



## A STUDY TO ASSESS SELF-ESTEEM AND PROCRASTINATION AMONG UNDERGRADUATE STUDENTS AT SELECTED COLLEGE OF NURSING, LUDHIANA, PUNJAB.

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### KEYWORDS :

#### INTRODUCTION:

Self-esteem is termed as people's beliefs and feelings about their overall self-worth. It plays a major role in life because the way one sees oneself does have an impact on one's performance and success. A person with low self-esteem feels anxious on facing a difficult task or situation, thus they tend to do task aversion and avoids difficult situations in order to save their ego from facing that task or situation. Thus, low self-esteem leads to more tendency of procrastination. Procrastination is the avoidance of tasks that needs to be accomplished by a certain deadline. It is a behaviour that is endemic in academic domain and it may be related to problems encountered by many college students. Hence, for improving academic performance, students need to lower their procrastination level and for that they need to know about ways to improve self-esteem.

**OBJECTIVE:** A study was conducted with an objective to assess self-esteem and procrastination among nursing students.

**METHODOLOGY:** A non-experimental descriptive survey study was carried out on 100 undergraduate students in selected College of nursing, Ludhiana, Punjab. Total Enumerative Sampling Technique was used to collected the sample. Data was collected with Socio-demographic Scale, Rosenberg Self-Esteem Scale and Modified Procrastination Assessment Scale For Students (PASS) using paper and pen method.

**RESULTS:** The results of socio-demographic profile of the respondents show that majority subjects (65%) were in the age group of 20-22 years and were females (88%). More than half (60%) belong to urban area; most of them belongs to nuclear family (74%). Highest number of subjects (68%) belong to Sikh religion. As per residential status 66% subjects were hostlers; majority of subjects (47%) were first born. Most of them (69%) belongs to upper middle class and none of the subjects were taking psychiatric treatment. Findings of the current study regarding father's profile revealed that majority (94.6%) were in the age group 39-58. Majority (53.6%) were graduate and above and (96.8%) were working and were farmers (26%). The subject's father profile revealed that majority of fathers were working for 7-11 hours (63%) and had monthly income of 10,001-50,000 (56.5%). Mother's profile illustrated that majority (68.6%) of mothers were in the age group of 39-48 and were graduate and above (51.5%). The majority of them 68.6% were homemakers and only 31.3% were working. With the monthly income of 10,001-50,000 (48.3%). Their working hours were 7-11 hours (41.9%) and had private job (45.1%). The assessment of the levels of self-esteem showed that out of 100 subjects majority i.e. 74% were having normal self-esteem, 8% low self-esteem and 18% high self-esteem. The study revealed that out of 100 subjects, 59% were having moderate procrastination, 31% were having mild procrastination and only 10% were having high procrastination. The data showed a negative co-relation between self-esteem and procrastination i.e.  $r = -0.384$  and  $p = 0.01$  statistically significant level.

**CONCLUSION:** It is concluded that more than half number of subjects 74% were having normal self-esteem, while 18% have high self-esteem and only 8% have low self-esteem. More than half number of subjects i.e. 59% have moderate level of procrastination, 31% have mild level of procrastination and only 10% have high level of procrastination. The study revealed negative correlation between self-esteem and procrastination i.e.  $r = -0.384$  and  $p = 0.01$  statistically significant. Hence, the study led to the conclusion that students with high level of self-esteem will procrastinate less whereas those who procrastinate more have comparatively low level of self-esteem.

#### AIM

To assess self-esteem and procrastination among nursing students.

#### OBJECTIVES

1. To assess levels of self-esteem and procrastination of undergraduate students.
2. To find out co-relation between self-esteem and procrastination of undergraduate students.
3. To determine the association of self-esteem and procrastination among undergraduate students with selected socio demographic variables.
4. To develop and disseminate an IEC (Information Education Communication) material (pamphlet) on self-esteem.

