

Explore the Level of Self-esteem among Undergraduate Nursing Students

¹Afsha Bibi, ²Fazal Khaliq, ³Muhammad Younus, ⁴Usman Ghani, ⁵Hira Nazish, ⁶Javed Iqbal, ⁷Muhammad Abbas Khan ⁸Muhammad Hasnain Shaikh, ⁹Mahreen Kauser

1Assistant professor/ Principal at Arham Institute of Medical Sciences & Nursing Matta Swat

2Assistant professor/ Principal at FIMS College of Nursing and Health Sciences Dargai, Malakand

3 Senior Lecturer at Horizon School of Nursing and Health Sciences Karachi

4 Registered Nurse Agha Khan University Hospital Karachi

5 Registered Nurse PNS Hafeez Hospital Islamabad

6 Nursing Management communicable diseases, Hamad medical cooperation, Doha Qatar

7 Final year Student at Horizon School of Nursing and Health Sciences Karachi

8Assistant professor/ Principal at Horizon School of Nursing and Health Sciences Karachi

9Assistant professor/ Principal at Suvastu School of Nursing and Health Sciences, Karachi

Corresponding Author

Afsha Bibi

Assistant Professor/ Principal at Arham Institute of Medical Sciences & Nursing Matta Swat

ABSTRACT

Background: Self-esteem is a person's perception of their character and appreciation of their value. It represents a proper, appropriate, consistent understanding of one's worth. **Objectives:** This study aims to explore self-esteem among undergraduate nursing students. **Methods:** A cross-sectional research design was selected and conducted with 100 undergraduates of nursing College at KPK. Rosenberg Self-Esteem Scale (RSES) validated questionnaires were used to collect data. **Results:** The study findings showed that 40% of students were female and 60% of pupils were male, according to the study's findings. Additionally, 61% of people reported low self-esteem, and 39% had normal levels. **Conclusion:** The study's findings, with 61% of participants reporting low self-esteem and 39% exhibiting normal levels, suggest a concerning prevalence of diminished self-worth among the surveyed individuals. This underscores the importance of addressing and prioritizing mental health support within undergraduate nursing education.

Keywords: Nursing students, Self-esteem, Level of Self-esteem

Introduction:

Self-esteem and the temperament of healthcare workers—particularly nurses—are strongly related. The self-esteem metric is used to determine an individual's value. People with higher self-esteem may handle stress better than those with lower self-esteem since it is thought that higher self-esteem correlates with stronger stress resistance. Self-esteem is a subjective assessment of one's value, as seen through the prism of one's principles (1). The self-esteem scale measures an individual's true worth at different levels. The scale ranges from a high to a low level of self-esteem; a high level of self-esteem refers to positive self-evaluation from a global perspective, and a low level of self-esteem denotes negative self-esteem. Nursing students' self-esteem level during clinical placement is pivotal, as it directly influences their ability to navigate the challenges and responsibilities inherent in a healthcare setting (2). Clinical placement is the setting of the physical environment and personnel teaching for healthcare workers, including nurses and nursing students (3-5).

On the other hand, absolute self-esteem implies poised and stabilized recognition of one's achievements and accomplishments, whether physical or spiritual. However, this absolute self-esteem may deter one's path to self-conceited superiority over others. (6, 7). Individuals with low self-esteem are deficient in self-assurance and question their judgment. They lose their credibility and self-respect when they become puppets in the hands of others (6). It is an essential indicator of stress management. A rise in stress could lead to a fall in self-worth. Higher levels of self-esteem lead to more proactive and efficient coping mechanisms (8). Self-worth is a crucial personality quality for those working in the medical field. The degree to which pupils react well or poorly to challenges depends heavily on their preexisting sense of self-worth. Pupils who possess a high sense of self-worth exhibit greater confidence and excel in many settings. They view novel learning experiences as challenges and actively participate in adjusting to new behaviours. On the other hand, students with low self-esteem frequently express negative opinions about themselves and lack enthusiasm in novel circumstances (1). A person's attitude towards their personality and appreciation of their value is known as self-esteem. It represents a sincere, appropriate, consistent understanding of one's worth. A cross-sectional research of 300 nursing students at the University of Mosul, Iraq, in 2015 revealed that final-year

students had greater levels of self-esteem than junior students (6). In 2017, a study was carried out at the University of Korea. One hundred seventy-three nursing students were chosen as a sample. According to the study, student nurses' self-esteem was significantly positively impacted by their communication abilities. The study also showed that emotional intelligence and self-esteem were somewhat mediated by communication ability (8). A cross-cultural investigation was carried out on Thai and UK nursing students. The study's findings showed that the mean self-esteem scores of nursing students in the two nations did not differ statistically significantly (9).

In the same way, a research study in Malaysia revealed no significant correlation between students' CGPA and self-esteem, a weak negative correlation between academic performance and levels of self-esteem, and no influence from demographic variables (10). Studying self-esteem among undergraduate nursing students is crucial for several reasons. Firstly, self-esteem can impact academic performance, mental health, and well-being. Understanding these dynamics helps educators provide targeted support (11, 12).

