



## Study of self-esteem of nursing students in a nursing college in Kathmandu

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### ABSTRACT

#### Introduction

Self-esteem is an important element of a person in which 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. The main aim of the study was to study self-esteem and its level to help build confidence and improve learning performance of nursing students of BSN (Bachelor of Science of Nursing) and BN (Bachelor of Nursing) of Nepal Institute of Health Sciences, Jorpati.

#### Methods

It was a descriptive cross-sectional study consisting of 198 nursing students (112 BN and 86 BSN students) of Nepal Institute of Health Sciences, Jorpati. Convenience sampling technique was used. Data were collected using Rosenberg Self Esteem Scale and analyzed with SPSS v.20.

#### Results

The current study found, 95.3% of BSN students had high self-esteem while only 4.7% had low self-esteem. It shows there is association ( $p=0.034$ ) between level of education and level of self-esteem. Hence BN students had higher self-esteem than BSN students. The present study also revealed there is correlation between age and self-esteem of nursing students ( $p$ -value is 0.001), between marital status and self-esteem ( $p$ -value is 0.004), between educational level and self-esteem ( $p$ -value is 0.000), and between work experience and self-esteem ( $p$ -value is 0.012). The present study found that there is no association between type of family and self-esteem ( $p$ -value is 0.962).

#### Conclusion

The present study gave the clear information about the level of self-esteem of nursing students and factors associated with the level of self-esteem. The study found out that the factors like age, marital status, educational level and work experience is correlated with the self-esteem of nursing students.

**Keywords:** Self Esteem, Nursing, Students, College, Kathmandu

### INTRODUCTION

Self-esteem is an important element of a person in which 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.<sup>1</sup> Self-esteem is the level of approval, acceptance and self-

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worth in relation to self. Self-esteem includes four dimensions: personal self-esteem, social self-esteem, academic self-esteem and parental self-esteem. Personal self-esteem is a detailed understanding of the value of oneself. Social self-esteem is the perception of the quality of their relationships with others. Academic self-esteem is evaluation of one's self as a student.<sup>1</sup>

Self-esteem of individuals could lead to their self-confidence, socialization and good relationship with other people. Person's self-esteem will also influence a person's professional behavior.<sup>2</sup> Self-esteem is a necessary parameter of the development of one's personality and professional identity.<sup>3</sup>

Nursing is a job that requires mental health at desired levels. During the process of professional socialization in nursing education, the student will obtain a sense of "self" as a nurse.<sup>4</sup> In nursing activities also, self-esteem is important.<sup>5</sup> For both students and a clinical nurse, self-esteem is one of the qualities of nursing profession.<sup>6</sup> When providing nursing care, nurses have to communicate effectively to the clients, thus self-confidence is needed for nurses for providing a therapeutic relationship to the clients effectively. In addition, high self-esteem related to positive coping mechanism in which the coping is very crucial for student nurses or nurses when facing challenges in their profession such as stress, illness and burnout.<sup>3</sup>

Nursing is one of the stressful jobs in community<sup>7</sup> and given the role of self-esteem as a moderator of stress, people having higher self-esteem in stressful situations have a higher sense of self-worth and self-efficacy that these consequences will function more effectively in these situations.<sup>8</sup>

Nurses with high self-esteem are able to provide better care to patients.<sup>9</sup> Nurses, who have a high self-esteem, feel more confidence in their own skills and this trust leads to their effective dealing with challenging situations.<sup>10</sup> Self-esteem also affect how the nurse thinks, feel, and provides care.<sup>11</sup> Relevance of self-esteem and the ability to establish interpersonal relationships and quality of nursing care provided is undeniable.<sup>12</sup>

Majority of the available studies on self-esteem of nursing student's have focused on the level of self-esteem in respect to socio-demographic and factors such as stress, job satisfaction.<sup>1,12-18</sup> There are no studies that comprehensively shows the comparison of self-esteem between BSN and BN nursing students.

