

Descriptive Study

A Descriptive Study to Assess the Level of Self-Esteem of B.Sc Nursing First Year Students of Haneefa College of Nursing, Sopore J & K

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ABSTRACT

Self esteem is the inner state of a person to feel worthy, able, respected and valued. Self esteem refers to enjoying the things being what a person is irrespective of his status in the society and roles assigned. It is the person's ability to know his or her abilities, capacities, capabilities and aptitude. A person must have self respect and esteem for himself or herself but at the same time should not be in the delusion of grandiosity or think himself as superior to others, nor should a person consider others to be inferior. There should be no superiority complex or hatred towards others. This self-esteem should promote confidence but at the same time he or she must have checks on his or her over confidence. Thus, here we quote the years old saying that excess of everything is bad. The nursing job is demanding and stressful and often involves staying away from social life and major occasions within family and society. Moreover, the society in which we are living doesn't provide so much respect to nursing practitioners thinking that they are just to assist and carry out the advice of medical professionals. However nowadays the scope of the nursing profession has evolved to much extent and has led to a sense of satisfaction among students who enter the profession by choice. However, most of the time they remain unaware about the same till they get acquainted with all areas in which one can practise till they complete their course until then they have their self-esteem on the lower side. **Aim & Objective:** The main aim of this study was to assess the level of self esteem among BSc nursing students with an objective to find the association of levels of self esteem of B.Sc Nursing students with their selected demographic variables. **Material & Methods:** The study was conducted in the recently established nursing college run under private administration in north kashmir namely Haneefa College of Nursing. The population for the present study were BSc Nursing students and the sample selected were 30 first year students. The sample was selected by non-probability convenient technique as the invigilator was living in the same area. **Results:** The results of the study revealed that all 30 (100%) were in the age group of greater than 16 years, 25 (83%) were females, the maximum number 13 (43%) were in the first birth order, the majority 20 (67%) of study subjects reported that their parenting style is permissive. The

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A Descriptive Study to Assess the Level of Self-Esteem of B.Sc. Nursing First Year Students of Haneefa College of Nursing, Sopore J & K

study revealed that the maximum 26 (87%) of study subjects were from upper class a as per modified BG Prasad scale. The study revealed that the majority 18 (60%) were having low self esteem and 12 (40%) were having self-esteem in the normal level of self-esteem. The mean \pm SD value of self-esteem was (14.13 \pm 2.21), median score was 14.5, maximum score was 17, minimum score was 9 and range was 8.

Keywords: *Self-esteem, Haneefa College, low self-esteem, government policies*

Self-esteem defines a individual gross instinctive sense of personal worth or value. In other words, self-esteem may be defined as how much an individual values and adores self-irrespective of the situations. Having healthy self-esteem helps to influence motivation, mental well-being, and a comprehensive standard of life. Although, having self-esteem that is either too high or too low can be problematical. Better understanding what your unique level of self-esteem is can help you strike a balance that is just right for an individual.¹

Self-esteem is confidence in one's own worth or abilities. Self-esteem comprehend beliefs about oneself (for example, "I am loved", "I am worthy") as well as emotional states, such as victory, distress, pride, and shame.²

Smith and Mackie (2007) defined it by saying "The self-concept is what we think about the self; self-esteem, is the positive or negative assessment of the self, as in how we feel about it."³ Self-esteem is an pleasing psychological setup because it foretell certain end results, such as academic achievement , happiness, satisfaction in marriage and relationships with other people, and offended behaviour. Self-esteem can be appealed to a particular trait or generally. Psychologists usually consider self-esteem as a personality trait, though normal, with short-term variations. Synonyms or near-synonyms of self-esteem include: self-worth, self-regard, self-respect and self-integrity.

