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## Research Article

# A STUDY TO ASSESS THE LEVEL OF SELF-ESTEEM AMONG B.SC NURSING STUDENTS WITH THE VIEW TO DEVELOP AND IMPLEMENT COUNSELING SESSION IN SELECTED COLLEGES OF UDAIPUR

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#### Key Words:

**Assess:** In the study, assess means to evaluate the self-esteem of B.sc nursing students.

**Self-esteem:** In this study, self-esteem means belief and confidence in their own ability during B.sc nursing course.

**B.sc nursing students:** The students of B.sc nursing colleges who are presently studying in B.sc nursing 1st year and 2nd year in Udaipur.

### ABSTRACT

A non-experimental survey design was used for this study. The samples were selected using non-probability purposive sampling method. Objectives of the study were to assess the level of self-esteem among B.sc nursing students, to find the association between level of self-esteem and selected demographic variables of B.sc nursing students and to develop and implement counselling session for B.Sc Nursing students.

The study was conducted among B.sc Nursing students at Five Nursing Colleges of Udaipur, Rajasthan. The tool consisted of two sections: Section A: the demographic data followed by Section B: the Rosenberg's self-esteem scale, a highly reliable scale, to assess the self-esteem was used in the study. The Pilot study was conducted on 100 samples and the main study was carried forward on 1000 samples from Ten Nursing Colleges of Udaipur, Rajasthan.

To evaluate self-esteem, the tool was given to subjects for 20 minute, than after 20 minutes, the tool was collected by researcher. For major findings of study researcher applied frequency, percentage and fisher's test.

From the study findings, the researcher concluded that majority of the samples had low range of self-esteem (66.1 %) score less than 15 followed by normal range of self-esteem (29.8 %) score between 15 to 25 and the least by high self-esteem i.e only 4.1 % score more than 25. And a counseling session booklet is made on self-esteem and this is provided to low level self-esteem samples.

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### INTRODUCTION

Self-esteem is how we value ourselves; it is how we perceive our value to the world and how valuable we think we are to others. Self-esteem affects our trust in others, our relationships, and our work – nearly every part of our lives. Positive self-esteem gives us the strength and flexibility to take charge of our lives and grow from our mistakes without the fear of rejection<sup>1</sup>. 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. The concept we form of ourselves, stated positively, I our self-esteem.<sup>2</sup> A study was conducted to Assess self-Esteem among the Third Year Nursing Students in Selected Institute of Nursing Education, Andheri in 2016. For

this researcher selected objectives that are; To assess the level of self-esteem among the nursing students and To associate the self-esteem level with socio demographic variables. 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. The collected data was analyzed in terms of the objectives of the study using descriptive and inferential statistics. The study revealed that 97.5% of students have moderate level; of self-esteem and 2.5% have low self-esteem. Researcher used chi-square and 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

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conclusion of study reveals that 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.<sup>3</sup>

A study was conducted to assess Self-Esteem and Academic Stress among Nursing Students. The objective of this study was to assess the self-esteem level and academic stress among the nursing students. This is a cross-sectional study. Total respondents were 190 nursing students selected randomly from Kathmandu University. Academic stress was assessed using 30-item Scale for Assessing Academic Stress (SAAS) and Self-esteem was assessed using 10 item Rosenberg's Self-Esteem Scale. Information was collected through the self-administered questionnaire. The collected data was analysed using SPSS version 16 software. Simple statistics measurement, percentage, means, correlation was used for the data analysis. Result of this study shows mean age of the respondent's was 20.44±2.67 years. Majority (88%) of students getting financial support of less than NRs 6000 per month and 64% have low perceived family support. This study found mean score of self-esteem and academic stress was 11.9 and 18.4 respectively. Further nearly 78% students have low self-esteem and 74% have high academic stress. Significant variable for high academic stress and low self-esteem were lower the age, lower the education and low perceived family support. Lower financial support has also high academic stress. The conclusion of this study nursing students has low self-esteem and high academic stress. Intervention to lower the academic stress and increase the self-esteem should be carried out so that the learning of students will be efficient.<sup>4</sup>

#### Technique and Procedure for Data Collection

1. As a part of data collection procedure, a written permission is obtained from the concerned authority of the colleges.
2. Than all the instruction and information regarding research given to all subjects.
3. Than informed consent was taken from the subjects.
4. To evaluate self-esteem tool was given to subjects for 20 minute, than after 20 minute tool was return taken by researcher.
5. Self-esteem is evaluated by using Rosenberg's self-esteem scale.

## RESULTS

The data was organized and presented under the following sections.

**Section I:** Description of samples according to demographic variables,

**Section II:** Analysis of data related to assessment of the self-esteem,

**Section III:** Analysis of data related to association of self-esteem of the college students with their demographic variables.

In the demographic variables, 48 % of them had age 22 to 23 years and 35 % of them had age 20 to 21 years, 16 % of the students had age 24 & above years. 50% of students belong to first year class and remaining 50% from second year class. 87.20 % of sample belongs to Hindu religion, 11 % belongs to Muslim and 2 % from Christian. 70 % samples belong to rural area and remaining 30 % samples belongs to urban area. 78 % of samples belong to joint family, 19 % belongs to nuclear family and remaining 3% belongs to other. 34 % samples having family income 20001 & above, while 25 % samples having 5000 to 10000, 17 % samples having 10001 to 15000 and 24 % samples having 15001 to 20000. 40 % samples belongs to graduate level family, 26% from secondary educated level family, while 19% samples having no formal education in family and remaining 16% samples belongs to primary educated family. And 4.1 % of the sample were score less than 25 (high self-esteem), 29.8 % were score between 15 to 25 (normal range of self-esteem) whereas the remaining 66.1 % of the sample were score less than 15 (low self-esteem).

Association of self-esteem of the college students with their demographic variables was assessed using Fisher's exact test. Since p-values corresponding to all the demographic variables are large (greater than 0.05). None of the demographic variable was found to have significant association with self-esteem. From the study findings, the researcher concluded that majority of the samples had low range of self-esteem (66.1 %) score less than 15 followed by normal range of self-esteem (29.8 %) score between 15 to 25 and the least by high self-esteem i.e only 4.1 % score more than 25. And a counseling session booklet is made on self-esteem and this is provided to low level self-esteem samples.

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