



A DESCRIPTIVE STUDY ON ASSERTIVE BEHAVIOUR AND SELF ESTEEM AMONG NURSING STUDENTS

Mrs Sumam P*

Assistant Professor, Department of Mental health Nursing, Sree Gokulam Nursing College, Venjaramoodu. *Corresponding Author

Mrs Shijina S

Lecturer, Department of Mental health Nursing, Sree Gokulam Nursing College, Venjaramoodu.

ABSTRACT

The present study was conducted to assess "Assertive behaviour and self-esteem among nursing students. The objective of the study was to assess the level of assertive behaviour among nursing students, to assess the level of self-esteem among nursing students and to assess the correlation between assertive behaviour and self-esteem among nursing students. The study was conducted among 285 samples who satisfied sampling criteria. The study used Convenient sampling technique. The tool consisted of Rathus Assertive Scale to assess the assertive behaviour and Rosenberg Self-esteem to assess the self-esteem. The data were collected and analyzed using descriptive and inferential statistics. The result showed that among 285 samples, the level of assertiveness; very non-assertive (3.5%), situationally nonassertive (14.03%), probably assertive (18.24%), assertive (34.38%), somewhat assertive (29.83%) and level of self-esteem; high self-esteem (4.2%), low self-esteem (11.22%) and moderate self-esteem (84.56%). Pearson's coefficient value is greater than significant value. Therefore, positive correlation exists between self-esteem and assertiveness.

KEYWORDS : Assertive behaviour, self-esteem, nursing students.

INTRODUCTION

Many adolescents find it difficult to express themselves effectively in social situations. So, it is important for an adolescent to be assertive. Nursing is a profession which needs assertiveness and self-esteem as key characters. Both are very essential to express one's feelings, opinions, beliefs and needs without violating the personal rights of others. Assertive nurses are able to present suggestions in a direct and comfortable way. Lack of assertiveness results in diminished communication.¹ Self-esteem is appreciating one's own worth, importance and having the character to be accountable for one's self and to act responsibly towards others. An individual with high self-esteem has many positive effects and benefits. Self-esteem is the overall assessment of the individual's worthiness.²

Nurses with self-esteem will appear to be more sociable, having a positive attitude and good communication. Nursing is a profession that needs psychological health at the anticipated level. High self-esteem refers to a highly favorable global evaluation of self.

A qualitative study of self-esteem, peer affiliation and academic outcome was conducted among low-achieving students in Hong Kong. Participants in the study were students from a secondary school in Hong Kong. Data was collected from teacher interviews, observational field notes, inter-rater checklists, and conversations with students. The results suggested that the peer support programme has significant effects on students' academic outcomes and peer affiliations.³

An Indian descriptive study was designed to identify the levels of assertiveness and self-esteem among undergraduate nursing students and to correlate these two variables. The results show that only 26.7% of the nursing students were found to be assertive. Eighty-five percent of the sample had average self-esteem. No correlation was observed between assertiveness and self-esteem of students.⁴

Self-esteem has a strong relation to happiness. Low self-esteem is more likely to lead to depression under some circumstances.

Assertiveness in nursing is the important first step in the ladder of professional progress. Assertiveness is a healthy behaviour and a valuable component in the nursing profession, which is beneficial to the nurse, client, other workers and the community in

large. Being assertive will also increase the visibility in nursing. 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.

MATERIALS AND METHODS

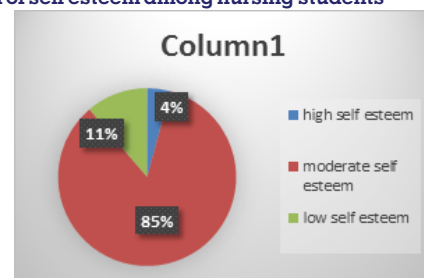
A descriptive research design was used to assess the level of assertiveness and self-esteem among nursing students of selected colleges of Trivandrum. Rosenberg self-esteem scale & Rathus assertive schedule were used for the analysis. Formal permission was obtained from the institutional ethical committee. Data were collected over a period of two weeks and 285 subjects satisfying the inclusion criteria were selected by convenient sampling. The purpose of the study was well explained to the study subjects and informed written consent was obtained. After conducting the study, it was revealed that the nursing students were assertive (34.38%), and moderate self-esteem (84.58%). There is a felt need to improve the self-esteem and assertiveness among the young nursing generation through training programmes. Although this is a small-scale quantitative study, it may provide insight for the nursing students about the importance of assertiveness and its relation with self-esteem.

