

Assessment of Self Esteem among Nursing Students

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Abstract

Background: Self-esteem is a subjective attitude of a person about his/her soul and the appreciation of his/her value. It denotes to an truthful, acceptable, stable gratitude of one's worth as a person. The aim of this study was to measure the self-esteem of nursing students in college of Nursing, University of Mosul, Iraq.

Methods: Nursing students whose study in college of Nursing university of Mosul composed the study subject,(300) of them were selected randomly (75%) of them were female and (25%) were male. they were completed Rosenberg Self-Esteem Scale (RSES), which consisted of 10-item scale, the scored using a 4-point Likert-type scale rating from 1 (strongly agree) to 4 (strongly disagree).

Results: The result of the study showed that both the male (Mean =) and female (Mean =) student respondents showed positive perception of their self-esteem. When the perceived self-esteem of the male students was compared with the female corresponding item, using the t test at $p \leq 0.05$ is 0.948. additionally, the fourth grade show high level of self-esteem than freshman and other grades.

Conclusion: Depending on the findings of the current study, it is recommended further future research that focuses light on some of the factors that may have a direct impact on self-esteem, such as the economic situation and the relationship with parents

Keywords: Self-esteem, Nursing, Assessment

1. Introduction

Self-esteem is accurately defined by how much value people place on themselves and it is the evaluative component of self-knowledge. High self-esteem refers to a highly favorable global evaluation of self, while low self-esteem refers to unfavorable definition of the self. Self-esteem may refer to an accurate, justified, balanced appreciation of one's worth as a person and one's successes and competencies, but it can also refer to an inflated, arrogant, grandiose, unwarranted sense of conceited superiority over others. Whereas, low self-esteem can be an accurate, well-founded understanding of one's shortcomings as a person or a distorted, even pathological sense of insecurity and inferiority.(Ghezelbash et al.,2015). Self-esteem is the own opinion of a person about himself or herself and appreciation of his/her value. An individual with high self-esteem has many positive effects and benefits. Students who feel positive about themselves have fewer sleepless nights, succumbs less easily to pressure of conformity by peers, and are less likely to use drugs and alcohol, are more persistent at difficult tasks, are happier and are more sociable, and most importantly they tend to perform better academically.(Melanio et al.,2012; Pepi,2006) There are individuals who have a low self esteem; apparently, this is due to poor self image which might have been brought about by their negative attitude. These people may feel inferior and not able to face obstacles that confront them. They are submissive to the will of others and would commit what others would want them to do, which in the end they lost self-respect and confidence. However, there are some who have high self-esteem, as such, they are confident, they lack anxiety, highly motivated, able to face and tackle problems, and are happy with their situation. The significance of self-esteem can be supposed from numerous viewpoints. Primarily, it is essential to typical psychological development. One should believe in selves in terms of ability to accomplish what they need and want to do. Accordingly, one could effectively deal with tasks of developing and standard of living. Absent a trust in selves, one may be useful in an external sense, but he/she will perhaps less effective and creative than they would be if they possessed high self-esteem. (Habibollah et al.,2009; Bailey,2003).Nursing is a profession that needs psychological health at anticipated levels. The outcomes of the studies show that the psychological health of nursing students, also impelling studying and regular life, moreover has a profound influence on the quality of proficient practice in the future, and the continuing in the profession. Therefore, identifying factors that can affect mental health is of special importance (Ni et al.,2010; Orth et al.,2010). The main objective of this study was to measure the self-esteem of nursing students in college of Nursing, university of Mosul, Iraq.

2. Materials and Methods

A cross-sectional study was applied in College of Nursing, University of Mosul, Iraq. A stratified random sample consisted of (300) student were selected in the present study. The investigator clarified the study and its purposes to the students and also confirmed that the acquired information keep on trusted. An informed approval formula for participation in the study was full by the researchers for each student. Level of self-esteem among nursing students was assessed by the use of the Rosenberg Self-Esteem Scale (RSES), a 10-item scale that captures participants' general feelings toward themselves. Items are scored using a 4-point Likert-type scale

rating from 1 (strongly agree) to 4 (strongly disagree), with composite scores ranging from 10 to 40, and higher scores indicating a higher level of self-esteem. To determine the validity of the scale, face validity approaches was used. In the current study, Cronbach's alpha coefficients was calculated and it value is 0.81. The data were analyzed using Statistical Package of the Social Sciences (SPSS) version 20. Descriptive statistics were used to analyze the sample's demographic characteristics and the scores obtained from the survey questionnaire.. Independent samples t test was used to compare means between the two participant groups in the sample. ANOVA was used to compare means among groups of students . All tests were two tailed with the significance defined by a p value of 0.05.