**Table 1 :** Frequency Distribution of subjects as per their Self-Esteem N=100

| Levels of Self-Esteem | Score | f (%) | Mean $\pm$ SD     |
|-----------------------|-------|-------|-------------------|
| Low Self-Esteem       | 0-15  | 08    | 12.38 $\pm$ 1.408 |
| Normal Self-Esteem    | 15-25 | 74    | 19.12 $\pm$ 2.606 |
| High Self-Esteem      | 25-30 | 18    | 26.28 $\pm$ 0.895 |

Mean  $\pm$  SD= 19.87  $\pm$  4.208

Maximum Score=30

Minimum Score=0

Table 1 depicts the distribution of subjects as per their level of self-esteem. The data reveals that majority 74 were having normal self-esteem, while 18 had high self-esteem and 08 subject low self-esteem categories.

Hence, it can be concluded that most of subjects had normal self-esteem.

Frequency Distribution of subjects as per their level Procrastination N=100

| Levels of Procrastination | Score | f (%) | Mean $\pm$ SD     |
|---------------------------|-------|-------|-------------------|
| No Procrastination        | 0     | 0     | -                 |
| Mild Procrastination      | 1-16  | 31    | 11.94 $\pm$ 3.405 |
| Moderate Procrastination  | 17-32 | 59    | 22.59 $\pm$ 3.440 |
| High Procrastination      | 33-48 | 10    | 37.0 $\pm$ 3.528  |

Mean  $\pm$  SD= 20.73  $\pm$  8.038

Maximum Score=48

Minimum Score=0

Table 2 shows the frequency distribution of subjects as per their level procrastination. More than half number of subjects i.e 59 had moderate level of procrastination followed by 31 mild level of procrastination and only 10 subjects had high procrastination level. Hence, it can be concluded that more majority of subjects were having moderate level of procrastination.

#### MAJOR FINDINGS

- The analysis of socio-demographic characteristics show that majority subjects 65(%) were in the age group of 20-22 years and were females 88(%)
- More than half 60 (%) belong to urban area; most of them belongs to nuclear family 74 (%)
- Highest number of subjects i.e.68 (%) belong to Sikh religion. As per residential status 66 (%) subjects were hostlers; majority of subjects i.e. 47 (%) were first born. Data also illustrated that Socio-economic status, most of 69 (%) belongs to upper middle class and none of the subjects were taking psychiatric treatment.

- Findings of the current study regarding father's profile revealed that majority i.e. 94.6% were in the age group 39-58. Majority 53.6% were graduate and above and 92 (96.8%) were working and were farmers (26%).
- The subject's father profile revealed that majority of fathers were working for 7- 11 hours (63%) and had monthly income of 10,001 - 50,000 (56.5%)
- Mother's profile illustrated that majority 68.6% of mothers were in the age group of 39-48 and were graduate and above (51.5%). The majority of them 68.6% were homemakers and only 31.3% were working With the monthly income of 10,001-50,000 (48.3%) . Their working hours were 7-11 hours (41.9%) and had private job (45.1%).
- The assessment of the levels of self-esteem showed that out of 100 subjects majority i.e. 74 (%) were having normal self-esteem, 8(%) low self-esteem and 18 (%) high self-esteem.
- The study revealed that out of 100 subjects majority, 59 (%) were having moderate procrastination, 31 (%) were having mild procrastination and 10 (%) were having high procrastination.
- The data showed a negative co-relation between self-esteem and procrastination i.e.  $r=-0.384$  and  $p=0.01$  statistically significant.

## CONCLUSION

From the present study, it is concluded that more than half number of subjects i.e. 74 (%) were having normal self-esteem, while 18(%) have high self-esteem and only 8 (%) have low self-esteem and it is concluded that More than half number of subjects i.e. 59 (%) have moderate level of procrastination, 31 (%) have mild level of procrastination and only 10 (%) have high level of procrastination. The study revealed negative correlation between self-esteem and procrastination i.e.  $r= -0.384$  and  $p=0.01$  statistically significant. Hence, the study led to the conclusion that students with high self-esteem procrastinate less whereas those who procrastinate more have comparatively low self-esteem.

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