## MATERIAL AND METHODS

### Study Design and Area

The study was descriptive cross –sectional study and quantitative methods were used in the study. The study was carried out in Nepal Institute of Health Sciences, a reputed organization working for education development in different areas of study for more than 15 years. The sample for study was adequate and easily available. The study population was nursing students BSN (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup>) BN (1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>) studying in Nepal Institute of Health Sciences, Jorpati.

### Sampling

In order to draw a sample, convenience sampling technique was used in the present study. This is a non-probability sampling. Therefore, all the BSC (86) and BN (112) students of NIHS were taken for this study. Total 198 students were taken as the sample.

### Data Collection Tools

In this study, for collecting socio-demographic information primary quantitative data collection method were used. The socio-demographic information consisted of questions regarding demographic characteristics, such as age, marital status, work experiences, type of family and monthly family income.

Rosenberg Self-Esteem Scale (RSES) was used to collect information on self-esteem through self-reporting. Rosenberg Self-Esteem Scale is a 10-item self-report measure of global self-esteem. It consists of 10 statements related to overall feelings of self-worth or self-acceptance. 5 items related to Positive Descriptions of Self-Esteem and 5 items related to Negative Descriptions of Self-Esteem. The items are answered on a four-point scale ranging from strongly agree to strongly disagree. The Rosenberg Self-Esteem Scale presented high ratings in reliability

areas; internal consistency was 0.77, minimum Coefficient of Reproducibility was at least 0.90. An independent studies using such samples as – parents, men over 60, high school students, and civil servants – showed alpha coefficients ranging from 0.72 to 0.87 (all fairly high) and showed high ratings in reliability areas.<sup>19</sup> Test-retest reliability for the 2-week interval was calculated at 0.85, the 7-month interval was calculated at 0.63 by Silber & Tippett, 1965 and Shorkey & Whiteman, 1978 respectively. The populated tested are high school students, adolescent, substance abuse across 53 nations. It has also been used to study self-esteem among nursing students, adolescence in Nepal.

Ethical approval for this study was taken from the Trichandra Multiple Campus. Approved was taken from institution review committee of NIHS. Informed written consent was taken from respondents before providing the tool.

#### Data Analysis

RSES were checked for completeness on the spot for data collection. Editing and coding of data was done as necessary. Data was analyzed by SPSS 20 program version. The statistical analysis like frequency table was made for univariate analysis (demographic characteristic) and Fisher Exact test and Mann Whitney U test was done for bivariate analysis (self-esteem and age, marital status, educational level, work experience & type of family nursing students).

## RESULTS

### Sociodemographic Characteristics

Results of the statistical analysis of data showed that the majority of the respondents 64% of BSN students were in the age group 21-25 years and 36% were below 20 years. In the same way, majority 50% of the BN students were in the age group 21-25 years, but there were 43.8% in 26-30 years, .9% below 20 years and 5.4%  $\geq$ 31 years.

Similarly, in marital status of respondents, majority (98.8%) of BSN students were unmarried whereas majority of (54.5%) of BN students were married.

BN students had work experience from less than 5 years to more than 11 years whereas all the BSN students had work experience less than 5 years only.

The type of family of respondents consisted of nuclear family, joint family and extended family. Majority of the BSN and BN students had nuclear family (76.7%) and (68.8%) respectively.

Most (55.8%) of the BSN students had monthly family income 25001-50000 and some (8.1%) had monthly family income between 50001-75000. Whereas, 46.4% of BN student had monthly family income above 75000 and few (5.4%) had monthly family income less than 25,000.

