

Original Article**Perception of Self-Esteem among Nursing Students at Nobel Medical College Teaching Hospital**

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Article Received: 22nd March, 2022; Accepted: 25th July, 2022; Published: 31st December, 2022DOI: <https://doi.org/10.3126/jonmc.v11i2.50434>**Abstract****Background**

Self-esteem is the own judgment 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. It is suggested that self-esteem is one of the most influential factors in the occupational behaviors of nursing students. So, the aim of the study was to assess the perception of self-esteem among nursing Students.

Materials and Methods

A descriptive cross-sectional study was conducted among nursing students at Nobel Medical College Teaching Hospital, Biratnagar, Nepal. The study was started after acquiring approval from the Institutional Review Committee of Nobel Medical College. Data were collected in the classroom through a self-administered questionnaire using the standardized tool Rosenberg Self-Esteem Scale (RSE) from July 2021 to November 2021. A total of 238 students were taken as a sample by using the non-probability census method. Data analysis was done by descriptive study.

Results

A total of 238 students participated in this study 79.4 percent had high self-esteem and 21.6 percent had low self-esteem. There was a statistically significant association between perception of self-esteem with the age of respondents, Current nursing programme and current nursing education.

Conclusion

The study concluded that the majority of the respondents had high self-esteem. Acquisition of skill, knowledge, independence and acquire social, cultural and emotional adjustment increase high self-esteem.

Keywords: *Nursing Students, Perception, Self-esteem*

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Introduction

Self-esteem may refer to an accurate, justified, balanced appreciation of one's worth as a person and one's successes and competencies [1]. Self-esteem is one of our basic psychological needs. The degree of our self-esteem impacts every major aspect of our lives. It has a profound effect on our thinking processes, emotion, desire, values, choices and goals. Deficits in self-esteem contribute to virtually all psychological problems and psychological problems lead to lowered self-esteem. It is a reciprocal relationship [2]. A cross-sectional study was conducted to assess the level of self-esteem among B.Sc. nursing students with the view to develop and implement counseling sessions. From the study findings, the researcher concluded that the majority of the samples had a low range of self-esteem 66.1 percent scoring less than 15 followed by a normal range of self-esteem 29.8 percent scoring between 15 to 25 and the least by high self-esteem i.e., only 4.1 percent score more than 25 [3].

A cross-sectional descriptive research design was used for the study. The result shows that the majority of the nursing students i.e., 59.2 percent have a moderate level of self-esteem and 23.6 percent of the Nursing Students have a high level of self-esteem [4]. A cross-sectional study was carried out on 'Self-esteem and academic stress among Nursing Students. This study found the mean score of self-esteem was 11.9. Further, nearly 78 percent of students have low self-esteem [5]. A cross-sectional descriptive research design was used for the study. The 52 participants were selected by the non-probability purposive sampling method. The result shows that the majority 81 percent had normal self-esteem and 19 percent had low self-esteem [6].

Developing self-esteem is an essential component of healthy well-being. Nursing students considered to be pillars of the nursing profession have to face different challenges during their academic classes, clinical as well as community posting and have to work with different team members of health professionals. Nursing students having high self-esteem will directly or indirectly affect their studies as well as deliver quality care to individuals. Studies exploring self-esteem among nursing students are few in Nepal. Hence, the researcher felt the need to assess self-esteem among nursing students in Nepal.

Materials and Methods

A cross-sectional research design was adopted and the study was done at Nobel Medical College and Teaching Hospital, Biratnagar from July

2021 to November 2021. This study was started after acquiring approval from the Institutional Review Committee of Nobel Medical College, the purpose of the study was explained to the students and they were explained about the study. Following this, informed consent was obtained from each participant.

A total of 238 students were taken as a sample by using the non-probability census method. The sample size was calculated using the formula $n = z^2pq/d^2$ sample size is calculated to be 238. Respondents' confidentiality was maintained by coding their personal identity information in all forms. Data was collected using a self-administered questionnaire comprising two parts. Part I of the questionnaire consisted of the socio-demographic of the students regarding age, sex, religion, family type, monthly family income, current nursing programme, year of current nursing education, residency, father's education, mother's education, and reason for joining nursing. Part II of Rosenberg self-esteem scale developed by Rosenberg in 1965 was used to measure a participant's general sense of self-worth and self-acceptance, 10-items scale that captures participants' general feelings toward themselves, five of which assess positive feelings and five negative feelings. 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 [7]. Cut off point for low and high self-esteem was taken as 20 arbitrarily, respondents who obtained ≤ 20 scores were considered low self-esteem levels and those who obtained > 20 were considered as high self-esteem. The data were analyzed using the Statistical Package for the Social Science (SPSS) version 22. Descriptive statistics such as frequency, percentage, and mean, were used to assess socio-demographic variables. A Chi-square test was used to examine the association between the variables.

Results

Table 1 summarizes the respondent's perception of self-esteem. Cut off point for low and high self-esteem was taken as 20 arbitrarily, which is the midpoint of the theoretically possible score range (0- 40). Based on this point, 79.4 percent of participants have high self-esteem.

Table 1: Respondent's perception of self-esteem

n=238

Perception of self-esteem	Frequency	Percentage (%)
Low self-esteem (≤ 20)	49	20.6
High self-esteem (> 20)	189	79.4



Table 2 Shows a total of 238 respondents were included in this study. The mean age of respondents was 20.28 years and the majority of respondents (61.8%) were belonging to the ≥ 20 years age group, almost all respondents (98.35%) were female, most of the respondents (91.6%) were Hinduism, most of the respondents (78.6%) nuclear family, near half (48.7%) were $> 30,000$ monthly family income, similarly half of the respondent (50.4%) were PCL nursing, one third (35.7%) respondents were involved in the second year, more than half (56.3%) respondents were stay-ing outside the hostel, more than half (56.3%) respondent's father education was secondary level, more than half (56.7%) respondent's mother education was secondary level, nearly half (49.6%) respondents joined the nursing voluntarily. The data pertaining to the association between the perception of self-esteem and the socio-demographic variables of the study subjects. There was a significant association between perception of self-esteem with the age of respondents, Current nursing programme and Current nursing education.

Table 2: Characteristics and association of self-esteem with socio-demographic variables

n= 238

Characteristics	N (%)	Perception of self-esteem		p-value
		Low self-esteem n (%)	High self-esteem n (%)	
Age in yrs				
<20	91(38.2)	20(22)	71(78)	0.010*
≥ 20	147(61.8)	56(38.1)	91(61.9)	
Sex				
Male	4 (1.7)	1(25)	3(75)	0.764
Female	234(98.3)	75(32.1)	159(67.9)	
Religion				
Hinduism	218(91.6)	71(32.6)	147(47.4)	0.487
Non-Hinduism	20(8.4)	5(25)	15(75)	
Family type				
Nuclear	187(78.2)	63(33.7)	124(66.3)	0.266
Joint and extended	51(21.8)	13(25.5)	38(74.5)	
Monthly family income				
<10,000	24(10.1)	4(16.7)	20(83.3)	0.052
10,000 -20,000	33(13.9)	7(21.2)	26(78.8)	
21,000 -30,000	65 (37.3)	19(29.2)	46(70.8)	
$>30,000$	116(48.7)	46(39.7)	70(60.3)	
Current nursing programme				
BSC Nursing	78(32.8)	43(43.6)	44(56.4)	0.016*
BNS	40(16.8)	13(32.5)	27(67.5)	
PCL Nursing	120(50.4)	29(24.2)	91(75.8)	
Current nursing education				
First year	40 (16.8)	7(17.5)	33(82.5)	0.000*
Second year	85 (35.7)	24(28.2)	62(71.8)	
Third year	84 (35.3)	23(27.4)	61(72.6)	
Fourth year	29 (12.2)	22(75.9)	7(24.1)	
Residency				
Hostel	104(43.7)	35(33.7)	69(66.3)	0.616
Out of hostel	134(56.3)	41(30.7)	93(69.4)	
Father's education				
Basic level	38(16.0)	8(21.1)	30(78.9)	0.092
Secondary level	134(56.3)	40(29.9)	94(70.1)	
Bachelor level	46(19.3)	18(39.1)	28(60.9)	
Master and above	20 (8.4)	10(50)	10(50)	
Mother's education				
Basic level	76 (31.9)	22(28.9)	54(71.1)	0.062
Secondary level	135(56.7)	40(29.6)	95(70.4)	
Bachelor and above	27 (11.3)	14(51.9)	13(48.1)	
Reason for joining nursing				
Voluntarily	118(49.6)	37(31.4)	81(68.6)	0.166
Guidance of family	70 (29.4)	18(25.7)	52(74.3)	
Job guarantee	50 (21.0)	21(42)	29(58)	