Self-esteem is a vital element of a person with which individuals with good self-esteem consider themselves as a valuable person. The feeling of worthiness will result in a person to be confident, manage their work properly and show respect to self and to others.¹¹ Self-esteem is the level of agreement, acceptance of self. Self-esteem includes four proportions: personal self-esteem, social self-esteem, academic self-esteem and parental self-esteem. Personal self-esteem is a complete understanding of the value of oneself. Social self-esteem is the perception of the quality of their relationships with others. Academic self-esteem is an individual understanding of his or her own academic abilities and the perception of others about his or her understanding. Self-esteem of individuals could lead to their self-confidence, socialisation and good relationships with other people. Person's self-esteem will also influence a person's professional behavior.¹² Self-esteem is a necessary parameter of the development of one's personality and professional identity.¹³ Nursing is a job that requires mental health at good levels. During the process of professional socialisation in nursing education, the student will obtain a sense of "self" as a nurse.¹⁴ To perform duties and responsibilities as a nurse, self-esteem is an important trait. For both student nurses and clinical nurses, self-esteem is a must have attribute. While performing nursing duties, nurses have to communicate effectively to the clients and other health care professionals, thus self-confidence is needed for nurses for providing a therapeutic environment to the clients effectively. In addition, high self-esteem results with positive coping strategies as, coping is

A Descriptive Study to Assess the Level of Self-Esteem of B.Sc. Nursing First Year Students of Haneefa College of Nursing, Sopore J & K

very crucial for student nurses or clinical nurses when facing challenges in their profession such as stress, illness, workload, pressure to save lives, burnout and what not.¹³

Importance of self-esteem:

Self-esteem results in good emotional health, and overall well-being of a person. It also has an impact on one's motivation, as people with a healthy, positive view of themselves understand their worth, it also impacts on one's decision-making process, one's relationships, one's potential and results with the feelings of inspiration and courage to take on new challenges.¹

Four key characteristics of healthy self-esteem are:

1. One must have adequate knowledge and understanding regarding his limit of skills, aptitude and capabilities.
2. One must initiate and maintain good, fit and fine relationships with self, family and others in contact. Thus, there should be inner peace and harmony within self.
3. The expectations for oneself should be relevant and realistic in nature. Fantasy and daydreaming must be avoided.
4. One must know and understand his needs and potential to reveal those needs to self and others and the means to explain them in front of others.

People with low self-esteem are not confident about their abilities and these people are not sure with the things they do hence, doubt their decision-making process. They may not feel motivated to try new and different things because they don't believe in their skills which obstruct them to achieve their goals. Those with low self-esteem may have issues with relationships and expressing their needs. They may also encounter low levels of confidence and feel hateful and undeserving.¹⁶

Objectives:

- To assess the level of Self-esteem among B.Sc. Nursing students of Haneefa college of Nursing.
- To find the association of levels of self-esteem among nursing students with selected demographic variables

METHODOLOGY

For the present study, a quantitative approach and descriptive research design was adopted to assess the self-esteem of first year nursing students of Haneefa college of nursing Sopore J&K. In the present study self-esteem of the BSc nursing first year students have been selected as a research variable. In addition to this, socio-demographic variables selected were age, gender, birth order, parenting style and socio-economic status (per capita income). The research study was conducted in Haneefa college of Nursing Sopore, J&K. Population for the present study consists of newly admitted B.sc Nursing students of Haneefa college of nursing, Sopore J&K and the total number of study subjects selected were 30 only.

In the present study non probability convenient sampling technique was used in order to select the sample from the given sampling frame and population. The tool used for the data collection was the Rosenberg Self-esteem scale (RSE). It is a 10-item scale that measures global self-worth by measuring both positive and negative feelings about the self. The scale is believed to be unidimensional. All items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree.

**A Descriptive Study to Assess the Level of Self-Esteem of B.Sc. Nursing First Year Students of
Haneefa College of Nursing, Sopore J & K**

RESULTS

Analysis and interpretation was done in accordance with the objectives laid down for the study. The purpose of analysis is to make data meaningful and interpretable. This data should be available as a valued piece of information for other researchers to come. The null hypothesis was prepared and the level of significance chosen was at $p \leq 0.05$.

