

Relationship between Self-esteem and Assertiveness among BSc Nursing 1st year Students of Alamdar Memorial College of Nursing & Medical Technology, Charar-i-Sharief, Budgam (J&K)

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Abstract

Level of individual self-esteem and assertiveness determines the performance and eventually the output; this is particularly relevant to nursing students. The ones with higher self esteem perform better than those with medium or low self-esteem. This study was undertaken to assess the levels of self-concept, self-assessment and assertiveness among among 37 1st year BSc nursing students (female 20, male 17) of Alamdar Memorial College of Nursing & Medical Technology in Budgam, J&K. Data was collected using Rosenberg Standard Self-Esteem scale and Rathus Assertiveness scale. Results showed that majority of the nursing students (50.5%) had low self-esteem, 27.0 percent had average self-esteem and 13.5 percent had high self-esteem. There was significant positive correlation between the levels of self-esteem and assertiveness among students indicating that training should be arranged for nursing students to enhance their skills in interacting with patients, staff and others.

Key words: Nursing students, Self-esteem, Immature behaviour

Self-esteem is an important element of a person; people with healthy self-esteem perceive themselves as a worthy person. The feeling of worthiness will influence a person to be confident, manage their work and show respect to others. Self-esteem includes four dimensions: personal self-esteem, social self-esteem, academic self-esteem and parental self-esteem. Assertiveness is being confident in stating a position or personal rights and expressing thoughts in a way as needed. Assertiveness behaviour and low self-esteem have been found to major problem in the nursing profession. Nursing students today are the professional nurses of tomorrow. In order to ensure competence and safe practice, it is necessary for them to be individuals with high assertive skills and self-esteem. This study was conducted to identify assertiveness and self-esteem and their correlation

According to Brown (2008) the self-concept is defined as "all the thoughts and feelings of the individual in relation to himself" and is based

largely on social evaluations. The two main components of self-perception are the self-image or self-concept and self-esteem or global self-worth, both the components are involved in the element of self-assessment. Self-esteem is a major problem in the nursing profession. Nurses with healthy self-esteem perform better in their work (patient care), while nurses with low self-esteem are less likely to do so (Randle, 2003). Nurses with low self-esteem can develop immature behaviours in the workplace.

A strong indication of low self-esteem is the inability or unwillingness of effective communication with patients or the use of inappropriate modes of communication (e.g., talking behind the backs of the people (Yamashita et al, 2005). The nursing research showed that high levels of self-esteem are associated with encouraging clinical competence (Burnard et al, 2001) and mainly influences the nursing care of the patient (Arthur, 1992; Freshwater, 2002; Reeve 2000; Randle, 2001). When nurses have low self-esteem, they are likely to create problems for patients and put their colleagues.

Literature Review

One study states that newly appointed nurses

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have accepted negative comments and devaluation of their work. They experienced problems in lifelong learning and were treated like students (McKenna et al, 2003). In another study, nurses reported humiliation, criticism of their work, unreasonable demands, and exclusion from working groups, abusive language and refusing employment benefits (Johnson & Rea 2009). Cook (1999) considers that in order to be able to appreciate their patients, students and nurses should be able to appreciate themselves first and this undermined during the educational process.

Shrestha S in June 2019 conducted a study on assertiveness and self-esteem among nursing students of Manipal College of Medical Science of Pokhara, Nepal and found that 72 percent of the participants had moderate self-esteem and 96 percent had moderate assertiveness and there was significant positive correlation among assertiveness and self-esteem score with p value <0.001.

Shanmugam V & Kathyayin BV in December 2017 conducted a study on assertiveness and self-esteem among Indian adolescents at children hospital, Bangalore and found that 75 percent have moderate assertiveness, 53.33 percent have high self-esteem and significant positive correlation of $r_s=0.64$ was found between assertive behaviour and self-esteem of the adolescents. Shrivastava U & Mishra V in December 2015 conducted a study on effect of self enhancement on assertiveness among school students in coeducational schools of Bhopal and found that the mean assertiveness score for the combined group was found to be 60.75 and 65.45 for pre-test and post-test conditions respectively.

Maheshwari SK & Gill KK in July 2015 undertook a study on relationship of assertiveness and self-esteem among nurses at seven conveniently selected hospitals in four district of Punjab, which were selected on the basis of expected availability of nurses. The study revealed a mean (SD) of assertive behaviour as-10.76 (8.69) t (range-36 to 14). Similarly mean (SD) of self-esteem was 17.1 (3.11) and it ranged from 10 to 25.

