

Research Paper

Atychiphobia: A Study to Assess the Fear of Failure Among Nursing Students

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ABSTRACT

Background Fear is an emotion. Fear has different types and forms. One of commonly known is the fear of failure. It is also called atychiophobia. Fear of failure is an intense fear that paralyses us both physically and emotionally. It prevents us from revealing our potential. It undermines our self-confidence and hinders our personal and professional development. The present study was conducted to examine the fear of failure among B.sc nursing 1st year students studying in Khalsa college of nursing, Amritsar (Punjab). **Methods** A descriptive study was carried out among B.Sc(N) first year students of khalsa college of nursing, Amritsar, Punjab. A total of 65 students responded to the modified performance failure appraisal inventory. Data was collected from consecutive sampling technique. Descriptive and inferential statistics were used for analysis. **Results** The result revealed that students maximum (67.7%) were believe sometime of fear of failure. **Conclusion** This study concluded that maximum B.Sc. Nursing first year students were believed sometimes of fear of failure. Nursing student who lives with fear of failure often feel emotionally disturbed absolutely certain that they will fail, even if that is baseless. This sense of insecurity can interfere with their thoughts, emotions and actions. Effective intervention is essential that reduce the fear of failure in students.

Keywords: *Atychiophobia, nursing students.*

Education have a major impact on individuals or students. Both in term of broader insights or changing behavior pattern to be more organized. Academic achievement can be obtained through students effort by learning and study in their school or college. In school or at college, taking exams is a ubiquitous as well as important aspect of learning. Education is to help children develop intellectual skill and improve their physical capabilities.

Fear is a basic human emotion that is felt by all. There are many effects and classification of fear, one of which is fear of failure. This type of fear exists in almost all environments Fear of failure is a constant, overwhelming feeling of dread that accompanies the undertaking of projects of pursue to life goals. People living with fear of failure often feel absolutely certain they will fail, even if that feeling is baseless. This sense of insecurity can interfere with their thoughts emotions and actions.

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The fear of failure can lead to missed opportunities and problems in daily life. It can effect some one's outlook, creating an approach to tasks that involves extreme condition in order to prevent loss instead of a success orientation with actions designed to meet a goal. Extreme fear of failure can effect mental health. relationships, and overall quality of life. Fear of failure is a traumatic experience in the feared situation such as failing at something that head significant consequences or experiencing humiliation after a failure. Seeing others experience the feared situation or leaving with that phobia, including growing up in a household in which an adult of significance such as a parents head a fear of failure. Learning about the source of fear through a venue like the news, books or televisions. Growing up in a critical environment unsupportive of mistake or failure.

When kept in check a healthy fear of failure can be positive and lead us to better plan focus and prepare. But when a fear of failure grows out of control it can become paralyzing and isolating. Fear of failure can develop at any time in life, but like other phobias, it follows a pattern of contributors that include biological and environmental conditions like experiencing a traumatic event or having parents who put pressure into be a high achiever. There are five reasons for people to avoid failure. First as the expectation of feeling ashamed due to failure. Second, some people feel that failure creates a self-critical condition of mind where in their intelligence and talent are assessed negatively. Third, people's plans for the future can be negatively affected. Fourth, it is believed by some that success is the most important criterion for their parents, teachers or peers and that failure will result in the loss of their esteem. The last reason is the fear that failure may not cause the loss of regard and probation of people important to them but also distress them.

METHODOLOGY

Aim

To assess and deliver the knowledge regarding fear of failure among B.Sc. nursing 1st year students

Specific Objectives of The Study

1. To assess the fear of failure among B.Sc. nursing first year students.
2. To determine the association of fear of failure with selected socio-demographic variables.
3. To develop and distribute guidelines among the B.Sc. nursing first year students regarding ways to overcome fear of failure.

Assumption

There will be a fear of failure among B.Sc. nursing first year students

Operational Definitions

- **Fear of failure:** Fear of failure as intense fear or worry in which a person avoids any activity or scenario that has potential for an unsuccessful outcome.
- **Nursing students:** B.Sc. Nursing 1st year students who are studying in Khalsa college of Nursing, Amritsar.
- **Knowledge:** Knowledge is a familiarity, awareness or understanding of someone or something, such as facts, information, skills acquired through experience or learning.

Design

Descriptive Research design was selected to accomplish the objectives.

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Sample and sampling technique

For the present study investigator selected sample of 65 students who were present on the day of data collection. The consecutive sampling technique was used.

Description of Tool

Part 1: Socio-demographic characteristics

Socio demographic data includes the personal information of student nurses including age, gender, type of family, monthly family income, residence, religion, have you ever failed in the past, if (yes) how many times did you fail, birth order in family.

Part-2: Level of fear of failure

This part is considered as the necessary aspect of the study. The modified performance failure appraisal inventory was used to assess the level of fear of failure among nursing students. It consists of 25 questions.