Table 1: Frequency and Percentage distribution of study subjects according to their demographic characteristics. *N=30*

Demographic Variables	Options	Percentage (%)	Frequency (f)
Age	>16 Years	100%	30
	<16 Years	0%	0
Gender	Male	17%	5
	Female	83%	25
Birth Order	First	43%	13
	Second	20%	6
	Third	20%	6
	Fourth	3%	1
	Fifth	7%	2
	Sixth	7%	2
Parenting Style	Permissive	67%	20
	Authoritative	30%	9
	Neglect full	3%	1
Socio-Economic Status	Below 1050 (LC)	0%	0
	1051-2101 (LMC)	0%	0
	2102-3503 (MC)	0%	0
	3504-7007 (UMC)	13%	4
	Above 7007 (UC)	87%	26

The data presented in table 1 represented that all 30 (100%) were in the age group of greater than 16 years and 0 (0%) were less than the age of 16 years. The table also represents that there were 25 (83%) females and 5 (17%) males

The data also revealed that the maximum number 13 (43%) were in the first birth order followed by 6 (20%) in the second birth order, 6 (20%) in the third birth order, 2 (7%) in 5th birth order, 2 (7%) in the 6th birth order and only 1 (3%) was in the 4th birth order.

Table 1 also represents that the majority 20 (67%) of study subjects reported that their parenting style is permissive, 9 (30%) reported that their parenting style is authoritative, whereas just 1 (3%) has declared that their parenting style is neglectful.

The table one also represents is that that maximum 26 (87%) of study subjects were from upper class a is per modified BG Prasad scale and only 4 (13%) were in the upper middle-class bracket. The table also shows that there was no study subject belonging to the middle class, lower middle class and lower class.

A Descriptive Study to Assess the Level of Self-Esteem of B.Sc. Nursing First Year Students of Haneefa College of Nursing, Sopore J & K

Table 2: Frequency & Percentage distribution of study subjects as per their level of Self-esteem. N=30

Level of Self Esteem	Frequency	Percentage
High self esteem (26-30)	0	0%
Normal Self esteem (16-25)	12	40%
Low self esteem (0-15)	18	60%

The data presented in table 2 represented that the majority 18 (60%) were having low self esteem and 12 (40%) were having self-esteem in the normal level. There was no study subject having high self-esteem.

Table 3: Descriptive statistics of level of Self esteem. N=30

Descriptive Statistics	Mean	Median	SD	Maximum	Minimum	Range
Self Esteem Score	14.13	14.5	2.21	17	9	8

The data presented in table 3 represented the descriptive statistics of self-esteem among BSc Nursing students. It was found that the mean \pm SD value of self esteem was (14.13 \pm 2.21), median score was 14.5, maximum score was 17, minimum score was 9 and range was 8.

Table 4: Item-Wise Analysis of level of Self esteem scores of study subjects. N=30

Tool	Question	Strongly Disagree	Disagree	Agree	Strongly Agree
Rosenberg–Self-esteem Scale	Item No.1	0.0%	6.7%	40%	53%
	Item No.2	16.7%	16.7%	63%	3%
	Item No.3	0.0%	0.0%	30%	70%
	Item No.4	0.0%	6.7%	67%	27%
	Item No.5	3.3%	20.0%	57%	20%
	Item No.6	20.0%	26.7%	50%	3%
	Item No.7	0.0%	10.0%	53%	37%
	Item No.8	0.0%	6.7%	33%	60%
	Item No.9	46.7%	36.7%	3%	13%
	Item No.10	0.0%	6.7%	17%	77%

