ORIGINAL RESEARCH PAPER

Nursing

A COMPARATIVE STUDY TO ASSESS THE LEVEL OF SELF-ESTEEM AMONG 1ST YEAR BSC NURSING STUDENTS AND 1ST YEAR GNM NURSING STUDENTS

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ABSTRACT

INTRODUCTION
Self-esteem is an overall evaluation of one's worth or value. It's an important aspect in one's life as a part of growth for normal human being. It can be defined as a confidence in one's own worth or abilities, self-respect. Poor self-esteem can lead to poor development of personal skills, academic performance and affect one's ability for successful way of life. Self-esteem reflects an individual's overall subjective emotional evaluation of his or her own worth

METHOD
A Quantitative evaluative approach was used for this study. The research design used was Comparative Research Design. Non- probability Simple Randomization sampling technique was used to select the 60 samples for the study. The tool used for this study was Self Administered Questionnaire and Rosenberg self-esteem to asess the self esteem among level among 1st year BSc and 1st year GNM nursing students.

RESULTS
The mean score of 1st year BSc nursing student was 67.43 percent with moderate self-esteem and 98.52 percent with low self-esteem. The mean score of 1st year GNM nursing students was 97.31 percent with moderate self-esteem and 98.55 percent with low self-esteem

CONCLUSION
The data was support for the self-esteem among 1st year BScNursing and 1styear GNM nursing students. The overall experience of conducting this study was satisfying and enriching

INTRODUCTION

"The greatest thing in the world is to know how to belong oneself, where to belong oneself and what one's is supposed to do."
Michael Demontaigne

Self-esteem is a widely used concept both in popular language and in psychology. It refers to an individual's sense of his or her value or worth, or the extent to which a person value, approves of, appreciate, prizes, him or herself. Self-esteem is generally considered the evaluative component of the self-concept, a border representation of the self that includes cognitive and behavioral aspect as well as evaluative or effective one. It is also widely assumed that self-esteem function as a trait and it is stable across time within individual. Self-esteem has been related both to socioeconomic status and to various aspect to health and health-related behavior.

The origin of self-esteem can be traced to childhood and or based on acceptance, warmth, involvement, consistency, praise and respect. Self-esteem increase with age and is most threatened during adolescencewhenconcept of self are changed and many self-decision are made. The adolescence must choose an occupation and decide whether he or she is good enough to succeed in a given career. Adolescents also must decide whether they are able to participate are acceptable in various social activities. It is a prerequisite to self- actualization; one self-esteem is achieved, the person is free to concentrate on achieving his or her potential.

The importance of self-esteem can be considered from several perspectives. It is important to norm psychological development. To adequately cope with the challenges of growing and developing, a person need to believe that they have the capacity to achieve what they need and want to and they are deserving of happiness and joy in life

STATEMENT OF THE PROBLEM

"A Comparative Study To Assess The Level Of Self-Esteem Among 1st Year Bsc Nursing Students And 1st Year GNM Nursing Students In A Selected College, Bangalore"

OBJECTIVES OF THE STUDY

1. Assess the level of self-esteem among the 1st year BSc nursing students.
2. Assess the level of self-esteem among 1st year GNM nursing students.
3. Compare the level of self-esteem between 1st year BSc and 1st year GNM nursing students.
4. Determine the association of self-esteem with the selected baseline variables

HYPOTHESES:

Hypothesis will be tested at 0.05 level of significance
H_1-: There is a significant difference in the self-esteem among 1styear BSc and 1st year GNM Nursing students
H_2-: There is significant association in the self-esteem with the selected demographic variables.

MATERIAL AND METHODS

.An evaluative approach was used for this study. The research design used was comparative research design to assess the level of self esteem among 1st year BSc nursing students and 1st year GNM nursing students. The present study was conducted in Koshys College Of Nursing. Simple Randomization sampling technique was adapted to select the samples for this study and 60 samples were selected. The data collection was done using Self Administered Questionnaire and Rosenberg self-esteem which consist of 2 parts. These includes

Part I : Questions on demographic variables of the subjects such such as age, sex, educational status, religion, monthly income of parents, types of family and place of residence.
Part II: Rosenberg self-esteem scale, to assess the level of self-esteem of the student

In order to obtain content validity, the prepared instrument along with problem statement, operational definition and blue prints were submitted to 8 experts from Nursing, a experts from biostatistics. Prior permission was obtained from institutional ethical committee Koshys Collge Of Nursing,Principal. Formal permission was obtained from the authorities. Writen consent was obtained from the subjects to participate in the study. Self Administered Questionnaire was used to collect the demographic data and the Rosenberg self-esteem scale was used to assess the level of self esteem of the students.

RESULTS

Table: 1   Finding The Relation Level Of Self-esteem Between 1st Year BSc and 1st Year GNM Nursing Student N=60

Level of self-esteem	BSC nursing students n=30				GNMnursing students n=30			
	Frequency	Mean	Mean%	SD	Frequency	Mean	Mean%	SD
Highself-esteem	0	0	0	11.93	0	0	0	9.88
Moderateself-esteem	18	20.23	67.43		12	84.6	97.31	
Lowself-esteem	12	20.23	98.52.		18	84.6	98.55	

Table:2 Comparison The Level Of Self-esteem Score Between 1st Year BSc And 1st Year GNM Nursing Student N=60

LEVEL OF SELF-ESTEEM	MEAN	SD	T-TEST VALUE	df	TABLE VALUE AND SIGNIFICANCE
1st year BSc Nursing	9.81	8.43	3.38	2.00	2.09
1st year GNM Nursing	9.3	6.99			

Table: 2 The above table revealed that 1st year GNM nursing student   mean level is lesser than 1st year BSc nursing student(9.3<9.81). The data   further depicted that the "t" test value was 3.38 which was greater than table value $t_{(2.00)}$=2.09 at 0.005 level of significance

Finding of Association between level of self-esteem among 1st year Bsc and GNM nursing students with baseline variables

This study proved that there is significance association found between the baseline variables such as age in years , sex, type of family and profession chosen by Hence the hypothesis was accepted at 0.05 level of significance.

DISCUSSION

- The overall level of self esteem among 1st year BSc nursing is higher than the 1styear GNM nursing students
- There was significant association found between the level the self esteem and   demographic variable age in years , sex, type of family and profession chosen. These findings indicates that these factors had a greater influenced in assessing the level of self esteem among 1st year BSc nursing and 1st year GNM nursing Students.

IMPLICATION

The finding of the study had the following implications on

Implication On Nursing Practice:

Nurses are the key persons of the health team, who play a major role in the health promotion and maintenance. Nursing practice is the actual provision of patient care.

Implication On Nursing Administration:

The nurse administrator should plan and organize educational program for the nursing professional and nursing students, in order to prepare them to provide quality care. Nursing administrators should take interest in motivating the nursing personnel to improve their professional knowledge and skill by attend the health conference, workshop and seminar related to self-esteem.

CONCLUSION

Based on the findings of the comparative study level of self esteem among 1st year BSc nursing is higher than the 1styear GNM nursing students.

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