Criterion Measures

Rating scale with five points was used, which included always believe, believe sometimes and do not believe. The questionnaire was rated as:

3= Always believe

2=Believe sometimes

1=Do not believe

Level of fear of failure	Score	Percentage (%)
Do not believe	0-25	0-33.3%
Believe sometimes	26-50	34.6-66.6%
Always believe	51-75	68-100%

SECTION-I

Sample Characteristics of Study Subjects

Table 1 Frequency and percentage distribution of sample characteristics

Variables		N=65	
		n	%
1.	Age in (in years)		
a)	17-18	15	23.1
b)	19-20	44	67.7
c)	More than 20	6	9.2
2.	Gender		
a)	Male	4	6.2
b)	Female	61	93.8
3.	Type of family		
a)	Nuclear	45	69.2
b)	Joint	20	30.8
4.	Monthly family income (in Rs.)		
a)	<10,000	6	9.2
b)	10,0001-20,000	13	20.0
c)	20,0001-30,000	24	36.9
d)	>30,000	22	33.8
5.	Residence		

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a)	Urban	31	47.7
b)	Rural	34	52.3
6.	Religion		
a)	Sikh	50	76.9
b)	Hindu	14	21.5
c)	Muslim	0	0
d)	Christian	1	1.5
7.(a)	Have you ever failed in past?		
a)	Yes	20	30.8
b)	No	45	69.2
7.(b)	If yes how many times did you fail?		
a)	No	45	69.2
b)	Once	19	29.2
c)	Twice	1	1.5
8.	Birth order in family		
a)	First child	36	55.4
b)	Second child	25	38.5
c)	Third child	4	6.2
d)	Fourth child	0	0

SECTION-II OBJECTIVE WISE ANALYSIS

Objective 1- To assess the fear of failure among B.Sc. Nursing 1st year students.

Frequency and percentage distribution of B.Sc. nursing 1st year students according to level of fear of failure

N=65				
Level of fear of failure	n	%	Mean	S.D.
Do not Believe	-	-		
Believe Sometimes	44	67.7	45.62	8.690
Always Believe	21	32.3		

Maximum Score: 75

NS = non significant

Minimum Score: 0

Objective 2: To determine the association of fear of failure with selected socio-demographic variables

Association of fear of failure with age (in years)

N=65				
Age (in years)	Level of fear of failure			χ^2
	Do not Believe n (%)	Believe Sometime n (%)	Always Believe n (%)	
17-18	-	9(20.5)	6(28.6)	df 2 1.775
19-20	-	32(72.7)	12(57.1)	
More than 20	-	3(6.8)	3(14.3)	

Association of fear of failure with Gender

N=65

Gender	Level of fear of failure			df	χ^2
	Do not Believe n (%)	Believe Sometime n (%)	Always Believe n (%)		
Male	-	3(6.8)	1(4.8)	1	.104
Female	-	41(93.2)	20(95.2)		

Maximum Score: 75
Minimum Score: 0

NS- Non significant

Association of fear of failure with Type of family

N=65

Type of family	Level of fear of failure			df	χ^2
	Do not Believe n (%)	Believe Sometime n (%)	Always Believe n (%)		
Nuclear	-	30(68.2)	15(71.4)		
Joint	-	14(31.8)	6(28.6)	1	.070

Maximum Score: 75
Minimum Score: 0

NS- Non significant

Association of fear of failure with have you ever failed in past

N=65

Have you ever failed in past	Level of fear of failure			df	χ^2
	Do not Believe n (%)	Believe Sometime n (%)	Always Believe n (%)		
Yes	-	13(29.5)	7(33.3)		
No	-	31(70.5)	14(66.7)	1	.096

Maximum Score: 75
Minimum Score: 0

NS- Non significant

Table 3(g)(ii) Association of fear of failure with If, yes how many times did you failed

N=65

If yes how many times did you failed	Level of fear of failure			df	χ^2
	Do not Believe n (%)	Believe Sometime n (%)	Always Believe n (%)		
No	-	31(70.5)	14(66.7)		
Once	-	12(27.3)	7(33.3)	2	.685
Twice	-	1(2.3)	0(0.0)		

Maximum Score: 75
Minimum Score: 0

NS- Non significant

DISCUSSION

Objective 1: To assess the fear of failure among B.Sc. nursing Ist year students.

In the present study the findings revealed that maximum (67.7%) of B.Sc. nursing Ist year students were believe sometime of fear of failure, while almost one third (32.3%) B.Sc. nursing first year students were always believing of fear failure with mean and standard deviation 45.62± 8.690.

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This finding was supported by the results of a cross-sectional study to assess the fear of failure among 455 medical students at King Saud University of Riyadh. It shows that overall level of fear of failure was low among medical students with mean and standard deviation 0.311 ± 0.797 .

Objective 2: To determine the association of fear of failure with selected socio-demographic variables.

Chi-square was applied to find out association of fear of failure with selected socio-demographic variables of study subjects. There was no significant association of fear of failure with selected socio-demographic variable such as age, gender, type of family, monthly family income, residence, religion, have you ever failed in past, if yes, how many times did you fail and birth order in family.

This finding was supported by the result of descriptive study to assess the attitude towards Atychiphobia among undergraduate students selected colleges of Himachal Pardesh sample comprised of 372 undergraduate students in selected using convenience sampling technique from selected colleges of Himachal Pardesh. