



**“A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF SELF-ESTEEM AMONG B.Sc AND GNM 1ST YEAR NURSING STUDENTS OF NEMCARE INSTITUTE OF NURSING SCIENCES, NEMCARE FOUNDATION, MIRZA, KAMRUP®, ASSAM.**

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**ABSTRACT** **Background of the study:** Self-esteem is the inner state of a person's abilities, capacities, capabilities & aptitude, to feel worthy, respected & valued. This should promote confidence and necessary parameter of the development of one's personal & professional identity. **Aim:** To assess the level of self-esteem among 1st year nursing students. **Method:** Using quantitative research approach and descriptive research design. 110 samples were collected through convenient sampling method. **Result:** result show that majority of nursing students i.e. 102 (92.7%) have normal self-esteem level, 1 (0.91%) students have high self-esteem level, and 7 (6.36%) students have low self-esteem level. There was significant association of level of self-esteem with demographic variables i.e. age, caste, religion, type of family and adaptation of the course. **Conclusion:** The study concluded that majority of participants have normal self-esteem and there is significant association between level of self-esteem and demographic variables i.e. age, caste, religion, type of family and adaptation of the course.

**KEYWORDS :** Self-esteem, Nursing Students

#### INTRODUCTION:

“According to Morris Rosenberg (1965), “Self-esteem is one's positive and negative attitude toward oneself and one's evaluation of one's own thoughts and feelings overall in relation to oneself”.<sup>1</sup> Self esteem defines an individual gross instinctive sense of personal worth or value. For both student nurses & clinical nurses, self-esteem must have attributed. A healthy level of self esteem is essential for nursing students as it influences their motivation, confidence & resilience.<sup>2</sup> Understanding the level of self esteem among nursing students is crucial for educator & healthcare institution. By recognizing & addressing individual self-esteem issues, educator can implement strategies to foster a positive learning environment, promote self-confidence & support the overall wellbeing of nursing students.

#### Objectives Of The Study:

1. To assess the level of self-esteem among B.Sc and GNM First Year Nursing Students of selected college.
2. To see the association between level of self-esteem and demographic variables among B.Sc and GNM First year Nursing Students of selected college.

#### Review Of Literature:

##### 1. Nandan L (2021):

A cross-sectional descriptive study on level of self-esteem. The aim of the study to assess the level of self-esteem. The objective of the study is to assess the level of self-esteem and to determine the association between the levels of self-esteem. The number of sample used in this study was 250 nursing students in selected institutions of Noida. The method of sample selection was done using probability simple random sampling technique. The tool used in this study was demographic variable like (age, gender, name of program, monthly family income, type of family, place of residence and performance in last academic examination) and Modified Rosenberg's self-esteem scale consisting 25 items. The collected data was organized, tabulated and analyzed using descriptive statistics like frequency, percentage, mean, and standard deviation and inferential statistics like chi-square test. The result shows that majority of the nursing students i.e. 59.2% have moderate level of self-esteem and 23.6% of the nursing students have high level of self-esteem. There is a significant association between two selected demographic variables i.e. gender and monthly family income of the nursing students with their level of self-esteem.<sup>10</sup>

##### 2. Shrestha S et al (2019):

A descriptive cross-sectional study on stress and self-esteem. The aim and objective of the study is to identify the level of stress & self-

esteem. The number of sample used in this study was 116 from B.sc nursing First year to 4<sup>th</sup> year from Chitwan medical college. The tool used in this study is Chinese version (SINS-CN) and self-esteem question developed by Rosenberg scale (1986). The analysis was done by entering the data in IBM SPSS version 16.0. And the study revealed that out of 116 respondents 23.3%, 25.9%, 25.4% and 25.0% from first, second, third, & fourth year respectively. More than half i.e. 50.9% of respondent have high stress & 67.2 % of the respondent have low self-esteem. It concluded as student have high level of stress & low self-esteem.<sup>6</sup>

