Research Article

"A Descriptive Study to Assess the Level of Anxiety and Self-Esteem Among 1ˢᵗ Year Nursing Students Studying in Selected College of Nursing at Kolhapur."

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ABSTRACT

Background and Objectives: Nursing is a job that requires mental health at desired levels. The results of the studies indicate that the mental health of nursing students, besides influencing studying and daily life, also has a profound effect on the quality of professional practice in the future, and the staying in the profession. Therefore, identifying factors that can affect mental health is of special importance.

Nursing students' anxiety in different clinical settings had been addressed in many literatures; as anxiety can affect the students' learning and performance. In nursing education, stress and anxiety among nursing students is not viewed as a new phenomenon.

Self-esteem is one of the most important factors in mental health that plays an important role in promotion of mental health. Despite the undeniable impact of self-esteem on the mental health and lives of dignity, conducted surveys show that the self-esteem of students is not in a satisfactory condition. The results of a study on University of Leicester students conducted in 2004 showed that 23% of students suffer from anxiety disorders and 50% of students suffer from depression or mood disorders, while 49% showed low self-esteem and related problems. Our objective was to assess the level of Anxiety and Self-Esteem among 1ˢᵗ year nursing students.

Hence, there is a need to assess the level of Anxiety and Self-Esteem among 1ˢᵗ year nursing students studying in D. Y. Patil College of Nursing, Kolhapur. The objectives of the study are, to assess the level of anxiety and level of self-esteem among nursing 1ˢᵗ year nursing students, to find a significant correlation between level of anxiety & level of self-esteem among nursing 1ˢᵗ year nursing students, to find out an association between level of anxiety and level of self-esteem with selected demographic variables among nursing 1ˢᵗ year nursing students.

Methods: A non-experimental descriptive research design was used for this study. Quantitative survey approach was used for this study. The samples were selected for the study includes 100 1ˢᵗ year nursing students studying in D. Y. Patil College of Nursing by using non-probability simple random sampling technique. The reliability of the tool was established and the data was collected by using demographic data and modified Zung anxiety scale and modified self-esteem scale.

Results: The level of anxiety among nursing 1ˢᵗ year nursing students was revealed that majority (57%) had average anxiety, 33% had high anxiety, 9% had low anxiety and no one had elevated anxiety in 1ˢᵗ year nursing students. The level of self-esteem among nursing 1ˢᵗ year nursing students was revealed that majority (79%) had an optimum, 19% had average 2%had high self – esteem and no one had poor level of self-esteem.

The findings reveal that there is a negative correlation between level of anxiety & level of self-esteem among 1ˢᵗ year nursing students.The results of Chi-square values indicate a significant association between the anxiety scores of 1ˢᵗ year nursing students with selected demographic variables among 1ˢᵗ year nursing students like gender (7.009 at 0.05 levels)&family income (23.118 at 0.05 levels)and the Chi-square values indicate a significant association between the Self-Esteem scores of First year nursing students withselected demographic variables among 1ˢᵗ year nursing students like age (13.362 at 0.05 levels) family income (15.712 at 0.05 levels) mother's occupation (34.094 at 0.05 levels) course (24.850 at 0.05 levels).

Interpretation and Conclusion: Overall findings showed that, the level of anxiety among nursing 1st year nursing students was revealed that majority had average anxiety and the level of self-esteem among nursing 1st year nursing students was revealed that majority and there is a negative correlation between level of anxiety & level of self-esteem among 1st year nursing students.

There was a significant association between the anxiety scores of 1st year nursing students with selected demographic variables among 1st year nursing students (gender & family income) and there was a significant association between the Self-Esteem scores of First year nursing students withselected demographic variables among 1st year nursing students. (age, family income, mother's occupation and course)

So, there is a need to educate the nursing students regarding improving self-esteem and developing coping skills to overcome anxiety.

Introduction.

