERCENTAGE DISTRIBUTION OF THE SELF ESTEEM AMONG FIRST YEAR NURSING STUDENTS SAMPLE BASED ON QUESTION	
3	OVER ALL FREQUENCY AND PERCENTAGE DISTRIBUTION OF THE SAMPLES BASED ON THE LEVEL OF SELF - ESTEEM AMONG FIRST YEAR NURSING STUDENTS.	
4	ASSOCIATION BETWEEN THE LEVEL F SELF – ESTEEM AMONG FIRST YEAR NURSING STUDENTS WITH THEIR SELECTED DEMOGRAPHIC VARIABLES.	

FIGURE NO	TITLE	PAGE NO
1	FREQUENCY AND DISTRIBUTION OVER ALL SELF ESTEEM AMONG FIRST YEAR NURSING STUDENTS	

S.NO	TITLE	PAGE NO
1	TOOLS	
	SECTION-A Demographic variables of self- esteem(English & Tamil)	

CHAPTER – 1

INTRODUCTION

“A women is like a tea bag – you never know how strong she is until she gets in hot water”

(Eleanor Roosevelt)

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. The main aim of the study was to study self-esteem and its level to help build confidence and improve learning performance of nursing students of BSN (Bachelor of Science of Nursing) and BN (Bachelor of Nursing) of Nepal Institute of Health Sciences, Jorpati.

Self-esteem is an important element of a person in which people with healthy self-esteem perceive worth in relation to self. Self-esteem 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. Academic self-esteem is evaluation of one's Self as a student .

Self-esteem of individuals could lead to their self confidence, socialization and good relationship with other people. Person's self-esteem will also influence a person's professional behaviour. Self-esteem is a necessary parameter of the development of one's personality and professional identity. Self-esteem of individuals could lead to their self confidence, socialization and good relationship with other people. Person's self-esteem will also influence a person's professional behaviour. Self-esteem is a necessary parameter of the development of one's personality and professional identity.

Nursing is one of the stressful jobs in community 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.

self-esteem, feel more confidence in their own skills and this trust leads to their effective dealing with challenging situations. Self-esteem also affect how the nurse thinks, feel, and provides care. Relevance of self-esteem and the ability to establish interpersonal relationships and quality of nursing care provided is undeniable.

Self-esteem refers to self-judgments of personal worth and global feelings of competence and self-acceptance. Recently self-esteem and defined it as "the attitudinal, evaluative component of the self; the affective judgments placed on the self-concept consisting of feelings of worth and acceptance, which are developed and maintained as a consequence of awareness of competence, sense of achievement, and feedback from the external world.

Background of the study

Self – esteem is a continuous process not fixed or static state infact self – esteem in defined as the continuous process of satisfying one, desires, and it involves many aspect of behaviour. Abraham Maslow evaluated the well – adjusted person in terms of self- actualization, clearly stressing the adjustment process. Maslow (1970) postulates that individuals must achieves a positive self-esteem before they can achieve self -actualization.

Self- esteem are the important aspect of human life. People with a good self-esteem are often able to identify their boundaries without a judgment attached.

Need for the study

Developing self – confidence important for nursing students, particularly when caring for people whose situations are uncertain or whose prognoses are unclear. However, acquiring these skills can be difficult in the early stages of training when knowledge and proficiency are limited.

Statistical data reveals that number of nurses per 10,000 populations 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.

The results of a study on university of Leicester students conducted in 2004 showed that 23% of students suffer from anxiety disorder and 50 % of students suffer from depression or mood disorder, while 49% showed low self – esteem and related problems.

Any nations growth is depend upon its youth. India has the privilege of having the highest youth population in the world, therefore it becomes imperative to nurture this young population in the right direction. One of the important ways of doing so is by providing the quality education to the students at all levels and especially when they reach transit from school to college level where they make their own career choices.

It is a well- known fact that heart of everything is the motivation. If there is no motivation, there will be no efforts that results in the underutilization of our hidden potential. It has been found in several studies that among the important factors affecting motivation are self- esteem. It is believed that higher and self-esteem results in higher level of motivation in the students. Self-Esteem is strength of one's belief in one's own ability to finish tasks and reach goals. People with high self-esteem will make use of more efforts for completing their task and they continue longer in those efforts.