**Table 1 Sociodemographic Characteristics**

Variables	BSN		BN		Mean		SD		
	N	%	N	%	BSN	BN	BSN	BN	
Age (in Years)	$\leq$ 20	31	36.05	1	0.89				
	21-25	55	63.95	56	50.0				
	26-30	0	0	49	43.7	1.64	2.54	0.483	0.614
	$\geq$ 31	0	0	6	5.36				
	Total	86	100.0	112	100.0				
Marital Status	Married	1	1.2	61	54.5				
	Unmarried	85	98.8	51	45.5	1.99	1.46	.108	.500
	Total	86	100.0	112	100.0				
Work Experience (in Years)	$\leq$ 5	86	100.0	88	78.6				
	6-10			22	19.6				
	$\geq$ 11			2	1.8	1.00	1.23	0.00	.465
	Total	86	100.0	112	100.0				

Type of Family	Nuclear	66	76.7	77	68.8	1.26	1.32	.490	.488
	Joint	18	20.9	34	30.4				
	Extended	2	2.3***	1	.8***				
	Total	86	100.0	112	100.0				
Monthly Family Income (in NRs.)	≤25,000	10	11.6	6	5.4	2.45	3.08	.990	.978
	25,001 – 50,000	48	55.8	31	27.7				
	50,001 – 75,000	7	8.1	23	20.5				
	≥75,001	21	24.4	52	46.4				
	Total	86	100.0	112	100				

\*\*\* *Extended family value = insignificant*

Table 2 shows the level of education and level of self-esteem, where level of education consists of BSN=86 and BN=112 respectively. The level of self-esteem is

categorized as high and low self-esteem. Majority of the BSN, 95.3% had high self-esteem while only 4.9% had low self-esteem. Similarly, all the BN students had high self-esteem.

**Table 2 Level of Education and Level of Self-Esteem**

Level of education	No of students	Self-esteem	Frequency	Percentage (%)
BSN	86	High	82	95.3
		Low	4	4.7
		<b>Total</b>	<b>86</b>	<b>100</b>
BN	112	High	112	100
		Low	0	
		<b>Total</b>	<b>112</b>	<b>100</b>

Bivariate analysis between level of education (BSN and BN) and level of self-esteem was done and the cut off scores was 15 in which score less than 15 indicate low self-esteem and score 15 or more than 15 indicate high self-esteem. Fisher's exact test was used for bivariate analysis.

Table 3 showed that there is association ( $p=0.034$ ) between level of education and level of self-esteem. It had revealed that BN has high self-esteem than BSN.

**Table 3: Comparison between Level of Education and Level of Self-Esteem Cut-Off Score**

Cuts –off scores	Level of Education		Total	Fisher's Exact Test
	BSN	BN		
<15	4	0	4	.034*
≥15	82	112	194	
Total	86	112	198	

\**Significant difference- Fisher's Exact Test*

Table 4 showed the factors age, marital status, education and work experience all showed p-value less than 0.05, therefore the factors were significantly

associated with the self-esteem of nursing. Similarly, the p-value of factor type of family was greater than 0.05, which was not statistically significant.

Demographic factors	Mean Rank	MW	P-value
Age			

<=20	67.8	1641.5	0.001*
21+	105.61		
<b>Marital Status</b>			
Married	116.79	3144	0.004*
Unmarried	91.62		
<b>Education level</b>			
BSN	81.9	3302	.000*
BN	113.02		
<b>Work Experience</b>			
<=5 years	95.71	1428.5	0.012*
6+ years	126.98		
<b>Type of Family</b>			
Nuclear	97.88	3701	.962 <sup>ns</sup>
Joint	98.32		

**Table 4: Factors Associated with Self-Esteem of Nursing Students**

\*Significant difference –Mann Whitney U test.

<sup>ns</sup>. Not Significant difference –Mann Whitney U test.

## DISCUSSION

This study was aimed to determine and compare the self-esteem of BSN and BN nursing students. This study showed the majority of the BSN scored high self-esteem 95.3% while only 4.9% had low self-esteem. Similarly, all the BN students had high self-esteem.