"Anxiety is something that is part of me but it's not who I am"

*- **Emma Stone***

The transition of nursing students from the secondary school to higher education represents a stressful experience and causing anxiety as they try to cope with new conditions: one of these new conditions include: establishing new friends. The nursing school years are an important period of transition from adolescents to trained nurses.[1]

Nursing students of rapid physiological and psychological change of intensive readjustment to the family, education, work, social life and the perception for adult roles. The nursing students represent a definitive working through the recurrent themes of body images, anatomy, achievement, intimacy, sense of self. The challenge of intimacy and the establishment of suitable, nature, committed intimate relationship is perceived as critical challenge.[2]

Anxiety is a normal like all other emotional states, can be experienced in varying degrees of intensity, it is beneficial for individuals to cope with the stressors. As a fact anxiety is hardwired into individuals brain to prepare them for fight-or-flight response and to face threatening situations.[3] Anxiety is a normal response of an individual when he feels uncertainty or feeling unprepared to meet a situational theat. Students who are well prepared for their exam are less anxious than that of students who are unprepared. The term test anxiety refers to exam anxiety and its effect has been identified 30% among nursing students more than general public and high school students.[4]

Self-esteem is defined as one's overall evaluation of one's worth as a person high or low, based on all the positive and negative self-perceptions that make up one's own self-concept.[7] The importance of self-esteem lies in the fact that it concerns to ourselves. It affects the way we are and act in the world and the way we are related to everybody.[8] Self-esteem is not static and fixed throughout the life as results of circumstances and experiences.

The student's perceptions of nursing might have an impact on self-esteem, recruitment, retention and performance.[7] Theself-esteem of nursing students is often affected by their lack of skills and uncooperative attitudes to-ward staff. Self-esteem is linked to social anxiety and fear of negative evaluation, moving away from, and dealing with different educational environments.

In the undergraduate nursing program, these situations seem to be more often associated because, during the academic course, students deal with human beings in a continuous process of health-illness, during different stages of life, constantly facing difficult and diverse tasks, besides witnessing situations of suffering, pain and death.[27] Thus, the sum of all these factors, or part of them, can indirectly affect the interpersonal relationships and self-esteem of nursing students. The conjunction of a busy life, pressure and stress, increasingly more common in the daily life of students, results in the reduction of self-esteem which, in turn, constitutes a serious problem at present.

Therefore, the researcher want conduct a descriptive study to assess the level of Anxiety and Self-Esteem among 1st year Nursing students studying in selected College of Nursing at Kolhapur.

Methods.

A non-experimental descriptive research design was used for this study. Quantitative survey approach was used for this study. The samples were selected for the study includes 100 1st year nursing students studying in D. Y. Patil College of Nursing by using non-probability simple random sampling technique. The reliability of the tool was established and the data was collected by using demographic data and modified Zung anxiety scale and modified self-esteem scale.

Results.

Section I: Findings related to selected demographic variables of 1ˢᵗ year nursing students.

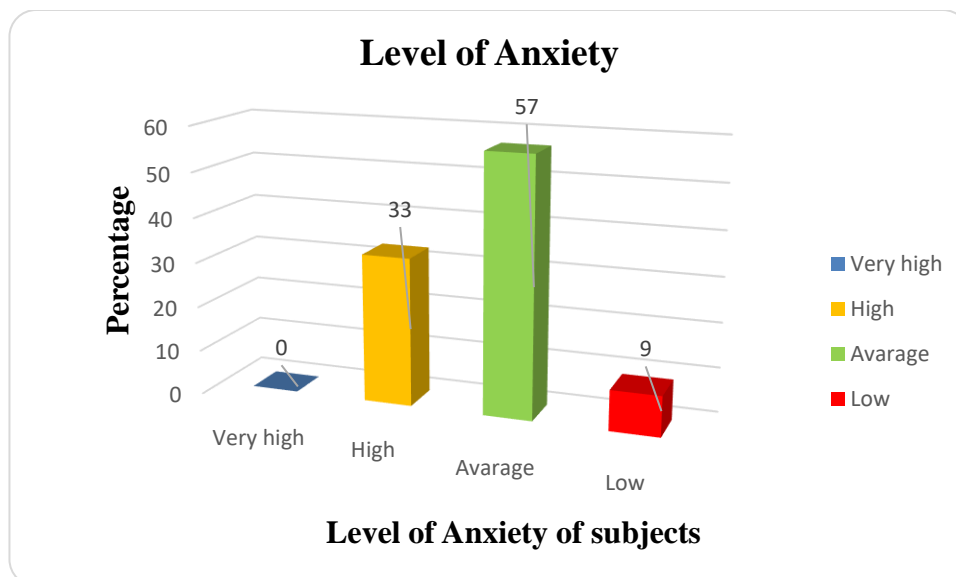**Table 1: Frequency and percentage distribution of people according to their selected demographic variables**