Statement of the problem:

“A Study to assess the level of self – esteem among first year nursing students at Sathyabama College of nursing, Chennai.”

Objective of the study :

- To assess level of self – esteem
- To find the association between self-esteem and selected socio demographic variables
- To create awareness on self-esteem among nursing students.

HYPOTHESIS:

There will be significant association between level of self-esteem and selected demographic variables.

Operational definition:

Assess:

Is the process of documenting usually in measurable terms knowledge, skills, attitudes, and belief.

Self – esteem:

Collection of beliefs or feelings that we have about ourselves. This is how we define ourselves which influences our motivations, attitudes and behaviour.

Nursing:

A scientific process that validates and refines existing knowledge and generates new knowledge that directly and indirectly influences clinical nursing practice.

Assumption:

The study assumed that there might be low level of self- esteem among first year nursing students.

Good self- esteem is necessary for adequate learning and social well- being.

Adequate level of self- esteem is required for effective academic performance.

DELIMITATION:

- ✓ The study is limited to among nursing first year students.
- ✓ The study is limited 30 samples.

CHAPTER – 2

REVIEW OF LITERATURE

Hassan,D Jami,V & Aqeel T(2016), has done examined the role of truancy in academic self-concept, self -esteem and academic achievement between the truant and punctual students. 200 students were taken for the sample through purposive sample technique. Out of 200 samples, 100 were truant and 100 were punctual. Results revealed that academic achievement was more in punctual students than truant. Moreover, self-concept is positively correlated with self-esteem in both truant and punctual students. Further, the study revealed that truancy and punctuality played no role for self-esteem in predicting academic self-concept.

Cvencek, et al.(2017), studied self-esteem and academic achievement of minority and majority elementary school children. Results revealed that students of both majority and minority have positive self-esteem. Minority students had lower academic self- concept and achievement than majority elementary school students. Further, this effect was observed stronger in senior classes than in junior class. In case of older students, achievement was related to academic self-concept and in case of younger students, achievement was strongly related to self-esteem.

Shah T, (2017), studied the effect of home and school environment on the development of personality and academic achievement of secondary school students. Descriptive Survey method was adopted for the study by the researcher. Findings revealed that home and school environment effects the development of the personality and also the academic achievement of secondary school students. The study recommended that students and teachers must be trained for the better academics of the students which in turn will be helpful in shaping the personality. The **congenial environment helps in grooming the personality and also motivates the students to perform** better in academics.

Santhanam G ,(2019),has done , descriptive studied academic achievement in relation to school and home environment of ninth grade students. A sample of 377 college students was selected through random sampling technique for the study. Results revealed that college environment is positively correlated with academic achievement of ninth class students. Further, the findings revealed that

home environment is positively low correlated with academic achievement of ninth grade students.

Giofrè, et al. (2017) investigated the joint role of cognitive and non-cognitive factors in predicting academic achievement. They took sixth and eighth grade Italian students as a sample for the study. The results revealed that intelligence as the best predictor of achievement in the cognitive factors. In case of non-cognitive factors, academic self-esteem was effective. It has an indirect effect on academic achievement

Springer, 2000, If the individual has low levels of self-esteem they tend to make upward comparisons. Upward comparisons are where they will tend to negatively think about themselves and their abilities because they compare themselves to people they class as 'better' than them. These comparisons tend to be highly unrealistic, opinion based and can have severe negative effects on the individual's overall self-beliefs. The purpose of these negative comparisons is to low self-S esteem.

(Halgin & Whitbourne, 2009). Both Maslow and Rogers' were criticised for their work in this area. Maslow was criticised for using a biased sample when looking at self-esteem as his sample only consisted of white males. In contrast to the criticism of Maslow's work, Rogers' client-centred therapy had a varying sample but the effectiveness of the therapy has been criticised for lacking some fundamental requirements of a scientific approach

Mubashir Gull published in **April 2016** at Aligarh Muslim University, Uttar Pradesh on SelfEfficacy and Mental Health among Professional Students. The professional students are going under stressful situations due to academic workload which were affecting their physical health as well as mental health. The investigator assessed relationship between self -esteem and mental health among professional students. 100 samples were collected from different department by using convenience sampling technique.

