Research Paper **Medical Science**

A descriptive study to assess the level of assertiveness among B.Sc Nursing students studying in Chettinad College of Nursing, Kelambakkam, Kanchipuram district, Tamil nadu, India.

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ABSTRACT   *A descriptive study to assess the level of assertiveness among B.Sc Nursing students studying in Chettinad College of Nursing, Kelambakkam, Kanchipuram district, Tamil nadu. The objectives were to assess the level of assertiveness among 1st year B.sc Nursing students and to find out the association between the level of assertiveness and selected demographic variables of 1st year B.Sc Nursing students. Simple random sampling technique were used with the sample of 30, Modified Assertiveness Inventory was used to assess the assertiveness. The study results revealed that 40% of the samples were little assertive, 57% of the samples were very assertive and only 3% of the samples were completely assertive. So this study shows that only few of the nursing students in the first year of their course were completely assertive and they need assertiveness training to improve their communication skills.*

KEYWORDS : Assertiveness, Nursing students.

INTRODUCTION:

Assertiveness is the ability to express yourself and your rights without violating the rights of others. An assertive person should be emotionally honest, direct, self enhancing, expressive, confident and self respecting. Nursing is a profession within the health care sector focused on the care of individuals, families and communities so they may attain, maintain, or recover optimal health and quality of life. Nurses work in an environment that is constantly changing to provide the best possible care for patients. Because they will actually spend more face-to-face time with a patient than doctors, nurses must be particularly skilled at interacting with patients, putting them at ease, and assisting them in their recovery. It is often said that physicians cure and nurses care. It teaches students not to be aggressive, loud, bullying and trying to dominate others. Assertive nurse remains calm under supervision, free to ask for help when necessary, ability to give and accept complaints, honesty in admitting mistakes and taking responsibility.

Nursing students require being more assertive to express confidently their views and to resist and cope successfully with stress. It will help in professional development of nursing students and honest expression of rights, thoughts and feelings. As the student nurse come in contact with various patients in the wards they can help the patient to be more assertive. It is useful in depression and anxiety reduction and enables to face responsibility with respect to the situation, needs and rights.

Peterson Kelly (2007) conducted a study on factors affecting assertiveness among student nurses was conducted at Faculty of Nursing, Port-Said University, on 207 student nurses from four different grades. The study results showed that 60.4% of the students were assertive, while about half of the students were empowered. A positive relation between student assertiveness and psychological empowerment was detected. Moreover, positive relations regarding family income and students' assertiveness and psychological empowerment were determined.

Title:

A descriptive study to assess the level of assertiveness among B.Sc Nursing students studying in Chettinad College of Nursing, Kelambakkam, Kanchipuram district, Tamil nadu, India.

Objectives :

1. To assess the level of assertiveness among 1st year B.sc Nursing students.
2. To find out the association between the level of assertiveness and selected demographic variables of 1st year B.Sc Nursing students.

Research hypothesis

H1: There will be a significant association between the levels of assertiveness and selected demographic variables of 1st year B.sc Nursing students.

METHODOLOGY

This study had used non experimental-descriptive design with quantitative approach and was conducted among the B.Sc Nursing students studying in Chettinad College of Nursing, who fulfills the given criteria. The sample size was 30 and the sampling technique used was Simple Random Sampling.

- **Inclusion criteria**
  Students who are studying in 1st year B.Sc Nursing students in Chettinad College of Nursing.
  Students who are available at the time of data collection.
  Students willing to participate in the study.

- **Exclusion criteria:**
- Nursing students who were not available at the time of data collection.

Selection and development of study instruments

In present study the researcher plan to prepare the demographic variables Proforma and Assertiveness was assessed by using Modified Assertiveness Inventory.

Scoring and interpretation

SCORE	PERCENTAGE	LEVEL OF ASSERTIVENESS
Less than 23 24-45 46-68 69-90	0-25% 25-50% 50-75% 75-100%	Not at all assertive A little assertive Very assertive Completely assertive

Data collection procedure:

In this present study the researcher assessed the level of assertiveness by distributing the demographic variables proforma and assertiveness inventory schedule to the samples. The samples were instructed to fill the inventory schedule and the schedule was collected from the samples by the researcher.

RESULTS:

The study results stated that majority (40%) of the samples belongs to the age group of 18-19 years, whereas only (10%) were in the age group of 16-17 years. A large proportion (63%) of the samples belongs to the gender of female, (36%) were in the gender of male. Most (60%)

of the samples belongs to the religion of Hindu, whereas only (7%) were in the religion of Muslim. Almost (83%) of the samples belongs to the board of study during schooling of state board, whereas only (7%) were in the board of schooling of CBSE. Among the samples (37%) of the parents have primary education, whereas only (10%) were in the parents were illiterate. Majority (40%) of the samples belongs to the family monthly income of Rs 10000 above, whereas only (17%) were in the family monthly income of Rs< 5000. It also reveals that majority (53%) of the samples belongs to the type of personality of dependent, shy, reserve, asocial, introvert, whereas only (47%) were in the type of personality of independent, open, social, extrovert.

Figure: 1 Percentage distribution of Nursing students according to their type of personality.
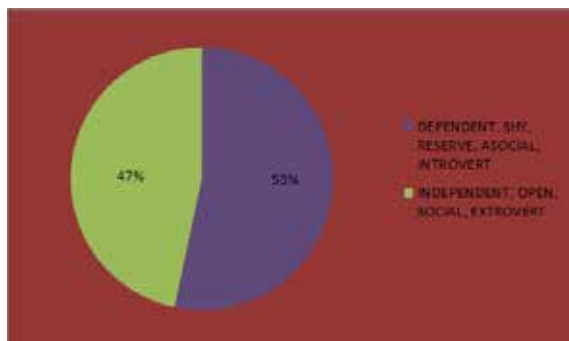

Figure 1: Pie diagram depicts the majority (53%) of the nursing students belongs to dependent, shy, reserve, asocial, introvert type of personality whereas only (47%) were in the type of personality of independent, open, social, extrovert.

Table:2
Frequency and percentage distribution of nursing students according to their level of assertiveness.

Assertiveness	Number of Samples	f	%
Not at all assertive		0	0
A little assertive		12	40
Very assertive	30	17	57
Completely assertive		1	3

Table-2: shows that 40% of the samples were little assertive, 57% of the samples were very assertive and 3% of the samples were completely assertive. There was no significant association between the Assertiveness and age, gender, religion, board of study during schooling, parent's education, family income and type of personality.

Discussion:
In assessing the level of assertiveness among B Sc (N) students 40% of the samples had little assertive, 57% of the sample had very assertive, 3% of the sample had completely assertive.

The hypothesis H_0 was accepted suggesting that there will be no significant association between the level of assertivenss and the demographic variables of B Sc (N) students. It is evident from the statistical X^2 test that the association found no significant between the level of assertiveness aspects of B Sc (N) students with the selected demographic variables regard to the hypothesis H0 stated was accepted (P>0.05).

Conclusion:
• Nursing students often suffer from stress and need to be assertive. Assertiveness training of nursing students will help them to express their views confidently and to cope successfully with stress.

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