Assertiveness And Self Esteem Among Undergraduate Nursing Students At Selected Nursing College, West Bengal

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ABSTRACT

Background: *A Student Nurse is responsible for taking care of a patient's needs while upholding all the rules and medical regulations of a hospital or clinic. Assertiveness is a key attribute that empowers nursing students to communicate effectively, set boundaries, and advocate for both themselves and their concern patients. Self-esteem is the positive or negative perception of a student's self-value, which affects a student's ability to perform a task. Low self-esteem and non assertiveness have been found to be the major problems in the nursing profession. This research delves into the unique interplay between these two qualities among nursing students.*
Aim: *The aim of the study is to assess the level of assertiveness and self esteem among undergraduate nursing students.*
Materials and Methods : *The quantitative research approach , non experimental, descriptive survey design was adopted among forty five 4th year Bsc nursing students of College of nursing, Midnapur Medical College and Hospitals, Paschim Medinipur, West Bengal during July/August 2023. Total enumeration was done as total 4th year Bsc nursing students were included. Tools used were demographic proforma, Rathus Assertiveness Schedule (RAS) and Rosenberg self-esteem scale. Administrative approval was taken from Principal, College of Nursing. Written and oral consent were taken from the subjects; confidentiality of responses was assured till the end of the study. Data were analyzed using descriptive and inferential statistics.*
Results : *The present study shows that maximum students had moderate level of self-esteem (68.88%) and 17.77% students had low self esteem. 46.66% students were found to be probably aggressive but 42.22% students were assertive. Moderate positive correlation (r=0.453) was found between assertiveness and self esteem. There were no significant association found with selected demographic variables with assertiveness and self esteem.*
Conclusion : *This study shows that there are presence of non assertiveness , aggressiveness as well as low self esteem to some extent. So, trainings are necessary for the nursing students as they are the future nurse to avoid professional hazards. Trainings on assertiveness and self esteem will navigate nursing students to a beautiful path of professional development.*
Keywords: *Assertiveness, Self esteem, Assess, Undergraduate Nursing students*

I. INTRODUCTION:

Nursing education is a difficult process with all aspects and it can be difficult for nursing students to act assertively. [1,2,3] There is also a significant positive relationship between assertive behaviour and self-esteem in the related studies. [4] Assertiveness and self esteem are interconnected aspects that can significantly impact nursing students. Assertiveness enables students to communicate effectively. It can positively influence their self esteem as these interactions boost self confidence. Low self esteem might hinder assertiveness, making it challenging for nursing students to assert themselves in challenging situations. Developing both assertiveness and self esteem is crucial for nursing students thus we need to know the level of assertiveness and self esteem of the students. Being assertive is beneficial to everyone. Assertiveness is to convey one's own point of view which affirms the right of the individual without violating the rights of the other person. Nurse-patient relationship is the centre focus of nursing care. Nursing is a profession whose "object" is the human being and thus the success of the work is partly determined by the effective cooperation with patients and other health care professionals. Assertiveness is necessary for effective nurse/patient communication, and it is suggested that its development may also aid the confidence of the profession as it develops. [5]

II. NEED OF THE STUDY:

Literature shows that assertive behaviour develops the self confidence of nurses which results in effective communication and quality health care services to patients.[6] Non assertive behaviour among nurses

results in high stress. [7] Nurse with low self esteem relies on others for making decisions, requests permission to do anything. Assertiveness training can be provided if we know whether our future nurses are less assertive or have low self esteem. Thus we felt the need to assess assertiveness and self esteem of undergraduate nursing students.

STATEMENT OF THE PROBLEM
Assertiveness and self esteem among undergraduate nursing students at selected nursing college, West Bengal

III. OBJECTIVES OF THE STUDY
• To assess the level of assertiveness among undergraduate nursing students.
• To assess the level of self esteem among undergraduate nursing students.
• To find the correlation between assertiveness and self esteem among undergraduate nursing students.
• To find out the association of level of assertiveness and self esteem among undergraduate nursing students with selected demographic variables.

RESEARCH QUESTIONS
1. What is the level of assertiveness among undergraduate nursing students?
2. What is the level of self esteem among undergraduate nursing students?
3. Is there a relationship between level of assertiveness and level of self esteem among undergraduate nursing student?
4. Is there any association of level of assertiveness and self esteem among undergraduate nursing students with selected demographic variables?

