

Factors Influencing Nursing as a Career among Nursing Students at Biratnagar

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Abstract

Nursing personnel provide independent and team-based care to people of all ages, families, groups, and communities, whether ill or healthy, and in all settings. This includes promoting health, preventing illness, and providing care to the elderly, disabled, and terminally ill. Nurses play a crucial part in healthcare in hospitals and during emergencies and are frequently the unacknowledged heroes. The purpose of this study was to evaluate the factors that nursing students at Biratnagar Nursing Campus use to decide on their career path.

A descriptive study design was chosen. The study was conducted at the Biratnagar Nursing Campus which is located in Morang, Nepal. A total of 89 Proficiency certificate-level (PCL) nursing students from Biratnagar Nursing Campus were considered as the study sample. The census method was used in the study. A pretested, semi-structured, self-administered questionnaire was used to collect data. Descriptive statistics was used to assess the frequency and percentage of the data.

The findings of the study has shown that self-interest was one of the most important intrinsic factors influencing their decision to choose nursing as a career. Public support for the nursing profession was a significant extrinsic factor in the decision to pursue a career. The influential element in choosing nursing as a career was family recommendations.

Keywords

Biratnagar, career, factors, nursing, students.

Article information

Manuscript received: July 1, 2023; Accepted: November 5, 2023

DOI: <https://doi.org/10.3126/jki.v9i2.67238>

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1 Introduction

World Health Organization (WHO, 2020) has stated that nursing care includes promoting health, preventing illness, and providing care to the elderly, disabled, and terminally ill. They serve on the front lines of disease prevention, and primary healthcare delivery, including promotion, prevention, treatment, and rehabilitation, and are frequently the first to identify health emergencies. Shrestha and

Sapkota's (2021) [1] study has shown that nursing encourages its practice during services, and nursing's essential values make it a Nobel profession in society. Various fields of concentration have been added to nursing education to keep up with the advancements in science and technology. In both industrialized and developing nations, there is a growing need for nurses as the prevalence of non-

communicable diseases rises. The supply and demand of the nursing workforce are out of balance on a global scale.

A profession is described as "a vocation requiring advanced training and usually involving mental rather than manual work, as in teaching, engineering, especially medicine, and law" (Webster, 1989). The definition of a profession is an occupation that possesses a specific set of qualities often regarded as expertise, autonomy, commitment, and responsibility. According to Meheta (2012) [2], a profession is an occupation based on specialized intellectual study and training that aims to provide competent services with ethical components among other things.

The word career means a profession, occupation, trade, or vocation. Working as a doctor, attorney, teacher, carpenter, veterinary assistant, electrician, cashier, instructor, or hairstylist is an example of a career. The progression and activities a person has done over the course of their working life are another definition of a career that has to do with occupation. It comprises the various positions the individual has had, the titles they have obtained, and the long-term projects they have completed. Here, a career includes everything related to his/her career development, including his/her choice of profession and advancement [3].

A person's preferences for a profession or career are based on a motivating element that is essential to deciding satisfaction and performance at work. Extrinsic forces including parents, teachers, peer pressure, societal pressure, environmental pressure, mass media, and social media are some examples of these motivating elements. A person's self-concept development and sense of contentment in life are directly or positively impacted by their profession choice (Okafor and Onokwai, 2020). The process of choosing a vocation in society starts in early infancy and reaches a peak during the last years of secondary school due to family and cultural expectations [4].

There are two options available in Nepal for pursuing a nursing education: the Certificate of Nursing Proficiency Certificate Level (PCL), which is offered by various institutions that are only affiliated with the Council of Technical Education and the Vocational Training (CTEVT); and the Bachelor of Science (BSc) in Nursing, which is provided by various universities. High school graduation is the very minimum requirement for enrollment in PCL, while completion of +2 Science is essential for a bachelor's degree in nursing. After completing these courses, students must succeed on the license exam administered by the Nepal Nursing Council to begin working as a nurse [1].

2 Material and Methods

The study was conducted at Koshi Province, Biratnagar Nursing Campus at Tribhuvan University, Institute of Medicine. Undergraduate nursing students from Biratnagar Nursing Campus made up the study's population. The study's sample consisted of all PCL nursing second-year students (n=45) and PCL nursing third-year students (n=44) at the TU IOM Biratnagar Nursing Campus. The sampling approach used for it was the Census method, all nursing students enrolled in certificate programs were 89. Data were collected using a self-administered, semi-structured questionnaire that had been pretested. The development of the tool was based on the objectives of the study and done based on a literature review and expert consultation. Academic Approval was taken from Biratnagar Nursing Campus before data collection. The respondents were told of the study's purpose, and their written informed consent was obtained. Online Google Forms was administered to collect the data from the PCL students. The data was collected from PCL nursing students within one month. Throughout the study, confidentiality and privacy were maintained. All the data was kept for editing and coding. Data processing was done by using the Statistical Package for the Social Science (SPSS) version 16.0.

