



A STUDY TO DETERMINE THE RELATIONSHIP BETWEEN SELF-AWARENESS, ACADEMIC ACHIEVEMENTS AND PSYCHOSOCIAL BEHAVIOR AMONG B.SC. NURSING STUDENTS OF SELECTED NURSING COLLEGES OF WEST BENGAL.

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ABSTRACT

A descriptive correlational study was undertaken to determine the relationship between self-awareness, academic achievements and psychosocial behavior among B.Sc. Nursing students. The study was conducted on 120 B.Sc. Nursing students (3rd Year) by using non-probability consecutive sampling technique in selected Nursing Colleges of West Bengal. The tool used were Semi-structured questionnaire for socio-demographic data, standardized scale for self-awareness (SCS), Record Analysis for academic achievements and structured Rating scale for psychosocial behavior ($r=0.86$). The finding of the study revealed that there is a positive correlation between self-awareness and psychosocial behavior ($df(118)=0.174, p<0.05, r=0.22^*$) self awareness and academic achievement ($df(118)=0.174, p<0.05, r=0.25$) psychosocial behavior and academic achievement ($df(118)=0.174, p<0.05, r=0.67^*$). The study has identified that self-awareness, academic achievements and psychosocial behavior are influenced by each other so change in one have strong impact on others.

KEYWORDS : Self-Awareness, Psychosocial behavior, Academic achievements.

INTRODUCTION

Adolescents are the pillar and the young nursing students are the backbone of the health care system of nation. So their well being physical, psychological, social and spiritual is essential for the country. An individual's psychosocial behavior is formed both by hereditary and by the environment. If an individual can interact with his own feelings and thoughts, if they know themselves, they will also be able to know others. Each adolescent has biological entity, that distinguishes himself from others through a process of socialization and so develops a sense of "me". Self-awareness has long been addressed as fundamental function of professional nurse with the accepted view that self-awareness will lead to greater competence.

According to Hildegard Peplau as cited in Vandemark, 2006, "the central task of the basic professional school of nursing is viewed as the fullest development of the nurse as a person who is aware of how she/he functions in a situation."



Fig 1: Relationship of self-awareness with the probability of success in team performance.

Statement of the problem

"A study to determine the relationship between self-awareness, academic achievements and psychosocial behavior among B.Sc. Nursing students of selected nursing colleges of West Bengal".

OBJECTIVES

- To assess the level of self awareness.
- To assess the type of psychosocial behavior.
- To determine the level of academic achievements.
- To analyze the relationship between level of self awareness & academic achievement.
- To determine the relationship between self awareness & psychosocial behavior.
- To determine the association between self awareness & selected demographic variables.
- To determine the association between academic achievements & selected demographic Variables.
- To determine the association between psychosocial behavior & selected demographic Variables.

Research Methodology

Research approach : Descriptive approach.

Research design: co-relational descriptive survey design .
Population: B.Sc. Nursing students

Settings:

- CON, MCH, Kolkata
- CON, NRS, MCH, Kolkata
- CON, NBMCH, West Bengal.

Sample size: 120

Sampling techniques: consecutive sampling technique

Criteria for sample selection

Inclusion criteria

- Students who are willing to participate.
- Who were present on the day and time of data collection
- Students who can read and write English.

Exclusion criteria

- Those students who are present in the class but not physically well to participate in the research study.

Description of the tool: The tools consist of four parts

Part I: Demographic variables

Part II: Standardized Fenigsteun self-conscious scale was selected to assess the level of self-awareness.

Part III: Record Analysis Performa was used to assess the academic achievements.

Part IV: Structured 5-point Rating Scale was developed to assess the type of psychosocial behavior.

Procedure for data collection

Ethical consideration was fulfilled by obtaining permission from I.E.C. and formal permission from administrative authority of the selected setting. The written consent from the samples was obtained and confidentiality was assured. Self-introduction and the purpose of the study was explained to the students. After getting the written consent, all tools were administered to each sample on one to one basis through paper and pencil technique.

RESULT & ANALYSIS

Section- I: Table 1: finding of demographic characteristics.

Sl.no	Items	%
1	Age in years	
	19-20	43
	21-22	57
2	Religion	
	Hindu	88
	Muslim	12
3	Type of family	
	Joint	77
	Nuclear	23

4	Educational status of father	
	At & below secondary education	25
5	Educational status of mother	
	At & below secondary education	45
6	Occupation of father	
	Govt. employee	44
	Private employee	10
7	Occupation of mother	
	House wife	76
	In service	13
8	Place of residence	
	Hostel	72
	Own house	19
9	Economic support for education	
	Parents	94
	Educational loan	0
10	Preference for nursing	
	Own choice	67
	Parent's choice	29
	Peers choice	4

Section-II:Part a: Finding related to assessment of self awareness

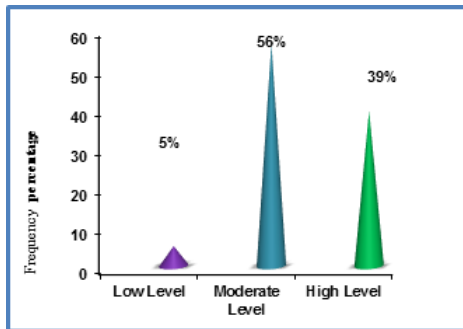


Figure 2: Bar diagram showing frequency distribution of the students according to their level of self awareness.

Data presented in fig-2 shows that majority (56%) of the students have moderate level of self-awareness, 39% are having high level of self-awareness and only 5 % of the students are having low level of self-awareness.