RESULTS

1. Level of assertiveness among nursing students

ASSERTIVENESS	FREQUENCY	PERCENTAGE
Very non assertive	10	3.5
Situationally non assertive	40	14.03
Somewhat assertive	85	29.83
Assertive	98	34.38
Probably assertive	52	18.24

2. Level of self-esteem among nursing students



3. Correlation between assertive behaviour and self-esteem among nursing students

DOMAIN	PEARSON'S CORRELATION COEFFICIENT	df	P value
Assertiveness Self esteem	+1	283	0.0112

DISCUSSION

Assess the level of assertiveness behaviour among nursing students.

Assertiveness is necessary for effective nurse patient communication. A previous study conducted at Manipal college of Medical science Pokhara during July/ August 2015 showed moderate assertiveness among nursing students (96.0%/). The present study shows that majority of subject where 34.38% assertive, 29.82% where somewhat assertive, 18.24% where probably assertive, 14.03% where situationally non -assertive and 3.5% where very non-assertive.

Assess the level of self-esteem among nursing students Nursing student with high self-esteem are able to provide better care to patients. A previous Indian study conducted at selected medical colleges shows that 72.0% of students where have moderate self -esteem and the present study reveals that 84.56% of subjects where having moderate self-esteem, 11.22% were having low self -esteem, 4.2% were having high self-esteem.⁵

Assess the correlation between assertive behaviour and self-esteem among nursing students.

In present study, there is a significant correlation ($r=0.1$) was found between the assertive behaviour and self-esteem of nursing students. A previous study to assess the correlation between assertiveness and self-esteem in Indian adolescents published in 2017 showed a significant positive correlation.⁶

CONCLUSIONS

The study was to assess the level of assertiveness and self-esteem among nursing students of selected nursing colleges of Trivandrum. The sample size was 285 and descriptive cross-sectional survey was used. Rosenberg self-esteem scale & Rathus assertive schedule were used for the analysis. After conducting the study, it was revealed that the nursing students were assertive (34.38%), and moderate self-esteem (84.58%). There is felt need to improve the self-esteem and assertiveness among young nursing generation through training programme. Although this is small scale quantitative study, it may provide insight for the nursing students about the importance of assertiveness and its relation with self-esteem.

REFERENCES:

1. Alberti R E, Emmons M L (1990). You perfect right: A guide to assertive living (edition 6). San Luis Obispo, CA: Impact publishers.
2. A freeman L H, Adams P F; Comparative effectiveness of two training programmes on assertive behaviour; Nurse Stand. 1999 Jun 9-15; 13(38):32-5. doi:10.77748/ns1999.06.13.38.32.c2616.
3. Leung C; A Qualitative study of self- esteem, peer affiliation and Academic outcome among low achieving students; Volume 5; Issue 1; May 2010.
4. Sreedevi P A, A Correlational study on Assertiveness and Self-esteem of undergraduate students of a selected college of nursing, Ernakulam; Indian Journal of Public Health Research and Development, Volume 9; Issue 6; 2018.
5. Shrestha S; Assertiveness and Self- Esteem among Nursing Students of Manipal College of Medical Science of Pokhara, Nepal; JCMC/ Vol 9/No.2/Issue 28/ Apr-June, 2019. <https://DOI:10.3126/jcmc.v9i2.24535>.
6. Shanmugam V, Kathyayini V B; Assertiveness and Self Esteem in Indian adolescents; Galore International Journal of Health Sciences and Research; Vol.2; Issue: 4; October-December 2017.