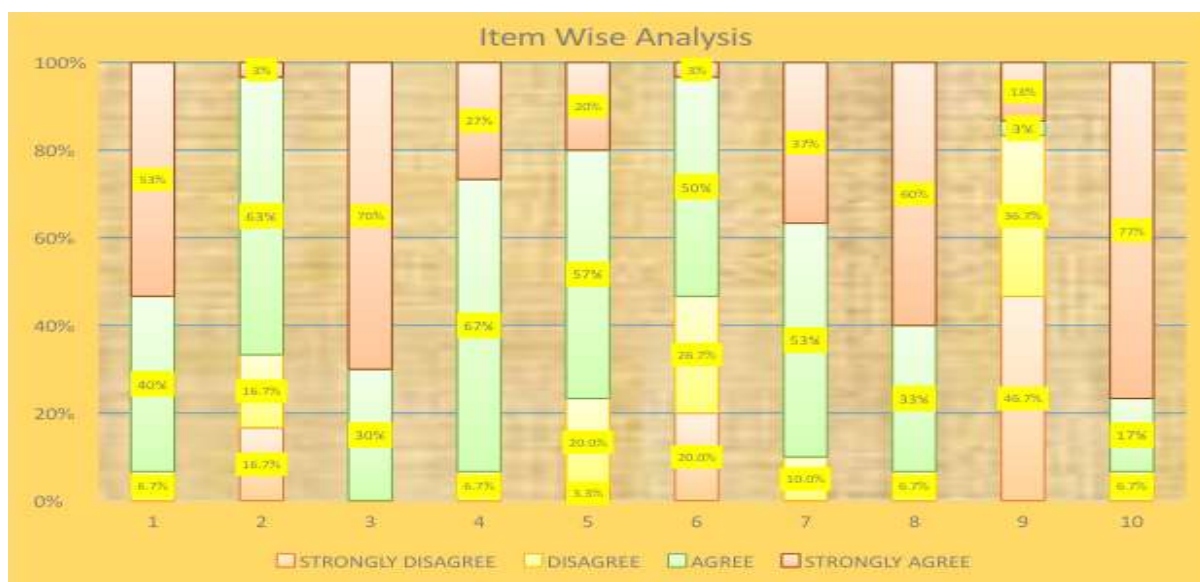


Figure No. 1: Bar diagram representing Item wise analysis of level of Self esteem of study subjects

A Descriptive Study to Assess the Level of Self-Esteem of B.Sc. Nursing First Year Students of Haneefa College of Nursing, Sopore J & K

The table 4 and figure 1 depicts the response of study subjects noted on the Rosenberg Self-esteem Scale. It was analysed that 53% agreed strongly to item number 1, 63% agreed with item 2, 70% agreed strongly with item 3, 67% agreed with item 4, 57% agreed with item 5, 50% agreed with item 6, 53% agreed with item 7, 60% agreed strongly with item 8, 46.7% disagreed strongly with item 9, 77% agreed strongly with item 10.

Table 4: Association of level of self-esteem of study subjects with their selected demographic variables. N=30

Demographic Data		Levels of Self Esteem			Association with level of Self Esteem				
Demographic Variables	Options	H I G H S E L F E S T E E M	NORMA L S E L F E S T E E M	LOW S E L F E S T E E M	χ^2 T e s t	p v a l u e	df	Tabl e V a l u e	Resul t
Age	>16 Years	0	12	18	NA	NA	N A	NA	NA
	<16 Years	0	0	0					
Gender	Male	0	2	3	0.00	1.00	1	3.84	NS
	Female	0	10	15					
Birth Order	First	0	2	11	9.75	0.08	5	11.07	NS
	Second	0	4	2					
	Third	0	4	2					
	Fourth	0	1	0					
	Fifth	0	1	1					
Parenting Style	Sixth	0	0	2	2.68	0.26	2	5.99	NS
	Permissive	0	10	10					
	Authoritative	0	2	7					
SE Status	Neglect full	0	0	1	0.19	0.66	1	3.84	NS
	Below 1050	0	0	0					
	1051-2101	0	0	0					
	2102-3503	0	0	0					
	3504-7007	0	2	2					
Above 7007	0	10	16						

NS= Not Significant

In order to prove association of the level of self-esteem of study subjects with their selected demographic variables null hypothesis was framed as,

H₀₁: There is no significant association between self-esteem of Bsc nursing first year students of Haneefa college of nursing and selected demographic variables (age, gender, type of family, birth order, parenting style and socio-economic status).

A Descriptive Study to Assess the Level of Self-Esteem of B.Sc. Nursing First Year Students of Haneefa College of Nursing, Sopore J & K

The Chi-square value shows that there is no significant association between the level of self esteem and selected demographic variables [gender ($p > 1.00$), Birth Order ($p > 0.08$), Parenting Style (0.26), Socio-Economic Status (0.66)] The calculated chi-square values were less than the table value at the 0.05 level of significance, hence we failed to reject the null hypothesis.

