



GUIDANCE NEEDS OF NURSING STUDENTS- A DESCRIPTIVE STUDY

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ABSTRACT A Descriptive study was conducted to study the Guidance needs of nursing students. The aim of the study was to study the guidance needs of nursing students and the association of guidance needs with selected demographic variables. A cross-sectional descriptive study design was used for the study. Students from a selected nursing college studying first and second-year B.Sc. nursing were selected by a simple random sampling method. 60 students were selected from the first year and 60 from the second year. The tools used for the study were a self-structured demographic variables questionnaire and Guidance needs inventory for nursing students (GNINS). After formal oral consent, data was collected and analyzed statistically. The study results showed that the overall guidance needs of nursing students was high. Nursing students had very high guidance needs in the Career aspect and high guidance needs both in social and academic aspects. There was no significant association between nursing students guidance needs and the selected demographic variables. This study concluded that the guidance needs of nursing students are high. There is a need for guidance and counseling units in all nursing colleges and schools. Career guidance should be given priority among other needs. This study can be done on a large scale for nursing students in all nursing colleges.

KEYWORDS : Nursing students, Guidance needs, counseling.**INTRODUCTION**

Life problems are becoming more and more complex. Traditional mores and personal convictions concerning rightness and wrongness of attitude and behavior are breaking down¹. Education is the foundation of human life that makes man the best creature in the world but education without guidance cannot achieve its goal i.e. all-around development of students. Guidance is an essential part of education and we can achieve its goal by educating and guiding the students according to their needs of guidance in different areas². Guidance means to "direct", "to point out", and "to show the path"³. Ben Monero defined Guidance as a process of helping individuals through their own efforts to develop and discover their potential for personal happiness and social usefulness⁴. Guidance helps to shape a student's behavior and also instill enough discipline in them. Proper guidance helps them achieve their goals. Well-guided and counseled students to know what to do and how to do things in the best possible way. Students learn how to live in peace and harmony with others in the school community. Thereby, they also learn to appreciate other people in their class⁵.

Dr.Sreeja.K.R. in 2015 submitted a report on "Identification of Guidance Needs of Higher Secondary Schools in Kerala". In this report, the investigators concluded that a large segment of adolescents feel the need for guidance on various aspects, irrespective of institution, gender, class, or subject of study. Educational need was reported to be more critical for the students, followed by Personal and vocational needs⁶.

Waled. A.M. Ahamed in 2019 conducted a study on nursing student's stress and he concluded that Nursing students were exposed to moderate stress⁷.

Another study conducted by Olayinka O. Omigbodun, et al, in 2014, on stressors and counseling needs of undergraduate students found out that nearly 60% of the respondents felt counseling would help them, and most desired counseling for academics, finances, and relationships, and most (78%) of the respondents preferred an independent facility with trained counselors⁸.

Studies on guidance needs for nursing students are minimal and this study was conducted to know the guidance needs of nursing students.

OBJECTIVE

1. To study the guidance needs of nursing students.
2. To find the association between guidance needs and selected demographic variables.

MATERIALS AND METHODS

This was a descriptive cross-sectional study and study participants were selected by simple random sampling method. A total of 120 first and second-year students studying at Mount Tabor College of Nursing, Pudukottai, Tamilnadu, were selected who fulfilled the inclusion criteria. Guidance needs were assessed using the Guidance Needs Inventory for Nursing Students (GNINS).

Study tools were divided into two:

- Section A- Self-structured Demographic Variables Questionnaire
Section B- Guidance needs inventory for nursing students (GNINS).

GNINS is a self-administered questionnaire that consists of 47 items with a five-point Likert scale ranging from not needed to very highly needed and was utilized to determine the extent of nursing students' Guidance needs in six aspects of concern, namely: personal, family, physical, social, academic, and career. The higher the score, the greater the assumed need for guidance of nursing students.

Inclusion Criteria-

1. Nursing students studying First and second-year B.Sc. nursing.
2. Students willing to participate in the study.

Study Methodology-

This cross-sectional study was conducted in the month of July 2023 after getting permission from the Head of the institution. The objectives of the study were explained and informed consent was obtained from the study participants before the start of the study. Participants were given ample time to complete the questionnaires. The questionnaires were then reviewed for completeness immediately after each data gathering. The data collected was analyzed statistically by the researcher.

RESULTS

Section A- Demographic Variables of the study participants.

Table 1: Frequency and percentage distribution of demographic variables of participants. n=120.

Demographic variables	Frequency	Percentage
Age in years- 1.17 years	45	37.5%
2.18years	43	35.8%
3.19 years	32	26.6%
Gender 1. Male	22	18.3%
2. Female	98	81.7%
Year of Study 1.First	60	50%
2. Second	60	50%
Residential area 1. Urban	48	40%
2. Rural	54	45%
3. Suburban	16	15%
Religion 1. Hindu	86	71.6%
2. Christian	32	26.6%
3. Muslim	3	2.5%
4. Others	-	-
Family Monthly income 1. Less than Rs.20,000	51	42.5%
2. Rs.20,000-40,000	32	32%
3. Rs.40,000-60,000	22	18.3%
4. More than Rs.60,000	15	12.5%

Socio-economic status			
1. Lower	51	42.5%	
2. Medium	32	26.6%	
3. Higher	37	30.8%	
Number of Siblings			
1. None	29	24.1%	
2. 1-2	86	71.6%	
3. 3 and above	5	4.1%	
Birth order-			
1. Only child	29	24.1%	
2. Eldest	42	35%	
3. Middle	12	10%	
4. Youngest	49	40.8%	
Type of Family			
1. Nuclear	79	65.8%	
2. Extended	32	26.6%	
3. Single parent	9	7.5%	

Table 1 shows that the majority (37.5%) of the participants were 18 years old, followed by 17 years old (35.8%). 81.7% of students are Girls and the remaining 18.3% are boys. The majority of the participants (45%) live in rural areas and 71.6% follow Hinduism. 42.5% of the participants' family income was less than Rs.20,000 and belonged to lower socioeconomic status. 86% of the participants have 1-2 siblings and the majority (40.8%) was the youngest child in the family. Regarding type of family majority (65.8%) of the students belonged to nuclear families.