Need of the study

Nursing students interact with colleges, patients, doctors, other students and different health workers. Very few researches have done study on this issue in India. So, this study was conducted using Assertiveness scale and self-esteem scale.

Objectives

1. To find level of assertiveness among the students of BSc Nursing 1st year of Alamdar Memorial College of Nursing & Medical Technology,

Charar-i-Sharief, Budgam, Kashmir.

2. To find level of self-esteem among the students of BSc Nursing 1st year of Alamdar Memorial College of Nursing and Medical Technology, Charar-i-Sharief, Budgam, Kashmir.
3. To find correlation between level of assertiveness and level of self-esteem among students of BSc Nursing 1st year of Alamdar Memorial College of Nursing and Medical Technology, Charar-i-Sharief, Budgam.

Research Hypothesis

H1: There is a significant relation between level of assertiveness and level of self-esteem among the BSc Nursing 1st year students of Alamdar Memorial College of Nursing & Medical Technology, Charar-i-Sharief, Budgam at 0.05 level of significance.

Methodology

The research design in present study was non-experimental using quantitative research approach. Consecutive sampling technique was used to collect data from 38 respondents from selected nursing college of Kashmir. Data was collected, analysed and interpreted to find correlation of self-esteem and assertiveness among BSc nursing 1st year students.

Research setting

The study was conducted at Alamdar Memorial College of Nursing and Medical Technology Charar-i-Sharief Budgam, Kashmir.

Research population

The target population included students of BSc Nursing 1st year studying at Alamdar Memorial College of Nursing and Medical Technology Charar-i-Sharief Budgam, Kashmir during the period of data collection

Sample and sampling technique

The present consisted of 37 students of BSc Nursing 1st year in selected college of Charar-i-Sharief Budgam, Kashmir.

Sampling technique

Consecutive sampling technique were used. Also known as total enumerative sampling (consecutive sampling), it is the process of conducting research including all the people who meet the inclusion criteria and are conveniently available, as part of the sample.

Data collection procedure

Prior to data collection permission was obtained from principal of Alamdar Memorial College of Nursing and Medical Technology Charar-i-Sharief

Budgam, Kashmir.

The data Collection period was from 7 to 12 September 2022. The researcher approached target population and purpose of study was explained and confidentiality was assured. In this study 37 subjects were selected by consecutive sampling technique. Informed consent was taken and data was collected using Rosenberg Standard Self-Esteem scale and Rathus Assertiveness scale. The data was collected in the following manner. Fig 1 depicts the schematic representation of research methodology.

Questionnaire were given to the sample and they took 15-25 minutes for answering it. All the participants have cooperated well in the research project, finally we have concluded our data collection by thanking all the participants.