3 Results

Data were collected from 89 PCL nursing students of Biratnagar Nursing Campus using an online self-administered questionnaire. Data was organized, analyzed, and interpreted according to the objectives and nature of the research question by using descriptive statistics. Distribution of socio-demographic characteristics of respondents in which the overall mean and standard deviation of age was 18.80 ± 1.272 . Among 89 students, more than three-fourths of them (80.9%) were below 20 years of age, and among the total respondents, most of them were female (94.4%) whereas the remaining (5.6%) were male. Most of the respondents (94.1%) were satisfied with their nursing careers table (1). Information about the general factors for choosing nursing as a career was illustrated table (2). More than one-third of respondents (38.2%) believed that public appreciation of the profession is an extrinsic factor. Among the influential factors, more than half of respondents (53.9%) believed the recommendation of the family was the most influential factor table(3). More than half (55.1%) of the respondents strongly agreed nursing is a helping and caring profession. Nearly half (49.4%) of respondents agreed nursing is a low-paid profession. In the case of nursing being a recognized and respectable profession,

about half the percentage of respondents, (52.8%) agreed nursing is a recognized and respectable profession table(4).

Table 1: Socio-Demographic Information of Respondents

Variables	Frequency (f)	Percentage (%)
Age		
<20	72	80.9
≥20	17	19.1
Mean age ± SD: 18.80 ± 1.272		
Gender		
Female	84	94.4
Male	5	5.6
Year of Study		
PCL 2 nd year	45	50.6
PCL 3 rd year	44	49.4
Ethnicity		
Janaajati	36	40.4
Madhesi	5	5.7
Brahmin/Chhetri	48	53.9
Religion		
Hinduism	69	77.5
Buddhism	8	9.0
Christianity	4	4.5
Kirat	8	9.0
Family Income in NRs/Month		
<30,000	53	59.6
30,000-50,000	23	25.8
>50,000	13	14.6
Satisfied with choosing nursing as a career		
Yes	84	94.4
No	5	5.6

n=89

Table (1) illustrates the distribution of socio-demographic characteristics of respondents in which the overall mean and standard deviation of age was 18.80 ±1.272. Among 89 students, more than three-fourths of them (80.9%) were below 20 years of age and among total respondents, most of them were female (94.4%) whereas the remaining (5.6%) were male.

Table 2: Factors Influencing Respondent's Choice

Factors	Frequency (f)	Percentage (%)
Intrinsic Factors		
Self Interest	36	40.4
Learning	11	12.4
Want to care and help others	28	31.5
Inspired	14	15.7
Extrinsic Factors		
Public appreciation of the profession	34	38.2
High salary	4	4.5
Social demand	20	22.5
Ticket to abroad	31	34.8
Influential Factors		
Inspired by someone involved in a nursing career	26	29.2
Recommendation of family	48	53.9
Told by friends	7	7.9
Not getting in other programs	8	9.0

Table (2) shows information about the general factors for choosing nursing as a career where one-fourth of respondents (30.3%) think patience is needed to be a good nurse and (48.3%) of respondents found experiencing physical/verbal abuse is the hardest part of nursing.

Table 3: Specific Factors for Choosing Nursing as a Career

Variables	Frequency (f)	Percentage (%)
Quality to be a good nurse from a respondent's standpoint		
Patience	27	30.3
Good Grades	4	4.5
Creativity	13	14.6
Helpful	23	25.8
Kind	22	24.7
The hardest part of nursing		
Losing Patience	14	15.7
Working for Long Hours	28	31.5
Experiencing Physical/ Verbal Abuses	43	48.3
Others	4	4.5

Table (3) illustrates the factors for choosing nursing as a career more than one-third (40.4%) of respondents believed self-interest was the main intrinsic factor for choosing nursing as a career among all those intrinsic factors followed by want to care and help others(31.5%).

Table 4: Respondents' Perception of Nursing Profession

Variables	Strongly disagree f (%)	Disagree f (%)	Agree f (%)	Strongly agree f (%)	Mean \pm S.D
Nursing is a helping and caring profession	0 (0)	1 (1.1)	39 (43.8)	49 (55.1)	1.46 \pm 0.523
Nursing is a low paid profession	0 (0)	14 (15.7)	44 (49.4)	31 (34.8)	1.81 \pm 0.689
Nursing is a recognized and respectable profession	5 (5.6)	22 (24.7)	47 (52.8)	15 (16.9)	2.19 \pm 0.782
The cost of nursing is in the payable range	9 (10.1)	46 (51.7)	31 (34.8)	3 (3.4)	2.69 \pm 0.701
Nursing is a stressful profession	1 (1.1)	8 (9)	52 (58.4)	28 (31.5)	1.80 \pm 0.643
Nursing education is difficult to study	0 (0)	20 (22.5)	51 (57.3)	18 (20.2)	2.02 \pm 0.657
There is advancement in nursing career and nursing education	0 (0)	13 (14.6)	63 (70.8)	13 (14.6)	2 \pm 0.544
Will be able to work around the world	0 (0)	7 (7.9)	59 (66.3)	23 (25.8)	1.82 \pm 0.555
Nurse plays an active role in developing research-based professional knowledge	0 (0)	1 (1.1)	55 (61.8)	33 (37.1)	1.64 \pm 0.506