n=100

Sr. No.	Demographic variables	Frequency(f)	Percentage
1	**Age**		
	18 years	33	33%
	19 years	43	43%
	20 years	20	20%
	21 &above	4	4%
2	**Gender**		
	Male	47	47%
	Female	53	53%
3	**Religion**		
	a.Hindu	83	83%
	b. Christian	12	12%
	c. Muslim	5	5%
	d. Other	-	-
4	**Family Income**		
	a.Below 20,000	25	25%
	b. 20,001 – 30,000	28	28%
	c. 30,001 – 40,000	18	18%
	d. 40,001 – 50,000	15	15%
	e. 50,001 And Above	14	14%
5	**Area**		
	a. Urban	47	47%
	b. Rural	53	53%
6	**Father Education Status**		
	a. No Formal Education	9	9%
	b. Primary	14	14%
	c. Secondary	23	23%
	d. Higher Secondary	25	25%
	e. Undergraduate	21	21%
	f. Postgraduate	8	8%
7	**Mother Education Status**		
	a. No Formal Education	6	6%
	b. Primary	12	12%
	c. Secondary	35	35%
	d. Higher Secondary	29	29%
	e. Undergraduate	12	12%
	f. Postgraduate	2	2%
9	**Father`s Occupation status**		
	a. Skilled Labour	15	15%
	b. Business	24	24%
	c. Private Sector	34	34%
	d. Public Sector	15	15%
	e. Unemployed	6	6%
	f. farmer	6	6%
10	**Mother`s Occupation Status**		
	a. Skilled Labour	-	-
	b. Business	10	10%
	c. Private Sector	10	10%
	d. Public Sector	6	6%
	e. Housewife	74	74%
11	**Course:-**		
	a. B.Sc. (N)	78	78%
	b. GNM	22	22%
12	**History of Academic Failure: -**		
	a. Yes	-	-
	b. No	100	100%

Section II: Frequency and percentage distribution according level of anxiety of1st year nursing students.

Table 2: Frequency and percentage distribution according level of anxiety of 1st year nursing students.

n= 100

Level of Anxiety	Range of score	Frequency	Percentage
Very High	81-100	-	-
High	61-80	33	33%
Average	41-60	57	57%
Low	20-40	9	9%

Data in Table 2 shows that 57% had average anxiety, 33% had high anxiety, 9% had low anxiety and no one had elevated anxiety in 1st year nursing students
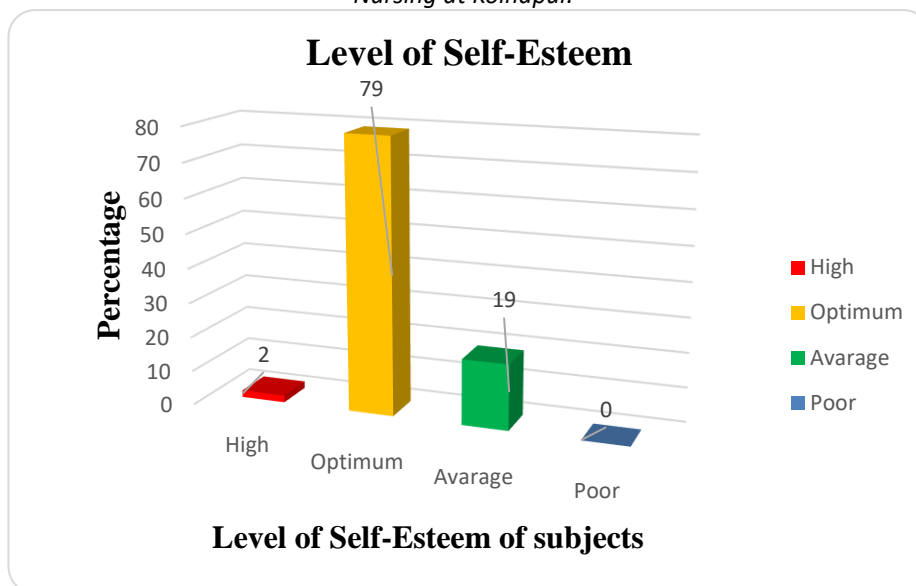