High self-esteem is often associated with better-coping mechanisms in high-stress professions like nursing. Identifying factors influencing self-esteem can aid in developing interventions to enhance students' resilience and job satisfaction (13). Ultimately, this research fosters environment, ensuring that nursing students are better equipped to navigate challenges in their academic an

Methodology

Utilized a cross-sectional research design to examine the self-esteem levels of 100 undergraduate nursing students at a nursing college in KPK. A purposive sampling technique was employed to select participants based on their enrollment in the nursing college and ensured diverse representation across different academic years and demographics. Inclusion Criteria are Students of 1st, 2nd, and 3rd year and 4th year Bachelor of Science in Nursing program and Students who agreed to participate in the study. Exclusion Criteria are Students in the midwifery Nursing Diploma program and certified Nursing Assistant program students. Administered the Rosenberg Self-Esteem Scale (RSES) validated questionnaire to collect data. The RSES is a widely

recognized tool for assessing self-esteem, comprising ten items with a Likert scale ranging from strongly agree to strongly disagree. On the Rosenberg Self-Esteem Scale, comprising a 10-item self-report measure of global self-esteem, a score below 15 was considered low self-esteem, and above 15 was considered high self-esteem. Cronbach's alpha for total Self-Esteem was 0.69 in this study. The conducted data collection sessions in a conducive environment within the nursing college. Ensured confidentiality and anonymity to encourage honest responses. Trained research assistants for consistent administration of the questionnaire. Utilized statistical software (SPSS 26) to analyze quantitative data. Employed descriptive statistics to summarize participants' self-esteem levels and obtained ethical approval from the institution. Informed participants about the study's purpose, ensured voluntary participation, and obtained informed consent. Ensured the reliability and validity of the RSES questionnaire by utilizing a previously validated version and piloted the questionnaire with a small group of students to identify and address any potential issues.

Results:

The table provides a snapshot of socio-demographic variables among 100 undergraduate nursing students participating in the study. Regarding gender distribution, most are male, constituting 60% of the sample, while females comprise 40%. Regarding age, 54% fall within the 18-22 age group, and 46% belong to the 23-29 age bracket. The distribution across current degree years indicates that 30% are in Year 1, 60% in Year 2, and 10% in Year 3.

Table 1: Socio-Demographic Variables n=100

Socio-Demographic Variables	Characteristics	(n=100)	(%)
Gender	Male	60	60
	Female	40	40
Age	18-22	54	54.
	23-29	46	46
Current Degree Year	Year 1	30	30
	Year 2	60	60
	Year 3	10	10
	Year 4	0	0

Table 2 shows that 39% of nursing students had normal self-esteem, and 61% had low self-esteem.

Table 2 Level of Self-Esteem Among Nursing Students

Level of self Esteem	Percentage	Scored obtained
Normal self Esteem	39%	Above 15
Low Self Esteem	61%	Below 15

DISCUSSION

The study aims to explore the level of self-esteem among undergraduate nursing students. Understanding their self-esteem can provide valuable insights into their overall well-being, academic performance, and potential impact on patient care(14, 15). This research can contribute to fostering a supportive learning environment and improving the overall experience of nursing students during their education. Nursing students with low self-esteem may suffer from several detrimental effects. Their ability to excel in the classroom and the medical setting may be hampered. Additionally, it could cause issues in their social and personal lives. Low self-esteem among nursing students may increase the likelihood of anxiety and depression, make it harder for them to handle stress, avoid tough jobs, put off doing them, give up quickly, avoid social situations, and have harmful interactions with other people (16).

The present study findings show that 39% have normal self-esteem. Another study found the highest levels of reported self-esteem (17). On the other hand, another study

found that 88% have normal self-esteem (7). High self-esteem is crucial for various aspects of an individual's life. It contributes to mental well-being, resilience, and overall psychological health. They approach challenges confidently and are more resilient in the face of setbacks, fostering a positive attitude toward overcoming obstacles. (18).

The current study findings show that 61% had low self-esteem. At the same time, another study found that only 22% had low self-esteem (7). Individuals with low self-esteem are more susceptible to anxiety, depression, and other mental health challenges, as they often struggle with negative self-perceptions (16, 19).

Positive indications of despair and anxiety were observed in the students despite their average self-esteem levels. Compared to senior pupils, junior students were shown to exhibit higher levels of anxiety and depressive symptoms. Junior students have higher levels of anxiety than senior students, according to a different study (20). "anxiety" refers to the concern, fear, or apprehension people may experience (20, 21). Numerous variables contribute to this, such as the strain of academics, clinical concerns, extended work hours (22), inconsistent sleep patterns, and exposure to human pain and death. The symptoms of anxiety and depression are detrimental to one's self-esteem. Individuals who suffer from anxiety and depression frequently have low self-esteem and confidence in their skills (23-26).

Conclusion

The study's findings, with 61% of participants reporting low self-esteem and 39% exhibiting normal levels, suggest a concerning prevalence of diminished self-worth among the surveyed individuals. This underscores the importance of addressing and prioritizing mental health support within undergraduate nursing education.

Limitation

Acknowledged potential limitations, such as the specific context of the study.

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