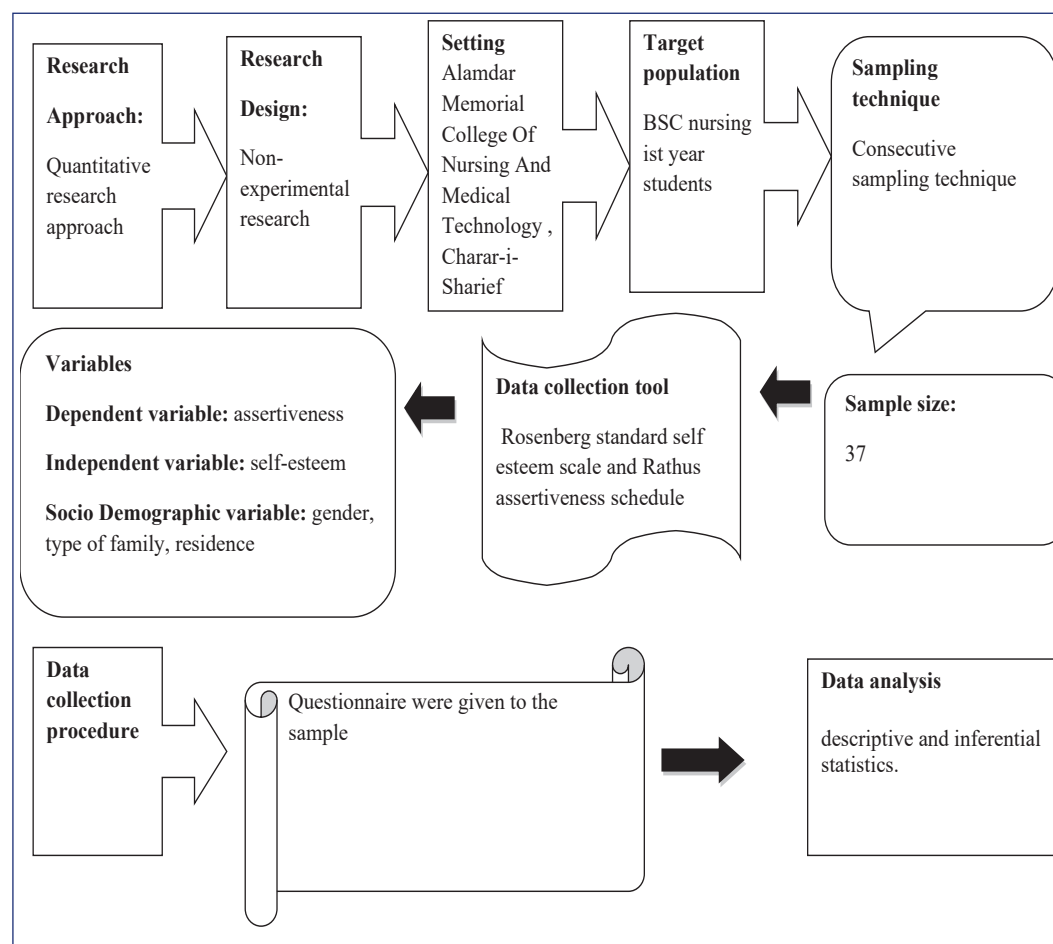


Fig 1: Schematic representation of Research Methodology

teem and level of assertiveness among study subjects at $p > 0.000$.

Results

The data in Table 1 reveals that majority ($n=20$, 54.1%) of the study subjects were females, 17 (45.9%) of the study subjects were males. Majority that is 32 (86.5%) of the subjects resided in rural areas, 5 (13.5%) of the study subjects resided in urban areas. Majority that is 30 (81.1%) of the study subjects belonged to nuclear families and 7 (18.9%) belonged to joint families.

Table 2 reveals that majority i.e. 22 (59.5%) of the study subjects had low self-esteem, 10 (27.0%) of the subjects had average self-esteem and 5 (13.5%) had high self-esteem.

Table 3, reveals that majority of study subjects that is 21 (57%) were very non-assertive ($n=6$, 16%) were probably assertive, 14 percent ($n=5$) were somewhat assertive, 14 percent ($n=5$) were situational non-assertive and none were assertive.

Data in Table 4 reveals that there is significant positive correlation between level of self-es-

Table 1: Frequency and percentage distribution of study subjects according to socio demographic variables (gender, residence, type of family) (N=37)

Variables	Categories	Percentage (%)	Frequency (f)
Gender	Male	45.9	17
	Female	54.1	20
Residence	Rural	86.5	32
	Urban	13.5	5
Type of family	Nuclear	81.1	30
	Joint	18.9	7

Table 2: Distribution of study subjects according to their self-esteem levels (N=37)

Criteria measure of Rosenberg Self Esteem score		
Level of Scores	Percentage	Frequency
High self-esteem (26-30)	13.5	5
Average self-esteem (15-25)	27.0	10
Low self-esteem (0-14)	59.5	22

Table 3: Distribution of study subjects according to level of assertiveness (N= 37)

Criteria Measure of Rathus Assertiveness		
Level of Scores	Percentage	Frequency
Probably assertive (40-90)	16	6
Assertive (20-40)	0	0
Somewhat assertive (0-20)	14	5
Situational non-assertive (-20-0)	14	5
Very non-assertive (-90-20)	57	21

Maximum =90, Minimum=-90

Table 4: Correlation of self-esteem and assertiveness

Pearson's Correlation	Pair	
	Rathus assertiveness schedule score	Rosenberg self esteem score
Mean	-3.46	14.84
SD	31.276	5.786
N	37	
Correlation	0.872	
Table value	0.325	
p value	0.000	
Result	Significant	

Hence research hypothesis H1, which states that 'there is a significant correlation between level of assertiveness and level of self-esteem among the BSc Nursing 1st year students at 0.05 level of significance is accepted'.