Xavier Belsiyal Chellappan published in **January 2015** on level of self-esteem among B.Sc Nursing students at Bangalore. The investigator was collected data from 35 B.sc nursing students by using simple random sampling. The result of the study was shown that 68.6% students have normal self- esteem and 31.4 % students have low self- esteem. The nursing students have shown minimum score of 12 and maximum score of 18 in the total score of 18. The researcher concluded that

the study can be helpful to nursing educators whose efforts are focused on promoting professional identity development of future nurse

.Sandya bhatt and Dr. Anshubhi jahadur in **April – June 2018** on role of self- esteem in achievement motivation among college students at luck now. Investigator studied 200 samples by using general scale, Rosenberg self- esteem scale and achievement motivation scale. Result of the study shown the strong correlation between student self- esteem and weak yet positive correlation between, self- esteem and achievement motivation.

CHAPTER -3

RESEARCH METHODOLOGY

RESEARCH METHODOLOGY

Evaluative in nature and quantitative approach

RESEARCH DESIGN

Descriptive design

SETTING OF THE STUDY

first year nursing students

SAMPLE AND SAMPLE SIZE

30 samples of first year nursing students

SAMPLING TECHNIQUE

Non probability convenient sampling technique

DATA COLLECTION

Interview method using a structured questionnaire

DATA ANALYSIS AND INTERPRETATION

Descriptive and inferential statistics.

Sample criteria:

Inclusion criteria:

- First year nursing students.
- Students who are present at the time of the study.

Exclusion criteria:

- Students who are not feeling well
- Students between second year, third year.

METHOD OF COLLECTING DATA:

Data Collection Instrument: Structured interview schedule was used for data collection.

SELECTION AND DEVELOPMENT OF STUDY INSTRUMENT: As the study aimed at evaluating the existing level of self – esteem, the researcher was constructed demographic variables preform, &self - structured interview schedule was formed to assess the level of self – esteem among nursing students.

SELECTION AND DEVELOPMENT OF STUDY INSTRUMENT

1. Demographic variable
2. Self – structured questionnaire of self – esteem.

SECTION- A

It Consists Demographic Variables Such As Sex, Age, Religion, Language.

SECTION – B

It consists of 10 questions which is related to self-esteem each question carries 5 marks.

Total Score: 50 marks

SCORE INTERPRETATION

TOTAL SCORE: 50

- High self-esteem 46-50
- Moderate self-esteem 45-31
- Low self -esteem 30-0

DATA COLLECTION PROCEDURE:

The researcher has planned to collect data from factors self – esteem among first year nursing students at sathyabama college, Chennai. The corresponding answers obtained are marked on the data sheet by the researcher.

CONTENT VALIDITY

Data collection tool was evaluated by experts from the field of mental health nursing for content validity. Suggestions were considered and appropriate changes were done and to made the tool to be valid.

PLAN FOR DATA ANALYSIS

Analysis and interpretation was done based on objectives of the study. The data was analysed using descriptive statistics frequency, percentage descriptive mean and standard deviation and inferential statistics like chi-square test. The significant findings were expressed in the form of tables and figures.

DESCRIPTIVE STATISTICS

Frequency, Percentage Were Used For Analysis Chi Square Test Assessment.

INFERENTIAL STATISTICS

Chi Square Was Used To Determine The Association Between Selected Variables.

CHAPTER IV

DATA ANALYSIS AND INTERPRETATION

Data analysis and interpretation is the core step in research process. The importance of analysis and interpretation of the collected data is to systematically organize, clarify and summarize it. So that the results can be interpreted. In this chapter a detailed analysis of the collected data has been done as per the objectives started earlier the data obtained were classified and presented under the following section.

SECTION – I:

Frequency and percentage distribution of the samples based on their demographic variables.

SECTION – II:

Frequency and percentage distribution of the samples on the level of self-esteem among first year nursing students.

SECTION – III:

Overall frequency and percentage distribution of the samples based on the level of self-esteem among first year nursing students.

SECTION – IV:

Association of overall level of self-esteem among first year nursing students.

