



Positive Psychology Interventions - A Mean Enhancing Self Esteem of Nursing Students

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Abstract

Introduction: Low self-esteem is a prevalent issue among nursing students, affecting approximately 60% of individuals. This problem can be attributed to various factors, including personal traits, the attitudes of teachers and other healthcare team members, and the learning environment. Positive Psychology offers a promising approach to enhancing self-esteem and fostering feelings of empowerment in this population. **Methods:** A one-group pre-test post-test study was conducted with 140 nursing students using convenient sampling at a college in Lucknow. The study aimed to assess the factors associated with self-esteem levels and evaluate the effectiveness of Positive Psychology interventions. **Results:** The study found that a lack of opportunity for decision-making in clinical settings was the most common factor contributing to low self-esteem among nursing students. Following the Positive Psychology intervention, the mean self-esteem scores significantly increased compared to before the intervention. **Conclusion:** The findings suggest that Positive Psychology interventions are highly effective in improving the self-esteem of nursing students.

Keywords: Positive Psychology Interventions, Self-esteem, Nursing Student

Introduction

Nursing is a demanding profession. Besides sound academic knowledge and skills, it mandates time management, multi-tasking, resilience, stamina to withstand sleepless nights, staying calm



while handling emergencies and providing support and care to patients and their families. These facets have to be acquired during the training period.

The decision to go to a nursing college depends on many reasons like for higher education, earning a degree, increasing knowledge or personal growth, job security, greener pastures abroad, and a willingness to serve mankind. All these factors are closely connected to self-esteem.

Self-esteem is one's positive or negative attitude toward oneself and one's evaluation of one's own thoughts and feelings overall in relation to oneself.¹ A descriptive study conducted by Chellappan (2015) shows 31.4% of B. Sc. Nursing students has low level of self-esteem.² The study by Kirk (2016) revealed that student's behavioural and academic characteristics determine their self-esteem.³

Positive Psychology theory focuses on the positive aspects of human life such as happiness, strengths and fulfillment, rather than solely on pathology or mental illness.⁴ In a mixed methods study conducted by Jeong, Kyung, Jaewon (2020) established the effects of Positive Psychology to enhance self-esteem & inculcate feeling of empowerment in nursing students.⁵

Methodology

An interventional study was conducted with the aim of assessing the factors associated with self-esteem and enhancing self-esteem of Nursing students at a college in Lucknow. Sampling technique convenient, sample size 140. After obtaining institutional permission and individual consent, Rosenberg's Self Esteem was administered. The factors associated with self-esteem was assessed through a self-constructed 10 items Rating Scale.

A session of 1 hour on Positive Psychology by HOD, Psychiatry Nursing who is also a Clinical Psychologist, was administered to the samples. The session included three exercises - Strengths Wheel, Values Bull's Eye and Self-compassion and samples were instructed to practice the sessions on their own. Re-assessment of self-esteem score was done after 7 days.

Results

Factors associated with sense of Self Esteem

The lack of chance for decision making in the clinical area was considered the factor which maximally reduces sense of self-esteem as reported by 110 students out of 140 (78.57%), followed by low level of self-confidence (61.42%) and lack of leadership skills (58.57%).



Comparison between Mean Pre & Post intervention score of self esteem

Out of a total self-esteem score of 30, the pre-intervention and post-intervention mean scores were 17.61 and 28.40 respectively. At 95% CI and 139 df, the value of paired t test is 45.1378, which is statistically highly significant. Hence proved, the Positive Psychology session was very effective in enhancing the self-esteem of nursing students.

Conclusion

Nurses are the backbone of healthcare system & the backbone has to be strong. Only an empowered nursing student can become a strong nurse. Positive Psychology can be exercised to enhance their self-esteem.

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