Discussion

Assessment of Self-esteem Level Scores of Study Subjects

The overall score of self-esteem shows that majority i.e. 22 (59.5%) of the study subjects have low self-esteem, 10 (27.0%) of the subjects have average self-esteem and 5 (13.5%) have high self-esteem. These findings revealed that majority of study subjects have low self-esteem.

The present study is correlated with another study conducted by Mushtaq & Mir (2021) to assess self-esteem level among adolescents of higher secondary school in Jammu Kashmir. The purposive sampling was applied and a sample of 150 adolescents students of higher secondary school were taken in which 75 were female and 75 were male. A standardised rating scale on self-esteem constructed by Rosenberg was used as a tool. The study revealed that majority of study subjects i.e. 99 (66%) had low self-esteem

level, 29 (19.3%) subjects had high self-esteem level and 22 (14.7%) had average self-esteem level.

Assessment of Assertiveness Level Score of Study Subjects

The overall assessment of assertiveness shows that 57 percent (n=21) are quite non-assertive, 16 percent (n=6) are probably assertive, 14 percent (n=5) are somewhat assertive, 14 percent (n=5) are situational non-assertive and 0 (0) are assertive among study subjects.

These findings revealed that majority of study subjects were very non-assertive and none of subjects were assertive.

The present study is correlated with other study conducted by Sabatina D, Begum M, Joseph on assessment of assertiveness and self-esteem among BSc nursing 1st year students of selected nursing college of Hyderabad. The total of 40 BSc nursing 1st year students were included in the study. The data was collected using the Rosenberg self-esteem scale and Rathus assertiveness scale. The result revealed that majority (50%) of study subjects were non-assertive, 37.5 percent were assertive and only 12.5 percent were super assertive.

Assessment of Correlation of Level of Self-esteem scores and Assertiveness Score of Study Subjects

The overall assessment of correlation of self-esteem and assertiveness reveals that there is significant correlation of 0.872 between self-esteem and assertiveness at p value 0.000 among study subjects.

The present study is correlated with other study conducted by Shrestha S (2019) to assess assertiveness and self-esteem among nursing students of Manipal College of Medical Science of Pokhara, Nepal. The total of 202 proficiency certificate level and BSc nursing students were included in the study. The data were collected using the Beglay and Glacken assertiveness behaviour questionnaire and Rosenberg self-esteem scale. The result revealed that positive correlation was found between assertiveness and self-esteem at p<0.000 level of significance

Association of self-esteem Level Scores with Socio-demographic Variables (Gender, Residence, Type of Family)

The present study indicated that there was significant association between the score level of self-esteem with socio-demographic variables i.e. gender there was no significant association between the score level of self-esteem with socio-demographic variables (residence, type of family). Hence hypothesis H2 which states that

“There is a significant correlation between the selected socio-demographic variables and with the scores of self-esteem is accepted for gender and is rejected for residence and type of family” is accepted.

The present study is correlated with other study conducted by Velmurugan K, Balamurugan G, Vijayarani M on self-esteem among nursing students in 2018 among total of 118 nursing students from different colleges at Bangalore. The data were collected using Rosenberg self-esteem scale and student stress scale. The result revealed that there is significant association of self-esteem with its demographic variable gender at a level of $p=0.019$.

Recommendations

- The sample study can be replicated on large sample to generalise the findings.
- Similar study can be conducted in different colleges.
- A survey can be done to determine interest among nursing tutors in educating students about assertive behaviour.
- Teaching programme should be conducted which should include comprehensive information about assertiveness to develop assertiveness among nursing students

Conclusion

Majority of the study subjects have low self-esteem and minority of students have low self-esteem, so there is need to take measures to develop self-esteem of the students. Majority of the students are quite non-assertive and none of students was assertive, so there is need to modify the behaviour of the students to develop assertiveness among them. There is significant positive correlation between the levels of self-esteem and levels of assertiveness among the students 0.872 at p value 0.000. There is significant association of level of

self-esteem with demographic variable (gender) at p value 0.000. There is significant association of level of assertiveness with demographic variable (gender). These findings revealed that assertiveness training or some techniques should be given to non-assertive students to build their self esteem.

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