IV. MATERIALS AND METHODS
Descriptive survey design was adopted for this study.The sample consisted of forty five BSc nursing fourth year students where total enumeration was done. The study was conducted at College of Nursing, Midnapore Medical College and hospital. A self administered questionnaire of demographic profile was constructed after guidance from experts in the field of nursing. The tool has three sections: Section A- consists of demographic data, Section B-Rathus Assertiveness Schedule(RAS) to assess the level of assertiveness among undergraduate nursing students and Section C- Rosenberg self esteem scale to assess level of self esteem among undergraduate nursing students. Administrative approval was taken from Principal, College of Nursing, Midnapore Medical College and Hospital .The sample was seated comfortably and a brief introduction about the investigator and study were given. Written and oral consent were taken from the sample; confidentiality of responses was assured till the end of the study. The questionnaires were given to the sample, explained about the questions and the data were filled by the sample. Time spent for data collection in each sample was 15–20 minutes.

STATISTICAL ANALYSIS
Results were collected, tabulated, statistically analyzed .Two types of statistics were done:
• Descriptive statistics: e.g. frequency and percentage (%)
• Analytic statistics: e.g. Chi-square test : was used to see the association between different demographic variables with assertiveness and self esteem. Pearson correlation (r) analysis was used for assessment of the inter-relationships among assertiveness and self esteem.

Table 1: Percentage distribution of study subjects according to age, parent's living status,type of family, order of birth, presence of siblings, area of residence

n=45

Socio demographic Characteristics	Frequency	Percentage(%)
AGE (IN YEARS)		
20 - < 22	6	13.33
22 ≤	39	86.66
PARENT'S LIVING STATUS		
Living together	40	88.88
Divorced	2	4.44
Separated	0	0
Widow/widower	3	6.66
TYPE OF FAMILY		
Nuclear	36	80
Joint	9	20
ORDER OF BIRTH		
1ST	26	57.77

2ND	16	35.55
>2	3	6.66
PRESENCE OF SIBLINGS		
None	5	11.11
1	26	57.77
>1	14	31.11
AREA OF RESIDENCE		
Urban	20	44.44
Rural	25	55.55

Table 1 shows regarding demographic characteristics of the respondents. Maximum of students (86.66%) belong to the age group of twenty two years and above. Maximum of student's (88.88%) parents live together. Majority of the families(80%) are nuclear type. Nearly more than half (57.77%) were in the first order of birth. Presence of one sibling (57.77%) was there in more than half of the students. 55.55% students were found to be resided in rural area.
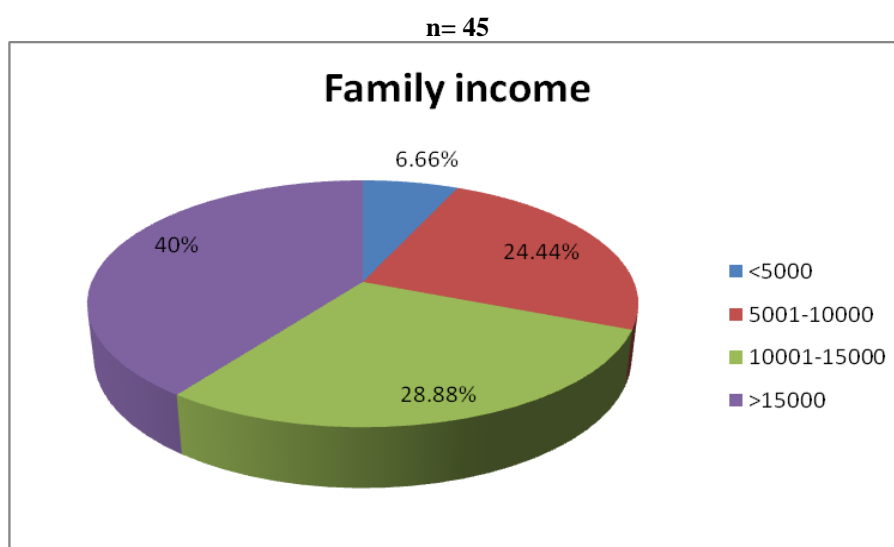
n= 45

Figure 1: Pie diagram showing family income of study subjects

Figure 1 presents majority 40% of the participants were having family income more than fifteen thousand rupees.
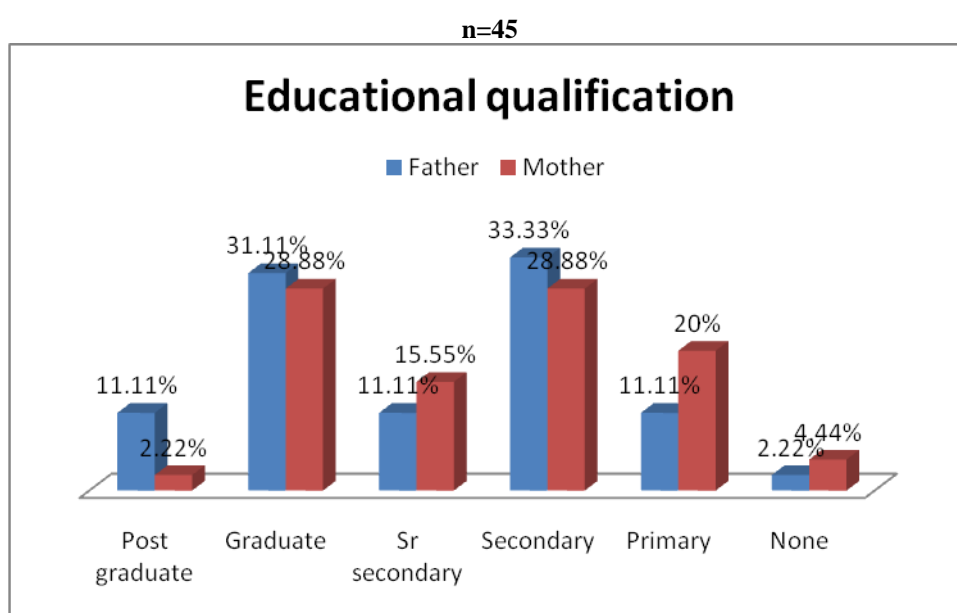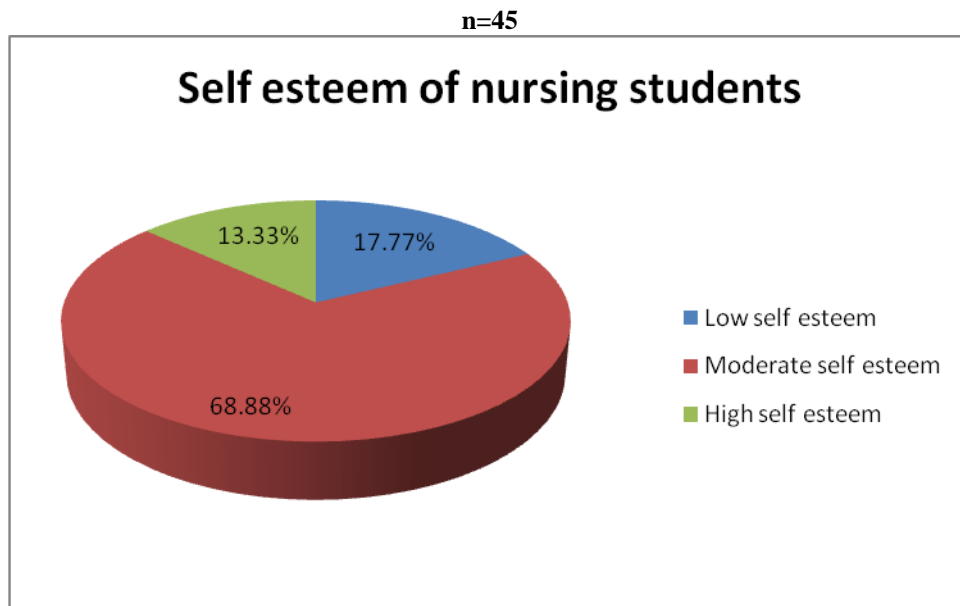
n=45