3. Results

The finding of the present study reveals that the total self-esteem scores were (29.3±0.2) with rang (20-40), (54.7%) of them had Moderate self-esteem level ,(29%) had High level and (16.3%) had low level. Table 1. Male students had more scores (30.4±1.2) than female students (29.1±0.1),Table 2. The highest levels of 1 self-esteem were present in students in the grade 4 (30.1 ± 0.9) and the lower level were seen in grade1(28.8±1.2), table 3.

Table 1. Levels of reported self-esteem among Nursing students .

Variable	No	%	Mean	SD	Rang
Total Self-esteem	300	100	29.3	0.2	20-40
Low self-esteem (10-20)	49	16.3	18.4	3.7	16-19
Moderate self-esteem (20-30)	164	54.7	27.7	1.9	25-30
High self-esteem (30-40)	87	29	37.2	4.2	36-40

Table 2. Levels of reported self-esteem among Nursing students according to their gender .

Self-esteem	No	%	Mean	SD	Rang
Male	75	25	30.4	0.3	33-40
Female	225	75	29.1	0.1	30-40
t test = 2.1					

Table 3. Levels of reported self-esteem among Nursing students according to their grades .

Self-esteem	No	%	Mean	SD	Rang
Grade 1	75	25	25.8	1.2	26-34
Grade 2	75	25	26.3	0.1	25-36
Grade 3	75	25	29.1	1.5	27-39
Grade 4	75	25	30.1	0.9	30-40
ANOVA results F=5.9					

4. Discussion

This study was designed to assess the self-esteem among nursing students. Regarding student level of their self-esteem, the present study has revealed that that there were (87) students (29%) with high self-esteem level, while 164 students (54.7%) with moderate self-esteem level and only 49 students () with low self-esteem level , this result disagreement with (Serap,2003), who has indicated that the highest present of students (88.6 %) had a high self-esteem level, while (11.4 %) had a low self-esteem level . The results of present study may be explained as the Nursing profession in Iraqi society is not highly valued, health care system and patient unsupported them which is reflected on principles of fidelity, privacy, confidentiality, and respect. These findings support previous study that shows that self-esteem inspires nurses to perform as patient advocates when encounter value conflict and aid them by balancing personal and organizational values within the context of professional identity. (Fagerberg ,2004). This study presented that the total mean score for first to fourth year, students differ significantly . The fourth stage students gained the highest levels of total self-esteem and was the mean scores of the first and second stages less than the third and fourth. The results of this study contradicted Sasat study and others, Who pointed out that self-confidence does not differ significantly with different educational stage for nursing students, on the other hand, the results of this study agreed with the results of the study conducted by Cowin and others which showed a strong correlation between self-respect and confidence of the students with their academic levels. (Cowin et al., 2006). Randle's research has shown that the level of self-confidence gradually declines with advancing stage of study for students of nursing, and in another study founded that self-confidence levels are reduced self-confidence over time (Lees & Ellis, 1990). Also confirmed Edward and others similar results in their study where Nursing students complain of low confidence in themselves as they approached graduation (Edwards et al., 2010). Results of a few studies are in support of current result as they revealed gender differences in self-esteem. Generally all know that girls are shy than boys. shy can be a

problem for students especially for females self-esteem because they may not have insufficient confidence to appreciate themselves in a positive dainty. Shyness can be linked with a series of socio-emotional problems including underprivileged peer relationships and isolation (Hughes 213). There is some signal that shy student have more problems in school compared to those students who do not seem to be shy. Shyness problem for some students prevent them to adapt with study climate and composition of positive relationships within the school environment (Sonal 214).

5. Conclusion

The results of the study concluded the following:

- 5.1. Self-esteem level among Mosul Nursing student in general is acceptable.
- 5.2. Male students shows more perception of self-esteem than female student.
- 5.3. The senior student had more self-esteem perception than joiner students

6. Recommendation

Based on the results of the current study, it is recommended that further studies should be done to incorporate certain elements that may have an influence on the self-esteem of the students such as, the economic status of the students, the academic achievement ranking of student and other factors that might show relevance in the study.

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