#### Research Methodology:

**Research Design:** Quantitative Research Approach.

**Research Design:** Descriptive Research Design.

#### Variables:

**Dependent variables:** The dependent variable is “level of Self-esteem”.

**Independent variables:** The independent variable is “Rosenberg self-esteem Scale”.

**Setting of the study:** NEMCARE Institute of Nursing Sciences, NEMCARE Foundation, Mirza.

**Population:** Nursing Students.

**Target population:** B.Sc and GNM First year Nursing students.

**Accessible population:** B.Sc and GNM first year nursing students those are present at the day of data collection.

**Sample size:** 110 students.

**Sampling technique:** Convenient Sampling technique.

#### Criteria for sample selection:

##### Inclusion criteria:

- Both males & females students.
- Only B.Sc and GNM First year nursing students.

##### Exclusion criteria:

- The students who are not willing to co-operate.
- The students who are absent.

**Tools and techniques:**

**Tool:** Standardized Rosenberg self-esteem scale was used.

**Techniques:** Circulation of standardized tool i.e. Rosenberg self-esteem scale, was used. It consist of two parts.

**Part I:** Demographic variables such as age, gender, religion, caste, residence, type of family, family income, Employed while studying, Selection of nursing course, Awareness about nursing course, Adaption to nursing field.

**Part II:** Rosenberg self-esteem scale consisting 10 items.

**Ethical consideration:**

1. Written permission has been taken from the authority.
2. Informed consent was taken from participants.
3. Confidentiality of the participants has been taken.

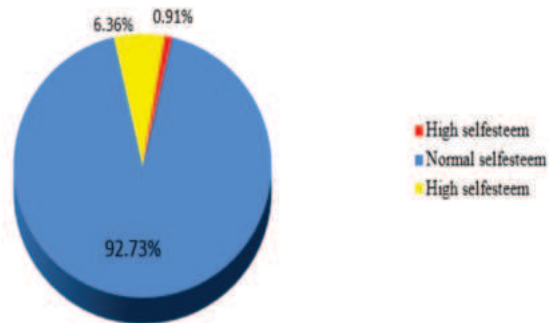
**RESULT:**

**Table 1: Frequency And Percentage Distribution of Demographic variables** N=110

Sl. No.	Demographic variables	Categories	Frequency	Percentage
1	Age	a) Below 18	6	5.5%
		b) 18-25	104	94.5%
		c) Above 25	0	0%
2	Gender	a) Male	7	6.4%
		b) Female	103	93.6%
3	Religion	a) Hindu	81	73.6%
		b) Muslim	23	20.9%
		c) Christian	5	5.5%
		d) Buddhism	1	0.1%
4	Caste	a) General	51	46.3%
		b) OBC	34	30.9%
		c) ST	15	13.6%
		d) SC	10	9.1%
		e) Others	0	0%
5	Residence presently	a) Hostellers	100	90.9%
		b) Day scholar	10	9.1%
		c) Rent House	0	0%
		d) Paying guest	0	0%
6	Type of family	a) Joint family	22	20%
		b) Nuclear family	88	80%

7	Parent occupation	c) Extended family	0	0%
		a) Govt. Employee	67	60.9%
		b) Pvt. Employee	6	5.5%
		c) Self employee	29	26.3%
8	Family income	d) others	8	7.3%
		a) above 50,000	30	27.3%
		b) 25,000-50,000	43	39.1%
9	Employed while studying	c) Below 25,000	37	33.6%
		a) Yes	5	4.5%
10	Selection of nursing course	b) No	105	95.5%
		a) Self interest	53	48.1%
		b) Carrier future	47	42.7%
		c) Forced by parent	1	0.9%
11	Awareness about nursing profession before entering the course	d) Suggestion by others	9	8.1%
		a) Yes	96	87.3%
12	Adaptation to the nursing field	b) No	14	12.7%
		a) Yes	102	92.7%
		b) No	8	7.3%

**LEVEL OF SELF-ESTEEM**



**Figure 1: Pie Diagram Showing Percentage Distribution of Level of self-esteem among B.Sc and GNM 1<sup>st</sup> year nursing students**

**Table 2: Descriptive Statistics of level of self-esteem. N=110**

Descriptive score	Mean ±SD
Self-esteem score	19.554±2.5035

**Table 4:** The association between the level of self-esteem and demographic variables among B.Sc and GNM First year nursing students.