Graph 1: The Bar Diagram Showing Percentage Distribution of Anxiety Score of 1st year nursing students.

Section III: Frequency and percentage distribution according level of self-esteem of 1st year nursing students.

Table 3: Frequency and percentage distribution of level of Self-Esteem among 1st year nursing students.

n= 100

Level of Self-Esteem	Range of score	Frequency	Percentage
High	141-175	2	2%
Optimum	106 – 140	79	79%
Average	71–105	19	19%
Poor	35 – 70	-	-

Data in Table 3 shows that79% had an optimum, 19% had average 2%had high self – esteem and no one had a poor level of Self Esteem in 1st year nursing students.

Graph 2:- The Bar Diagram Showing Percentage Distribution of Self-Esteem Score of 1st year nursing students

Section IV: Findings related to the correlation between anxiety and self-esteem score among students.

The correlation between level of Anxiety & level of Self-Esteem was calculated by using Karl Pearson Correlation Co-efficient test formula.

Table 4: Correlation between level of Anxiety & level of Self-Esteem among 1st year nursing students.

X	Y	x=X-X̄	y=Y- Ȳ	x^2	y^2	r
54.65	115.81	5.61	5.11	10.58	13488.72	-0.3997

Table 4 shows the result of Karl Pearson Correlation Co-efficient test, indicates r = - 0.3997. It indicates that there is a negative correlation between level of anxiety & level of self-esteem among 1st year nursing students.

Section V: Findings describing association between level of anxiety score with their selected demographic variable among 1st year nursing students.

The results of Chi-square values indicate a significant association between the Anxiety scores of 1st year nursing students with Gender (7.009 at 0.05 levels) & Family Income (23.118 at 0.05 levels).

Section VI: Findings describing association between level of self- esteem score with their selected demographic variable among 1st year nursing students.

The results of Chi-square values indicate a significant association between the Self-Esteem scores of First year nursing students with Age (13.362 at 0.05 levels) Family Income (15.712 at 0.05 levels) Mothers Occupation (34.094 at 0.05 levels) Course (24.850 at 0.05 levels).

Discussion.

1. Findings related to selected demographic variables of nursing students.

The data presented in table no 1 indicates that maximum 43% were 19 years old, 33% were between 18 year old, 20% were 20 years old&4% were 21& above.

A study with similar findings was conducted to assess the Self-Esteem among the third year nursing students in selected Institute of Nursing Education, Andheri. The exploratory descriptive approach was used. Non probability purposive sampling technique was adopted for selection of the samples. The sample consisted of 40 nursing students of 3rdyear GNM and B.Sc. studying in this institute. The data was collected by using Rosenberg self-esteem scale. The result shows that majority of subjects belonged to the age group 19–20 years. The study revealed all of them are females. The study revealed that 97.5% of students have moderate level; of self-esteem and 2.5% have low self-esteem.

In terms of gender maximum number of sample 53 were female and 47 are male. In terms of religion maximum of sample 83 belonged to Hindu religion, 12belong to Christian religion, 5 were Muslim religion, no one belonged to other religion.