SECTION-I

TABLE-1: FREQUENCY AND PERCENTAGE DISTRIBUTION OF THE SAMPLES BASED ON THEIR DEMOGRAPHIC VARIABLES

Table-1: Frequency and percentage distribution of the samples based on the demographic variables such as sex , age, religion, language.

S,NO	DEMOGRAPHIC VALUES	FREQUENCY	PERCENTAGE
1	Age		
	• 18-19	28	93.33%
	• 20-21	1	3.33%
	• 22-23	1	3.33%
2	Sex		
	• Male	11	36.67%
	• Female	19	63.33%
	• 22-23	1	3.33%
3	Religion		
	• Hindu	12	40%
	• Christian	12	40%
	• Muslim	6	20%
4	Language		
	• Tamil	28	93.33%
	• English	1	3.33%
	• Malayalam	1	3.33%
	• Kannada	0	0%

Table 1.1 shows that majority 63.33% of the samples were Females, 93.33% of the samples of were in the age group 18-19 years,40% of the samples were Hindu and Christian and 93.33% of the samples were Tamil language.

SECTION II

Table 2.1: Frequency and percentage distribution of self-esteem among first year nursing students.

S.NO	Self esteem	frequency	Percentage
1	Readily admin mistakes and apologize • Always • Often • Sometime • Rarely • Never	17 3 6 3 1	56.6% 10% 20% 10% 3.3%
2	Have a good senses of why I have certain feelings most of in the time • Always • Often • Sometime • Rarely • Never	11 3 11 2 3	36.6% 10% 36.6% 6.6% 10%
3	When I feel angry I can still stay composed • Always	5	16.6%

	• Often • Sometime • Rarely • Never	6 8 10 1	20% 26.6% 33.3% 3.3%
4	I assessing a situation look at my bases and adjust my assessment accordinally • Always • Often • Sometime • Rarely • Never	3 4 4 8 11	10% 13.3% 13.3% 26.6% 36.6%
5	I can keep going on a project despite obstacles • Always • Often • Sometime • Rarely • Never	7 8 12 2 1	23.3% 26.6% 40% 6.6% 3.3%

6	I feel I do not have much to be proud • Always • Often • Sometime • Rarely • Never	2 7 7 11 3	6.6% 23.3% 23.3% 36.6% 10%
7	I can deal calmly sensitivity and protective with the emotion display of others • Always • Often • Sometime • Rarely • Never	11 7 5 2 5	36.6% 23.3% 16.6% 6.6% 16.6%
8	I feel confidently in my abilities to achieve the thing I set my mind to • Always • Often • Sometime • Rarely • Never	2 1 19 6 2	6.5% 3.3% 63.3% 20% 6.6%

9	I am able to honestly say how I feel getting others upset • Always • Often • Sometime • Rarely • Never	12 3 8 4 3	40% 10% 26.6% 13.3% 10%
10	I wish I could have more respect for myself • Always • Often • Sometime • Rarely • Never	7 5 10 6 2	23.3% 16.6% 33.3% 20% 6.6%

