



ORIGINAL RESEARCH PAPER

A COMPARATIVE STUDY TO ASSESS THE PSYCHOLOGICAL WELLBEING AMONG GENERAL NURSING STUDENTS IN SELECTED SCHOOL OF NURSING AT BENGALURU, KARNATAKA.

Mental Health Nursing

KEY WORDS: Comparative, Assess, Psychological Wellbeing, General Nursing Student, School of Nursing.

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ABSTRACT

The conceptual framework for this study is based on Roy's adaptation Model by upon Sister Callista Roy, comparative study design was adopted for this study. Samples were selected by convenient sampling technique and this study was conducted in AVK group of institution, Bangalore. Total 150 students (50 from each year) were selected. The pilot study was conducted, final data was collected, analyzed and interpreted by using descriptive and inferential statistics. The result of the study shows that total 26% students having poor psychological wellbeing out of them 72% students belongs to first year. 38.66% students having fair psychological wellbeing out of them 54% students belongs to second year. 35.33% students having good psychological wellbeing out of them only 4% students belongs to first year. And also 6% 3rd year students having poor psychological wellbeing. While in 2nd year not a single student having poor psychological wellbeing. So there is no association among the students of different year. The psychological wellbeing knowledge score $t(48) = 9.92^{**}$ ($p < 0.001$). So H2 is rejected.

HYPOTHESIS:

- H1: There will be a significant association between psychological wellbeing of nursing student and the selected demographic variables.
- H2: There will be a significant association between psychological wellbeing of 1st, 2nd and 3rd year general nursing student.

Testing Hypothesis: H2: H2 was rejected.

Result:

- Overall not a single students were having very poor psychological wellbeing.
- Total 72% first year students were having poor psychological wellbeing. 24% having fair psychological wellbeing, and 4% having good psychological wellbeing.
- Total 54% second year students were having a fair psychological wellbeing and 46% were having good psychological wellbeing.
- Total 6% third year students were having poor psychological wellbeing, 38% students were having fair psychological wellbeing and 56% students were having good psychological wellbeing.

INTRODUCTION

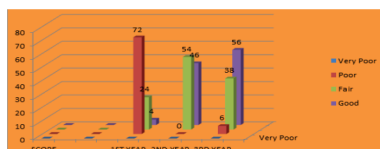
Wellbeing is much more multidimensional than simply being just happy, healthy, or successful. Wellbeing is a concept that encompasses a well-rounded, balanced and comprehensive experience of life. It includes health in social, physical, mental, emotional, career and spiritual domains. When things aren't going right in all of these areas we probably aren't experiencing as much joy, serenity, and as we could be, and may be experiencing greater stress, worry, and anxiety.

Regardless of the desired outcome, the process of education can be a very stressful experience. Nursing students are valuable human resources, but there is a paucity of comprehensive research in the area of nursing student's psychological distress and depressive symptoms. Detection of these symptoms is crucial since stress and depression can lead to low productivity, minimized quality of life and suicidal thoughts. It is observed that nursing students undergo tremendous stress during various stages of their course.

Objectives

- ❖ To assess the psychological wellbeing among the nursing students in selected school of nursing.
- ❖ To compare the psychological wellbeing status among the students of different years of school of nursing.
- ❖ To determine the association between psychological wellbeing with selected demographic variable.

RESULT:



Bar Diagram Showing Distribution of all the Samples in Term of Category of Psychological Wellbeing.

CONCLUSION

This study reveals that the level of psychological wellbeing was poor in first year students reasons were mainly the new environment, study stress, assignments, workload in hospital etc.. While second and third year students were having fair and good psychological wellbeing.

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