A study with similar findings was conducted to assess the anxiety and stress among B.Sc. nursing first year students at LekhNath, Pokhara, Nepal. Consecutive sampling technique was used to select the subjects. Total 13 students (100%) were taken as a sample and standardized Beck anxiety scale and modified scale for academic stress was used to collect data. The results shows that majority of the students, 8 (61.5%) were in the age of 18 years old, follows Hindu religion, 10 (76.9%) belonged to upper caste, 11 (84.6%) stayed in urban area, 7 (53.8%) had no difficulty in this college. Out of 13, 2 (15.4%) students had moderate anxiety and 11 (84.60%) had low level of anxiety with 1.15 ±0.37 whereas 6 (46%) students had mild stress and 7 (54%) had moderate level of stress with 1.53 ±0.51.[33]

2. Findings related the anxiety among 1ˢᵗ year nursing students.

The findings show that 57% had average anxiety, 33% had high anxiety, 9% had low anxiety and no one had elevated anxiety in 1ˢᵗ year nursing students.

A study with similar findings was conducted to assess the level of anxiety among nursing students of University Sultan ZainalAbidinb, Terengganu, Malaysia. A total of 60 samples were selected. The result reveals that 1.7% had no anxiety, 36.7% had mild anxiety, 58.3% respond to moderate anxiety and 3% had respond to severe anxiety. The study concludes that majority of 1ˢᵗ year nursing students experienced test anxiety. The implications of this study is giving overview of mind-body interventions to get helped to have normal anxiety during their exams; the faculty, lecturer or advisor should find out the main factors contributing test anxiety and also should have some wellness programmes for the students.[28]

3. Findings related the self-esteem among 1ˢᵗ year nursing students.

The study findings show that79% had an optimum, 19% had average 2% had high   self – esteem and no one had a poor level of Self Esteem in 1ˢᵗyearnursing students.

A study with similar findings was conducted to assess the level of Self-Esteem among B.Sc. (N) students in a selected College of Nursing at Bangalore, Karnataka. In this study simple random sampling was used to collect data from 35 B.Sc. (Nursing) students from a selected nursing college in Bangalore. The data was collected by using the Rosenberg's self-esteem scale. The results reveals that majority i.e. 24(68.6%) of the subjects reported to have normal level of self-esteem; while, 11(31.4%) of them have low self-esteem. None of the subjects demonstrated to have high self-esteem.[39]

4. Correlation between level of anxiety and level of self-esteem among 1ˢᵗyear nursing students.

The result of Karl Pearson Correlation Co-efficient test indicates r = - 0.3997. It indicates that there is a negative correlation between level of anxiety & level of self-esteem among 1ˢᵗ year nursing students.

A study supporting with similar findings was conducted to assess the self-esteem and anxiety among the student nurses. The 52 participants were selected by using non probability purposive sampling method. The result reveals that majority 81% had normal self-esteem and 10(19%) had low self-esteem, and 58% were normal without anxiety, 10 (19%) with moderate anxiety, 8(15%) with mild anxiety and only 4(8%) with severe anxiety. There was no significant difference in the self-esteem and anxiety between the groups. There was a negative correlation between self-esteem and anxiety with r = - 0.303 and significant at p<0.05.[46]

5. Association between anxiety & demographic variables.

The results of Chi-square values indicate a significant association between the anxiety scores of 1ˢᵗ year nursing students with Gender (7.009 at 0.05 levels) & Family Income (23.118 at 0.05 levels). But there is no significant association between the Anxiety scores of 1ˢᵗ year nursing students and other demographic variables such as age, religion, area, father's education, mother's education, father's occupation, mother's occupation, course, history academic failure. So the hypothesis (H₂) was accepted.