Section -III

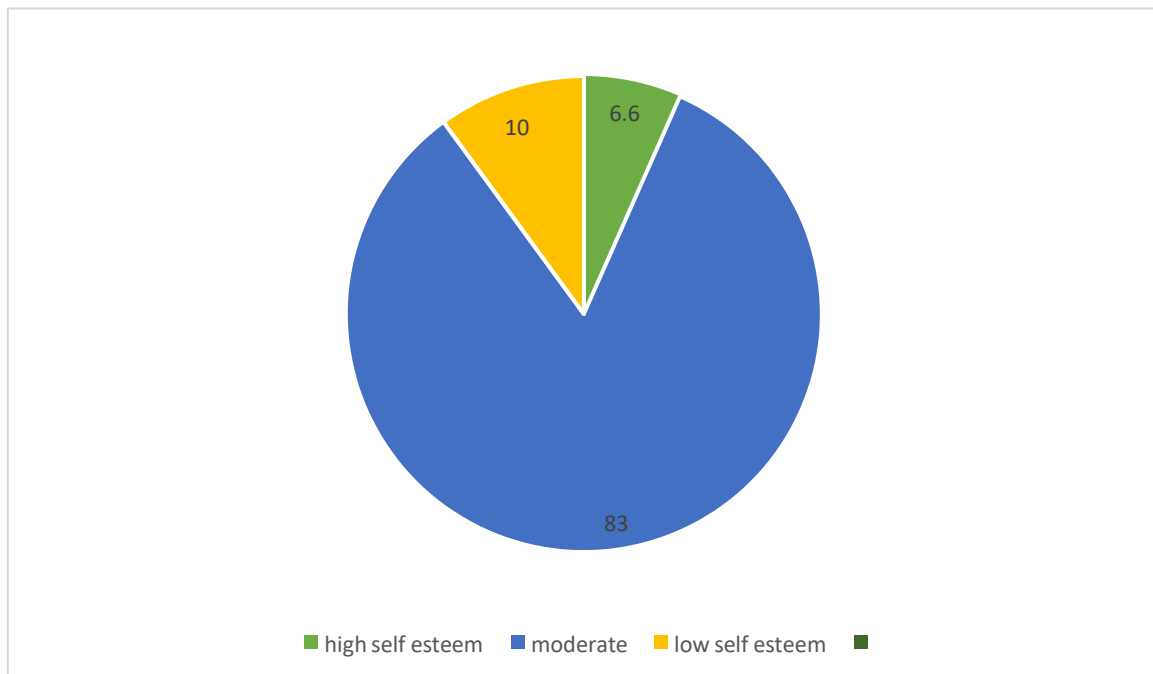
Table3 : overall frequency and percentage distribution of the sample based on the level of self- esteem among first year nursing students

n=30

s.no	Level of self-esteem	frequency	Percentage
1	High self-esteem	2	6.6%
2	Moderate self-esteem	25	83%
3	Low self-esteem	3	10%

figure 3 frequency and distribution over all self- esteem among first year nursing students

FREQUENCY AND DISTRIBUTION OVER ALL SELF ESTEEM AMONG FIRST YEAR NURSING STUDENTS



Section 1V

Association between the level of self-esteem among first year nursing students with their selected demographic variables.

Table 4 : Association between the level of self-esteem among first year nursing students with their selected demographic variables. n = 30

s.no	Demographic variables	Level of self- esteem			X ²	Table value	Level of significance
		High self-esteem	Moderate self-esteem	Low self – esteem			
1	Age 18-19 20-21 22-23	1	12	0	5.1	9.49	(NS)
		1	13	3			
		0	0	0			
2	Sex - Male - Female	1	12	3	1.17	5.99	(NS)
		1	13	0			
3	Religion - Hindu - Christian - Muslim	1	10	2	6.8	9.49	(NS)
		2	7	3			
		1	4	0			

4	Language						
	- Tamil - English - Malayalam - Kannada	4 0 0 0	19 2 0 0	4 0 1 0	3.3	12.59	(NS)

CHAPTER – V

DISCUSSION

The study is aimed at assessing the level of self-esteem among first year nursing students in selected college at Chennai. A total of 30 samples were selected and the level of self – esteem was assessed using a structured questioner.

Description of the sample characteristics

The finding related to the demographic variables shows that majority of 83% of the sample were in age group 18-19 yrs 63.33% samples were females and male sample 36.67%.

THE DISCUSSION BASED ON THE OBJECTIVES SPECIFIED IN THE STUDY

OBJECTIVES

- To assess level of self – esteem
- To find the association between self-esteem and selected socio demographic variables
- To create awareness on self-esteem among nursing students.

DISTRIBUTION OF DEMOGRAPHIC VARIABLES REGARDING SELF-ESTEEM AMONG NURSING STUDENTS

The finding related to

- Shows that majority 63.33% the samples were females , 93.33 % of samples of were in the age group 18 -19 years , 40 % off the samples were Hindu and Christian and 93.33% of the samples were Tamil language.
- The finding revealed High self-esteem 6.6% Moderate self-esteem 83% Low self-esteem 10%.

CHAPTER VI

OBJECTIVES:

- * To assess the level of self - esteem.
- * To find the association between self - esteem and selected demographic variables.
- * To create awareness on self - esteem among nursing students.

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 sathyabama college of nursing.

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.

CONCLUSION

The present study gave the clear information about the level of self-esteem of nursing students and factors associated with the level of self-esteem. The study found out that the factors like age, sex, religion, language with the self-esteem of nursing students.