Table (4) reveals the information about respondents' perceptions of the nursing profession. The above table also reveals that $(\frac{2}{3})^{rd}$ respondents (66.3%) agreed they would be able to work around the world. Similarly nearly $(\frac{2}{3})^{rd}$ rd respondent (61.8%) agreed nurse plays an active role in developing research-based professional knowledge.

4 DISCUSSION

According to the study's sociodemographic findings, the average age of respondents was 18.80 ± 1.27 , and more than half (53.9%) of them were from the Brahmin/Chhetri household. More than 77.5% of respondents (or more than three-fourths) claimed to practice Hinduism. The study's findings are comparable to those of a study conducted in Kathmandu with 330 students with Proficiency Certificate Level and Bachelor of Science in Nursing, where the mean ages were 17.54 ± 2.86 and 18.7 ± 1.11 , respectively. Among respondents, more than one-third (40.8%) and more than half (55.6%) belonged to the Brahmin/Chhetri group. Respondents who followed the Hindu religion were about three-fourths (73.6%), and similar findings in another study were 88.3% [1].

The majority of respondents (94.4%) were female, which is similar to the study done in Oredo and Ovia North where the majority of pupils (94.1%) were female [5]. The majority of respondents (94.4%) to the study expressed satisfaction with their careers as nurses. A study by Razi and

Arifogiu (2009) [6] that found that the majority of respondents (91.9%) were satisfied with their nursing education serves as research evidence for the study.

The results of a study conducted among 12 registered nurses and 11 nursing students in Queensland, Australia, revealed that helpfulness, kindness, and sociability were highlighted as important personality traits associated with individuals who pursue nursing to be good nurses [7]. The study also revealed that patience (30.3%), helpfulness (25.8%), and kindness (24.5%) are needed to be a good nurse. Self-interest was identified as the main intrinsic element in the study (40.4%), which is similar to a survey of 314 students conducted in Slovenia and Croatia that found that interest in the subject was the main driver for enrolling in nursing education [8]. Self-interest played a significant intrinsic role in the study, which was at odds with research conducted among Israeli, Jewish, and Arab students, the results of which demonstrated that the desire to help and care for others was the main determinant in choosing the profession of nursing. Due to the different lengths of time used for the study's execution, the findings were contradictory [9]. In contrast to a survey performed in Kathmandu, where more than three-fourths of respondents (83%) strongly agreed that nursing is a caring and helpful profession, more than half of respondents (55.1%) in the current study strongly agreed that nursing is a helping and caring profession. This might be due to the large sample size ($n=336$) and the heterogeneous population that included PCL and BSc nursing stu-

dents [1]. The participants were motivated since the public's appreciation of the profession was a significant extrinsic factor in the study. This is similar to research among 152 students conducted in Pacific Island countries, which found that nursing enjoys the respect of society on a global scale [10].

In this study, half of the respondents (52.8%) agreed that nursing is a respected and well-recognized profession; nearly half (49.4%) agreed that nursing is a low-paid profession; one-third of respondents (34.8%) agreed that the cost of nursing is within reach; more than half (58%) agreed that nursing is a stressful profession; nearly three-quarters of respondents (70.8%) agreed that there is advancement in nursing career and nursing education, which is consistent with the study's findings conducted by Shrestha and Sapkota (2021) [1] where nearly half (45.8%) respondents agreed nursing is low paid profession, more than one-third (39%) respondents agreed cost of nursing is within the payable range, more than half (56.3%) respondents agreed nursing is a stressful profession, two-thirds respondents (66.1%) agreed there is advancement in nursing career and nursing education.

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5 Conclusion

The study concluded that self-interest was identified as the main intrinsic element of students for choosing nursing as a career. The Public's appreciation and the recognition of the profession was a significant extrinsic factor. Public support for the nursing profession was a significant extrinsic element in the decision to pursue a career in nursing. Family support and recommendation was the most influential factor in choosing nursing as a career. The qualities of Patience, kindness, and respect are necessary for nursing jobs and the advancement in nursing career and nursing education is increasing day by day.

6 Acknowledgment

The researchers would like to acknowledge the Research Management Committee (RMC) of Biratnagar Nursing Campus for providing the authority and permission for the study. We are thankful to the students who consented to be a respondent to this study. We are grateful to the campus chief and all the teachers of Biratnagar Nursing Campus who provided us with continuous guidance and support to complete this research study.

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