### Self-Esteem and Marital Status

This study shows that there is association between self-esteem and marital status ( $p=0.004$ ). This indicates that the marital status influence the self-esteem of respondent. Those who are married have higher self-esteem than those who are unmarried. This may be due to the love and support of husband. This study is inconsistent with the study done by Challenger who found single participants had higher self-esteem than their married, divorced or separated participants.<sup>20</sup> In the same way, study conducted by Egwurugwu also showed there is no significant relationship between self-esteem and marital status.<sup>18</sup>

### Self-Esteem and Age

The studied shows that there is association between age and self-esteem ( $p=0.001$ ). Self-esteem is high among respondent whose age is greater than 21 years of age. This may be due to increase in confident

& understanding level along with increment in age. The present study is consistent with the study that revealed age-related increment in self-esteem from late adolescence to middle adulthood.<sup>21</sup> Similarly it is also consistent with the study by Robins et al. (2002), where self-esteem increased in the twenties, leveled off in the thirties, raised in the fifties and sixties.<sup>22</sup>

The present study is also consistent with the study on “Self-esteem of adolescence on Rupendehi and Kathmandu district” where the adolescents have high self-esteem than other age groups.<sup>23</sup>

Several studies have found declines in self-esteem during adolescence transition (Eccles et al; Engel; Marsh, Parker & Barnes; Piers & Harris; Rosenberg; Savin-Williams & Demo; Simmons, Rosenberg & Rosenberg).<sup>24-29</sup> While few studies has failed to replicate this finding (e.g., Blyth, Simmons, & Bush; Hirsch & Rapkin; Nottelmann).<sup>13,15,30-32</sup>

The present study is also consistent with the study conducted by Acharya Pandey R & Chalise HN on “Self-Esteem and Academic Stress among Nursing Students” that had found higher the age higher the self-esteem.<sup>15</sup> However, the present study is not consistent with the study on “the correlation between nurses’ self-esteem and job satisfaction in Educational hospitals of Khorramabad in 2014” which



revealed there is no significant correlation between self-esteem and age.<sup>13</sup>

### Self-Esteem and Educational Level

The study revealed that there is strong association between self-esteem and education level i.e. BN and BSN ( $p=0.000$ ). BN had high self-esteem than BSN. This may be due to the fact that BN students already had nursing knowledge as they have to study Proficiency Certificate of nursing which is of 3 years study course and they also should have 1 year of working experience to be recruited in BN. So the students of BN have more confident in their work and study that directly or indirectly will influence their self-esteem. In the other hand, BSN students might take time to adjust to the new medical profession. There is no related research done previously on this.

### Self-Esteem and Work Experience

The present study revealed that there is association between self-esteem and work experience ( $p=0.012$ ). This study is consistent to the study "Correlation between nurses' self-esteem and job satisfaction in Educational hospitals of Khorramabad in 2014" which revealed a significant relationship between self-esteem and work experience.<sup>29</sup> It is in fact universal truth that increase in work experience will increase self-confident in work and finally self-esteem will also increase.

### Self-Esteem and Type of Family

The present study revealed that there is no association between self-esteem and type of family ( $p=0.962$ ). Related research was not done previously on type of family. Research on family support and self-esteem was done. The study conducted by Acharya Pandey R & Chalise HN that had showed that low self-esteem were due to low perceived family support.<sup>15</sup> Similarly the study on "Assessment of Socio-demographic Factors and Self-esteem among Imo State University Medical Students of Nigeria" showed that the high self-esteem among the students may be attributed to the strong family support. 18 High self-esteem is associated with the close, supportive relationships within the family, while negative relationships with family members or absence of a close relationship of trust are associated with low self-esteem.<sup>33</sup>

### CONCLUSION

The present study gives the clear information about the level of self-esteem of nursing students and factors associated with the level of self-esteem. The study found out that the factors like age, marital status, educational level and work experience is associated with the self-esteem of nursing students.

Further research on this topic is necessary to gain more insights into self-esteem of nursing students and factors affecting it.

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