SUMMARY

self-esteem is vital to achieving. You must not only feel good about yourself but feel you can perform and can accomplish great things. If you have established a great work ethic and have begun the discipline inherent with that you will automatically begin to feel good about yourself.

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ANNEXURE

ANNEXURE – II

Letter seeking expert's opinion and suggestion for the content

Validity of the tool used for the study.

From:

Reg no: 39904010(Divya Bharathi D) 39904023(Revathi M)

III-year BSc nursing,

Sathyabama College of nursing,

Chennai.

To:

The Medical Officer

Kannagi Nagar

Chennai

Sub: Expert opinion for content validation of research tool.

Respected Sir / Madam,

We 39904010(Divya Bharathi D) 39904023(Revathi) a nursing

student in Sathyabama college of nursing, anticipate Your valuable

self; if you would accept to validate my research tool on the topic "

“A Study to assess the level of self – esteem among first year nursing

students at sathyabama college of nursing, Chennai.” It would be highly appreciable if you would kindly affirm your acceptance to endorse your Valuable suggestions on this topic. I had attached the details of the study along With the research tool.

Thanking you

Date:

Yours faithfully

Place:

Divya Bharathi D

Revathi M

Consent form (for participants 18 to 21 years of age)

Parent/ Legally accepted representative (LAR)

Participant's name:

Address:

Parent/LAR's name:

Title of the project:

A Study to assess the level of self – esteem among first year nursing students at sathyabama college of nursing, Chennai. The details of the study have been provided to me in writing and explained to me in my own language. I confirm that I have understood the above study and had the opportunity to ask questions. I understand that my child's participation in the study is voluntary and that I am free to withdraw my child at any time, without giving any reason, without the medical care that will normally be provided by the hospital being affected. I agree not to restrict the use of any data or results that arise from this study provided such a use is only for scientific purpose. I have been given an information sheet giving details of the study. I fully consent for the participation of my child in the above study.

Assent of child/ward obtained (for participants 18 to 21 years of age)