Figure 2: Bar diagram showing Parent's educational qualification

Figure 2 presents 33.33% of the student's fathers were educated upto secondary level and 28.88% mothers were educated upto both graduate and secondary level.

n=45

Figure 3: Pie diagram showing self esteem of nursing students

Figure 3 presents 68.88% of the participants were having moderate self esteem level, 13.33% participants were having high self esteem and 17.77% participants were having low self esteem.

n=45
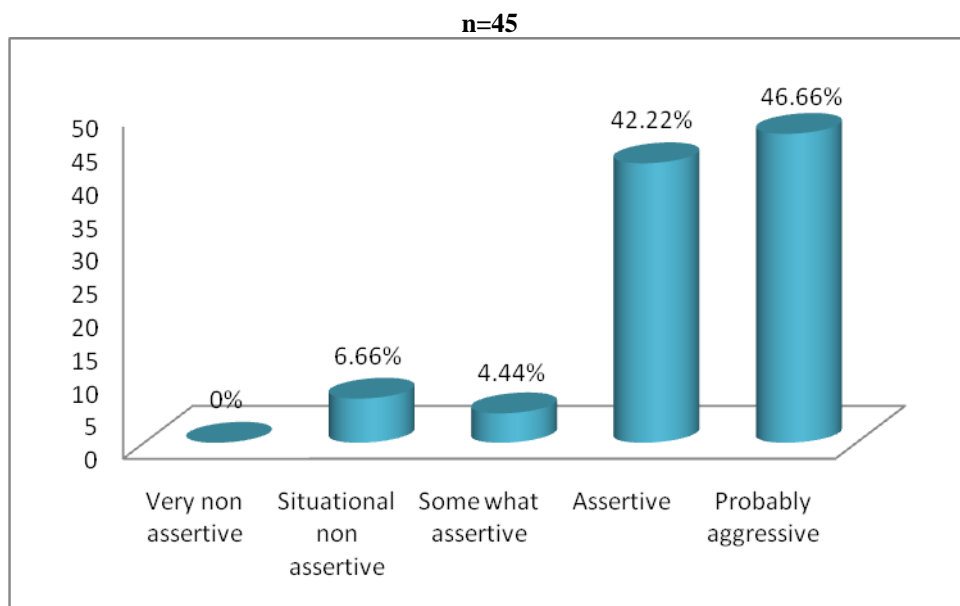
Figure 4: Bar diagram showing assertiveness of nursing students

Figure 4 presents 46.66% of the students were probably aggressive, 42.22% students were assertive, 4.44% were somewhat assertiveness and 6.66% were situational non-assertive.

Table 2: Relationship between assertiveness and Self-esteem
n=45

Variables	Karl pearson correlation test score (r)
Assertiveness and self esteem	0.453

Table 2 shows moderate level of positive correlation between assertiveness and self esteem.

Table 3: Association between Assertiveness and self esteem with selected variables
n=45

Variables	Chi square value	p value
Assertiveness and age of the respondents	9.126	0.06
Assertiveness and type of family	3.33	0.5
Self esteem and age of the respondents	0.936	0.626
Self esteem and type of family	0.955	0.6

*Significance level of p-value at 0.05

Table 3 shows there is no significant association of demographic variables like age of the respondents, type of family with assertiveness and self esteem

V. DISCUSSION

The present study shows that maximum students had moderate level of self-esteem (68.88%) and 17.77% students had low self esteem whereas previous study conducted by Acharya R [8] in Nepal found that 78% students had low self esteem. In our study 46.66% students were found to be probably aggressive but 42.22% students were assertive. Moderate positive correlation was found between assertiveness and self esteem. There were no significant association found with selected demographic variables. Assertive persons are able to maintain positive mental states due to their capability to efficiently manage their situations.[9] Probably this is the reason that assertive persons are experiencing a higher level of self esteem.

VI. CONCLUSIONS

Non assertive behaviour, aggressiveness, self-esteem are common issues that everyone has to cope with at some time in their daily day to day lives and they could also affect other things going on in a persons' life, in clinical care practices . Academic stress is experienced by nursing college students. Considering the findings of the research; it may be instructed to carry out different trainings and activities for student nurses to increase the level of assertiveness and self esteem.

ACKNOWLEDGEMENT

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