Discussion

Self-esteem is a subjective attitude of a person about his/her soul and the appreciation of his/her value. It denotes a truthful, acceptable, stable gratitude for one's worth as a person. Students from professional nursing courses are especially demanded at practical skills, such as performing invasive procedures with venous punctures, dressing, medication, and comfort care in patients with different degrees of illness. All over the course, nursing students are challenged by situations that generate psychological pressure and anxiety. Nursing as a communal profession needs more interactions. Nurses should be able to develop therapeutic interactions with patients. This would be possible only when they are confident and concerned for others. Socio-demographic variables of respondents, Majority (61.8%) were belonging to ≥ 20 years age group, almost all respondents (98.35%) were female, most of the respondents (91.6%) were Hinduism, most of the respondents (78.6%) were nuclear family, near half (48.7%) were $> 30,000$ monthly family income, similarly half (50.4%) were PCL nursing, one third (35.7%) respondents were involved in the second year, more than half (56.3%) respondents were staying outside the hostel, more than half (56.3%) respondent's father education was secondary level, more than half (56.7%) respondent's mother education were secondary level, nearly half (49.6%) respondents were the reasons for joining the nursing for voluntarily.

Normal self-esteem is essential for a healthy academic life and in this study majority of the students (79.4%) have high self-esteem and 20.6 percent students have low self-esteem. It meant that the nursing students were able to accept themselves positively and recognize their worth. Present study findings support the findings of a study conducted to assess self-esteem, which reported that 27 % of students have high self-esteem 72 % have moderate self-esteem and 1 % have low self – esteem reported by Manipal College of Medical Science of Pokhara, Nepal [8].

The contrast result reported by Kathmandu University i.e., 22.1 % students have high self-esteem and 77.9 % have low self-esteem [5]. In contrast Saraswati College of Nursing Udaipur Rajasthan, India conducted a study where 4.1 % of students have high self-esteem, 29.8 % have normal self-esteem and 66.1 % have low self-esteem [3]. Another study of Bangalore, Karnataka supported that 68.6 % of students have normal self-esteem and 31.4 % have low self-esteem [10]. Having high self-esteem apparently



provides benefits to those who possess it: They feel good about themselves, they are able to cope effectively with challenges and negative feedback, and they live in a social world in which they believe that people value and respect them most people with high self-esteem appear to lead happy and productive lives. By contrast, people with low self-esteem see the world through a more negative filter, and their general dislike for themselves colors their perceptions of everything around them [11]. Pertaining to the association between the perception of self-esteem and the selected socio-demographic variables of the study subjects, it reveals that there was a significant association between the age of respondents, current nursing programme and current nursing education.

The study shows that there is an association between age and self-esteem ($p=0.010$). Self-esteem is high among respondents whose age is greater than 20 years of age. This may be due to an increase in confidence & understanding levels along with an increment in age. A study by Nepal Institute of Health Sciences, Jorpati is consistent with the study that revealed an age-related increment in self-esteem. The study revealed that there is an association between self-esteem and nursing programme i.e., B.Sc., BNS and PCL Nursing ($p=0.016$). B.Sc. and BNS had high self-esteem than PCL Nursing [12].

Conclusion

The study reveals that most of the respondents had high self-esteem. The study further shows that there was a statistically significant association between the age of respondents, current nursing programme and current nursing education. Nursing teachers are the first people who can identify signs of low self-esteem. Based on the results of this study, it is suggested that group discussions can be organized in colleges at the beginning of the academic year related to the self-esteem of the students.

Recommendation

A similar study can be replicated on large samples to generalize findings. A comparative study can be conducted to detect the changes in the self-esteem level of student nurses with the experience gained. A descriptive study can be conducted to find out the factors affecting the self-esteem of the students.

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