Signature of parent/ LAR

_____Date: Signature of the witness:

_____Date: _____

Signature of the investigator:_____Date: _____

SECTION – A

DEMOGRAPHIC VARIABLES

1. Age

- a) 18 to 19
- b) 20 to 21

2. Sex

- a) Male
- b) Female

3. Religion

- a) Hindu
- b) Christian
- c) Muslim

4. Language

- a) Tamil
- b) English
- c) Cannadam
- d) Malayalam

SECTION – B

1. Readily admit mistakes and apologize

- a) Always
- b) Often
- c) Sometime
- d) Rarely
- e) Never

2. Have a good sense of why I have certain feelings most of the time

- a) Always
- b) Often

- c) Sometime
- d) Rarely
- e) Never

3. When I feel angry I can still stay composed

- a) Always
- b) Often
- c) Sometime
- d) Rarely
- e) Never

4. In assessing a situation look at my bases and adjust my assessment accordingly

- a) Always
- b) Often
- c) Some
- d) Rarely
- e) Never

5. I can keep going on a project despite obstacles

- a) Always
- b) Often
- c) Sometime
- d) Rarely
- e) Never

6. I can identify the emotions I am feeling at any given

- a) Always
- b) Often
- c) Sometime
- d) Rarely
- e) Never

7. I can deal calmly, sensitivity and protective with the emotional display of others

- a) Always
- b) Often
- c) Sometime
- d) Rarely
- e) Never

8. I feel confident in my abilities to achieve the things I set my mind to

- a) Always
- b) Often
- c) Sometime
- d) Rarely
- e) Never

9. I am able to honestly say how I feel without getting others upset

- a) Always
- b) Sometimes
- c) Never
- d) Rarely
- e) Often

10.I wish I could have more respect for myself

- a) Always
- b) Sometimes
- c) Never
- d) Rarely
- e) Often

பிரிவு -ஏ

1.பாலினம்

- i. ஆண்
- ii. பெண்

2. வயத

- i. 18 முதல் 19 வரை
- ii. 20 முதல் 21 வரை

3. மதம்

- i. இந்து
- ii. கிறிஸ்தியன்
- iii. முஸ்லிம்

4. மொழி

- i. தமிழ்
- ii. ஆங்கிலம்
- iii. கன்னடம்
- iv. மலையாளம்

பிரிவு – பி

1.தவறுகளை உடனடியாக 0க க ாண ஂ டு மன ஂ
பெ ி
ம்

னிப ககட இருக்கிறார்.
 ப் டு ென்ாFமம்

- i. எபஃ
- ப
- ii. அடிக்கடி
சிவெந்நங் களில்
- iv. ஸ்திதாசு
- v. ஒரு பௌத்தம்

2.எனக் கு் ஏன ு மபர ஓம ு ப ால ான கடு ரங் ு கை ில ு
சில

உணரவிகை ைஉ ை ன என் பளத ே ன் ரைகா.
றாக உணரே ி

- எபெர் பௌண்ட்
- அடிக்கடி
- சிலைநாங்குளில்
- அதிதாசு
- ஒரூபௌண்ட்

3. **எ** ான ் கக ாபம ாக இர **ஓ**க **கூ** ் கப ா**ஈ**, என ் ன ால ்
அளமத ிய ாக இர **ஓ**க க் ம ு டிய ு ம

- i. எபென் பௌம்
- ii. அடிக்கடி
- iii. சிலைநங் களில்
- iv. னைதாசு
- v. ஒரு பௌம்

4. ஒரு ச ம்ே ிளளயமத ிப ப் ிடுவதில் ஂ எனஈ
அட ிப ளடகளைப் ப்
ப்ப ாரத , அதற ஂக்கற ப் டச்சரிமசய் யவும் .
ஈ எனஈ
மத ிப ப் ாடள

- i. எபு் படு்ாFமு்
- ii. அடிக்குடி
- iii. சிலைநங் களில்
- iv. ைஅிதாக
- v. ஓருபடு்ாFமு்

5. ே ான ் த ற ்கு இளய டுறுகளைத் ்
 ஓரு திட ் தி
 மத ாடர மத ாடர முடியும் .
 ே F

- i. எப க் ப ாFம ்
- ii. அடிக்கடி
- iii. சிலெந்நங் களில்
- iv. ைஅிதாக
- v. ஓர ுபெ ு் ாFம ்

6.மபருளமப்படுவதற்கு என் னிடம் அதிகம் இல் ளல என
 று உணர க ிகறன் ்.

- i. எப ு் ப ு ு ு ாFம ்
- ii. அடிக்கடி
- iii. சிலெந்நங் களில்
- iv. ைஅிதாக
- v. ஓர ுபெ ு ு ாFம ்

7.சில ேகரங் ைகில் ே ான் ே ல்வன் இல் ளல என் று ே
 ிளனக்கிகறன் .

- i. எப ு் ப ு ு ு ாFம ்
- ii. அடிக்கடி
- iii. சிலெந்நங் களில்
- iv. ைஅிதாக
- v. ஓர ுபெ ு ு ாFம ்

8.மற ்றவரக ை ின ் உணரசக ிக ்க ாட சிளய என ் ன ால
 அளமத ிய ாகவும ், உணர திறன் ் மற ்ற ும ்
 ப ாFக O டன O ம ் சம ா ை முடியும் .

ாப ு ் ிக க்
 i. எப ு் ப ு ு ு ாFம ்
- ii. அடிக்கடி
- iii. சிலெந்நங் களில்
- iv. ைஅிதாக
- v. ஓர ுபெ ு ு ாFம ்

9. ே ான ் ே ிசசயம ாக சில க ே ரங் ்க ை ில ் பயனற ்றத
 ாக உணர க ிகறன் ்.

- i. எப ு் ப ு ு ு ாFம ்
- ii. அடிக்கடி
- iii. சிலெந்நங் களில்
- iv. ைஅிதாக
- v. ஓர ுபெ ு ு ாFம ்

10. என ு மீ F அதிக மரிய ாளத இர கவண ு
எனக ு Oக க்
டும ு என ு விரும்புகிறேன் .

- i. எப்பெண்மணி
- ii. அடிக்கடி
- iii. சிலநேரங்களில்
- iv. அரிதாக
- v. ஒரு பெண்மணி