Sl.No	Variables	Categories	Level of self-esteem						Chi-square value	df value	p-value
			Low self-Esteem N=7		Normal self-esteem N=102		High self-esteem N=1				
			F	%	F	%	F	%			
1	Age	a. Below 18 years	1	14.3	0	0	0	0	x <sup>2</sup> =18.785	df=2	P=8.334S*
		b. 18-25 years	6	85.7	102	100	1	100			
2	Gender	a. Male	0	0	7	6.9	0	0	x <sup>2</sup> =0.586	df=2	P=0.745 NS
		b. Female	7	100	95	107.4	1	100			
3	Religion	a. Hindu	5	71.4	73	71.6	1	100	x <sup>2</sup> =15.693	df=6	P=0.0154 S*
		b. Muslim	1	14.3	24	23.5	0	0			
		c. Christian	0	0	5	4.9	0	0			
		d. Buddhism	1	14.3	0	0	0	0			
4	Caste	a. General	3	42.9	51	50	0	0	x <sup>2</sup> =15.41	df=6	P=0.017 S*
		b. OBC	1	14.3	32	31.4	0	0			
		c. ST	2	28.6	13	12.7	0	0			
		d. SC	1	14.3	6	5.9	1	100			
5	Residence	a. Hostellers	5	71.4	94	92.6	1	100	x <sup>2</sup> =3.5064	df=2	P=0.017 NS
		b. Day Scholars	2	28.6	8	7.8	0	0			
6	Type of family	a. Joint family	4	57.1	18	17.6	1	100	x <sup>2</sup> =9.996	df=1	P=0.0015 S*
		b. Nuclear family	3	42.9	84	82.4	0	0			
7	Parent Occupation	a. Government Employee	2	28.6	65	63.7	1	100	x <sup>2</sup> =5.812	df=6	P=11.81 NS
		b. Private Employee	1	14.3	5	4.9	0	0			

		c. Self-employed	4	57.1	26	25.5	0	0			
		d. Others	0	0	6	5.9	0	0			
8	Family income	a. Above 50,000	0	0	14	13.7	0	0	x <sup>2</sup> =2.156	df=4	P=0.706 NS
		b. 25,000-50,000	7	100	80	78.4	1	100			
		c. Below 25,000	0	0	8	7.8	0	0			
9	Employed while studying	a. Yes	0	0	9	8.8	0	0	x <sup>2</sup> =0.768	df=2	P=2.768 NS
		b. No	7	100	93	91.2	1	100			
10	Selection of course	a. Acceptance in the field	0	0	1	1	0	0	x <sup>2</sup> =8.721	df=6	P=0.189 NS
		b. Career future	6	85.7	55	53.9	1	100			
		c. Suggestion by others	1	14.3	2	2	0	0			
		d. Interest	0	0	44	43.1	0	0			
11	Awareness about the nursing course	a. Yes	6	85.7	89	87.3	1	100	x <sup>2</sup> =0.161	df=2	P=2.161 NS
		b. No	1	14.3	13	12.7	0	0			
12	Adaptation to the nursing field	a. Yes	4	57.1	97	95.1	1	100	x <sup>2</sup> =14.072	df=2	P=16.072 S*
		b. No	3	42.9	5	4.9	0	0			

N.S= Not significance, S\*= Significance, P>0.05, df=degree of freedom

### CONCLUSION:

This present study show out of 110 samples, majority of nursing students having i.e.102 (92.7%) have normal self-esteem level, 1 (0.91%) students are have high self-esteem level, and 7 (6.36%) students have low self-esteem level. There was also significant association of level of self-esteem with demographic variables i.e. age, caste, religion, type of family and adaptation of the course.

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