Section B: Guidance needs of the entire group of students.

Table 2. Overall Guidance Needs of Nursing Students

Variable	Mean	SD	Remark
Guidance needs	3.12	1.001	Highly Guidance needed

Table 2 indicates that the mean score of guidance needs of students was 3.12 and S.D was 1.001 and overall the entire group needed guidance highly.

Table 3: Guidance needs of nursing students in the six aspects.

S NO	ASPECTS OF GUIDANCE NEEDS	MEAN	SD	GUIDANCE NEEDS
1	Personal/Psychological	2.97	0.966	Little guidance needed
2	Family	2.87	1.085	Little guidance needed
3	Physical	2.50	1.012	Little guidance needed
4	Social	3.14	1.015	Highly guidance needed
5	Academic	3.21	1.009	Highly guidance needed
6	Career	4.05	0.833	Very Highly needed

1-2 not needed, 2.1-3 little guidance needed, 3.1-4 highly needed, 4.1-5 very highly needed.

Table 3 shows that nursing students needed guidance very highly (M=4.05) in the career aspect and high guidance needed for them in the Social (M=2.14) and academic (M=3.21) aspects. Nursing students needed only a little guidance in Personal, Family and Physical aspects. Every student needed guidance high or low in all aspects.

Table 4: Association between Guidance Needs and Selected Demographic Variables of Nursing Students

Demographic variables	Mean	SD	t-value	2-tail sig
Age in years-				
1. 17 years	4.25	0.984	0.569	0.889
2. 18 years	3.52	0.893		
3. 19 years	3.15	1.001		
Gender				
1. Male	3.98	0.963	1.015	0.845
2. Female	3.62	0.956		
Year of Study				
1. First	4.24	0.854	1.256	0.874
2. Second	3.28	0.741		
Residential area				
1. Urban	3.44	0.985	0.555	0.14
2. Rural	4.10	0.752		
3. Suburban	3.5	0.785		

Religion					
1. Hindu	3.44	0.99	1.025	0.998	
2. Christian	3.64	1.002			
3. Muslim	3.18	0.823			
4. Others	-	-			
Family Monthly income					
1. Less than Rs.20,000	4.25	0.745	1.55	0.321	
2. Rs.20,000-40,000	3.42	0.838			
3. Rs.40,000-60,000	2.97	0.998			
4. More than Rs.60,000	2.01	0.884			
Socio-economic status					
1. Lower	4.25	0.777	1.998	0.115	
2. Medium	3.54	0.987			
3. Higher	2.65	0.841			
Number of Siblings					
1. None	4.01	0.965	1.56	0.885	
2. 1-2	2.42	0.921			
3. 3 and above	3.12	0.861			
Birth order-					
1. Only child	3.4	0.884	0.12	0.335	
2. Eldest	4	0.741			
3. Middle	3.33	0.934			
4. Youngest	2.97	0.881			
Type of Family					
1. Nuclear	2.98	0.852	1.44	0.441	
2. Extended	2.74	0.999			
3. Single parent	4.2	0.885			

Significant if $p \leq 0.05$

Table 4 shows that there is no significant association between guidance needs and selected demographic variables.

DISCUSSION

The first objective of the first study was to find the guidance needs of nursing students. Table 2 shows that the overall guidance needs of nursing students is high. Table 3 shows the guidance needs of nursing students in six aspects. This shows that nursing students had very high guidance needs in the Career aspect and high guidance needs in the Social and Academic aspects.

The second objective of the study was to find the association between guidance needs and selected demographic variables. Table 4 shows that there is no significant association between guidance needs and selected demographic variables.

Results of previous studies showed high levels of stress and anxiety in undergraduate nursing students⁹.

Dr. Ashiq Hussain Dogar, et al (2011) found out that higher school students had problems with career choices¹⁰.

Another study conducted by Claudia Crisan, et al, in 2015 concluded that students are poorly informed about job opportunities, their expectations for the future are not connected with their own knowledge and abilities, and they do not have a coherent career plan, and encounter major barriers in the career decision process¹¹.

CONCLUSION

The present study was conducted to study the Guidance needs of nursing students. First-year and second-year nursing students were selected for the study. At the end of the study, it was concluded that nursing students needed guidance in all aspects. They needed very high guidance need in the Career aspect followed by Academic and Social aspects. This study insists on the role of counselors in understanding the guidance needs of nursing students and guiding them accordingly. Career guidance is very important for students to help students in their career planning and plan their career accordingly. Career guidance sessions need to be planned in nursing colleges along with other counseling sessions. The appointment of full-time guidance and counselling professionals in nursing colleges will be helpful for students.

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