Part b: Finding related to academic achievement

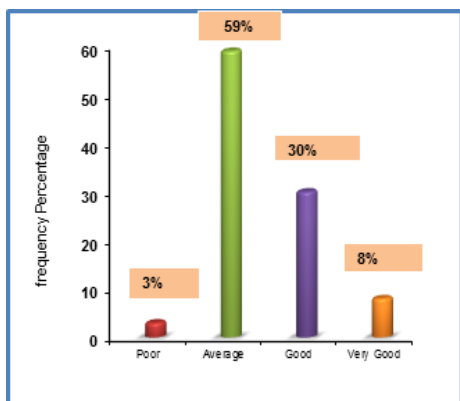


Figure 3: Bar(cylinder) diagram showing the percentage distribution of the students according to their level of academic achievement.

Data presented in fig-3 shows that majority (59%) of the students have average level of academic achievement ,30% are having good , 8% are having very good and 3% of the students are having poor level of academic achievement.

Part c: Finding related to psychosocial behavior

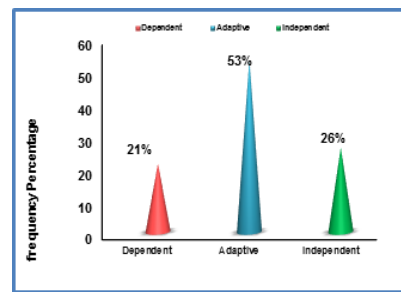


Figure 4 : Bar(cone) diagram showing the percentage distribution of the students according to their type of psychosocial behavior.

Data presented in fig-4 shows that majority of the students 63 (53%) have adaptive psychosocial behavior, 31(26%) are having independent and 26 (21%) are having dependent psychosocial behavior.

Section III: Finding Related To Correlation Coefficient.

Part a : Table 2: Correlation coefficient “r” showing relationship between self awareness and psychosocial behavior

Variables	Mean score	“r”
Self-awareness	43.216	0.223*
Psychosocial behavior	69.116	

T df (118)= 0.174, p<0.05(significant*)

Data presented in table-2 shows that correlation and coefficient between self awareness and psychosocial behavior is positive in nature as because the obtained value of “r” is 0.223 which is higher than the p value 0.174 at df 118 at the 0.05 level of significance.

Part b : Table 3: Correlation coefficient “r” showing relationship between self awareness and academic achievement

Variables	Mean score	“r”
Self-awareness	43.216	0.253*
Academic achievements	60.005	

T df (118)= 0.174, p<0.05(significant*)

Data presented in table-3 shows that correlation and coefficient between self awareness and academic achievement is positively correlated as because the obtained “r” value is 0.25383 which is higher than the p value 0.174 at df 118 at the 0.05 level of significance.

Part c : Table 4: Correlation coefficient “r” showing relationship between psychosocial behavior and academic achievement

Variables	Mean score	“r”
Psychosocial behavior	69.116	0.67*
Academic achievements	60.005	

T df (118)= 0.174, p<0.05(significant*)

Data presented in table-5 shows that correlation and coefficient between psychosocial behavior and academic achievement is positively correlated as because the obtained “r”value is 0.616216 which is higher than the p value 0.174 at df 118 at the 0.05 level of significance.

Section IV: Finding Related To Chi-square association.

- The result of computed chi-square indicated that there was statistically significant (χ^2 df (4) =13.899*,P>0.05) association between psychosocial behavior and place of residence of the students.
- The result of computed chi-square indicated that there was statistically significant (χ^2 df (3) =7.940*,P>0.05) association between academic achievement and type of family of the students.

Hypothesis

- There is a significant positive correlation between self-awareness and academic achievement.

- There is a significant positive correlation between self-awareness and psychosocial behavior.
- There is a significant positive correlation between academic achievement and psychosocial behavior.
- There is a significant association between educational status of mother and academic achievement of the subjects.
- There is a significant association between type of family and academic achievement
- There is a significant association between place of residence and psychosocial behavior.

DISCUSSION

A similar descriptive survey (2009-11) was conducted in the Banaras Hindu university Varanasi by Ms.Shobhana Joshi and Ms.Rekha Srivastavgupta : The aim of this study is to determine whether or not there is a relationship between levels of self awareness, self evaluation and academic achievement in nursing and midwife students over the four years of their training. Conducted on 150 midwifery students. Majority (71%) have moderate level of self-awareness, 21% have high and 8% have low level of self awareness. A significant relationship ($r=0.432$) was found between academic success and the SAS scores of third and fourth year nursing students.

CONCLUSION :

The conclusion was based on study finding and interpretation: Present study has revealed that there is a significant positive correlation between self-awareness, academic achievement and psychosocial behavior, so change in one can influence the other. From the present study it is determined that high level of self-awareness can help the student to enhance adaptive psychosocial behavior and also helps in increasing their level of academic achievement. There is a close association between place of residence and psychosocial behavior of the students. Present study also revealed that there is a close association between type of family, educational level of mother and academic achievement of the students. Therefore it has been concluded that self-awareness, academic achievements and psychosocial behavior are positively correlated with each other and influence every aspect of students life.

Implication of the present study Nursing Practice

Nurses spend most time with the patients than of any other health care professionals so self-awareness is considered as an important tool to develop a therapeutic relationship with the client.

Nursing education

These findings of present study value for enhancing self-awareness development within the context of nursing education. The nurse educator can use these findings to understand the influence of self awareness on student's psychosocial behavior.

Nursing research

Nurses can put their effort to conduct the research project which will enhance the skill of self-analysis and self-assessment among nursing professionals.

Nursing administration

At the level of administration, it is essential for a nurse administrator to include some aspects on development of self-awareness in nursing curricula

Recommendation

- An exploratory study can be done to determine the relationship between self-awareness & ability to maintain therapeutic relationship among staff nurses of selected hospitals.
- An exploratory study can be conducted to identify other influencing factors for self-awareness and academic achievements of nursing students.

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