DISCUSSION

The results of the present study revealed that all 30 (100%) were in the age group of greater than 16 years and 0 (0%) were less than the age of 16 years. The study added that there were 25 (83%) females and 5 (17%) males. It also revealed that the maximum number 13 (43%) were in the first birth order followed by 6 (20%) in the second birth order, 6 (20%) in the third birth order, 2 (7%) in 5th birth order, 2 (7%) in the 6th birth order and only 1 (3%) was in the 4th birth order. It also came fore that the majority 20 (67%) of study subjects reported that their parenting style is permissive, 9 (30%) reported that their parenting style is authoritative, whereas just 1 (3%) has declared that their parenting style is neglectful.

The study explored that that maximum 26 (87%) of study subjects were from upper class as per modified BG Prasad scale and only 4 (13%) were in the upper middle class bracket. The table also shows that there was no study subject belonging to the middle class, lower middle class and lower class.

The study also revealed that the majority 18 (60%) were having low self esteem and 12 (40%) were having self-esteem in the normal level. There was no study subject having high self-esteem.

This is due to the reason the nursing profession is looked at in our society and degradation of pay level at par with menial job workers. The students have a lack of knowledge whether they have any scope for independent practice or decision making authority due to which they have self-esteem on the lower side.

The study also depicted that there is no significant association between the level of self esteem and selected demographic variables [gender ($p > 1.00$), Birth Order ($p > 0.08$), Parenting Style (0.26), Socio-Economic Status (0.66)] The calculated chi-square values were less than the table value at the 0.05 level of significance. Thus, self esteem in this study is independent of selected demographic variables and is not affected by these variables as selected.

The findings of the present study are contradictory to the findings of Shweta G, Monita T (2020)⁵ who conducted a study on “A descriptive study to assess the level of self-esteem and self-efficacy among students in selected professional colleges of Pune city”. The study was done on 300 students of professional colleges from Pune city and revealed that the majority of students (84%) have normal self-esteem, 7% students have high self-esteem and 8.67% students have low self-esteem.

One more study contradicts the findings of present study conducted by Supriya M (2016)⁶ conducted on “A study to assess self-esteem among the third-year nursing students in selected institute of nursing education, Andheri”. The study was conducted on 40 B.sc nursing third year students (purposive sampling) at selected nursing college, Andhri which revealed that majority of students (97.5%) have moderate level of self-esteem and 2.5 %

A Descriptive Study to Assess the Level of Self-Esteem of B.Sc. Nursing First Year Students of Haneefa College of Nursing, Sopore J & K

have low self-esteem. The study also showed no association between self-esteem and selected socio-demographic variables.

CONCLUSION

Self esteem is all the subjective feeling of a person about his worth or so it is his own appraisal or appreciation of self depending upon his importance in one's own life and in the life of others. It shows the person's acceptability, adoptability, truthfulness, adaptability and stable characteristics about himself. As nursing is considered to be one of the most stressful jobs, it is necessary for nursing professionals to have higher self esteem levels and those levels are to be maintained by them so that they can work effectively for the betterment of patients and for delivering better health care services to the population. In the present study we have seen that the majority of the students have lower self esteem levels and these lower self esteem levels are due to lack of interest of the government towards making this profession autonomous independent with its own organisation and hierarchy. The nursing students in Kashmir are suffering from indecisiveness whether to continue the profession of nursing or not as it had been degraded to the era of independence period on seeing the job scope the students feel deprived and hence the result is lower self esteem among new entrants of the profession.

While going through the latest document for the job recruitment in Jammu and Kashmir released by health, family welfare and medical education department the nursing profession has been kept at level 4 that is equivalent to any other class 4th category moreover there has been no provision for stratification of the cadre as per the qualification so the merit and intelligence levels get jeopardised. In order to improve the self esteem of the students in particular and nursing professionals in general the government must take appropriate steps to let nursing administrators function effectively at managerial level and get them involved in decision making and policy framing so that due care can be taken so that results like this will not recur. In short, we can say that it is necessary to have good professionalism and effective policy making in which nursing administrators are included for improving the self esteem level of nursing professionals.

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A Descriptive Study to Assess the Level of Self-Esteem of B.Sc. Nursing First Year Students of Haneefa College of Nursing, Sopore J & K

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Conflict of Interest

The author(s) declared no conflict of interest.

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