A study with similar findings was conducted to assess the anxiety and stress among B.Sc. nursing first year students at LekhNath, Pokhara, Nepal. Consecutive sampling technique was used to select the subjects. Total 13 students (100%) were taken as a sample and standardized Beck anxiety scale and modified scale for academic stress was used to collect data. The results shows that majority of the students, 8 (61.5as %) were in the age of 18 years old, follows Hindu religion, 10 (76.9%) belonged to upper caste, 11 (84.6%) stayed in urban area, 7 (53.8%) had no difficulty in this college. Out of 13, 2 (15.4%) students had moderate anxiety and 11 (84.60%) had low level of anxiety with 1.15 ±0.37 whereas 6 (46%) students had mild stress and 7 (54%) had moderate level of stress with 1.53 ±0.51. There were no significant association of anxiety score and stress score with age, ethnicity, residence, feeling difficulties in the college with p < 0.05; 6 (46%).[33]

6. Association between self-esteem & demographic variables.

The results of Chi-square values indicate a significant association between the Self-Esteem scores of First year nursing students with Age (13.362 at 0.05 levels) Family Income (15.712 at 0.05 levels) Mothers Occupation (34.094 at 0,05 levels) Course (24.850 at 0.05 levels). But there is no significant association between the Self-Esteem scores of 1ˢᵗ year nursing students and other demographic variables such as gender, religion, area, father's education, mother's education, father's occupation, academic failure. So the hypothesis (H₃) was accepted.

A study with similar findings was conducted to assess the level of Self-Esteem among B.Sc. (N) students in a selected College of Nursing at Bangalore, Karnataka. In this study simple random sampling was used to collect data from 35 B.Sc. (Nursing) students from a selected nursing college in Bangalore. The data was collected by using the Rosenberg's self-esteem scale. The results reveals that majority i.e. 24(68.6%) of the subjects reported to have normal level of self-esteem; while, 11(31.4%) of them have low self-esteem. None of the subjects demonstrated to have high self-esteem. There was significant association was found between subjects self-esteem and father's and mother's education with the p value of 0.04 and 0.015 respectively. There was also significant association noted between subjects' self-esteem and parents' occupation with p < 0.01.[39]

Conclusion.

Majority of the nursing students participated in the study have gave free and frank responses to assess the level of Anxiety and Self-Esteem among 1ˢᵗ year nursing students.

The present study, descriptive in nature was undertaken to assess the level of Anxiety and Self-Esteem among 1ˢᵗ year nursing students studying in selected College of Nursing at Kolhapur.

Implications of the Study

The findings of the study have implications for the nursing profession. The implications have been written under the following headings-nursing practice, nursing administration, nursing education, nursing research and general education in schools and colleges.

Nursing Practice
1. It can be included in the health educational programme, which should be carried out in colleges and in community.
2. Teaching parents to provide children with a secure and mentally healthy environment to reduce anxiety & to improve self-esteem among 1st nursing students.

Nursing Education
1. Nursing curriculum is responsible for preparing future nurses with emphasis on curative, preventive and promotive health practices.
2. Nurse educators should give more importance to professional development as they are future nurses and need to have adequate self-esteem and skills to cope up with anxiety in dealing with health sector.
3. Need to conduct in-service education for nurses and health workers regarding improving self-esteem and developing coping skills to overcome anxiety.

Nursing Administration
Nurse administrators in the hospitals, in the community can organize in-service education for nurses and health awareness camps for the community regarding overcoming anxiety and improve self-esteem nursing profession.
1. Adequate information materials regarding improving self-esteem and developing coping skills to overcome anxiety should be made available to all 1st year nursing students, health personnel and to the public.

Nursing Research
1. The descriptive survey provides baseline for conducting other research studies.
2. The study will be a motivation for researchers to conduct similar studies on a large scale.
3. The study will be a reference for research scholars.

General Education in Schools and Colleges
1. Schools and colleges may include Seminars regarding improve self-esteem and reducing anxiety of nursing students.

Limitations
1. No broad generalization could be made due to the small sample size and limited area of setting.

Recommendations
Based on the findings of the study, the major implication for the nurses was that this study does provide information to the people to decrease anxiety and improve self-esteem. The following recommendations were made.
1. Similar study may be undertaken with a larger sample to have a better generalization.

2. The same study can be conducted with an experimental research approach having a control group.
3. The same study can be conducted to compare nursing students of urban and rural area.

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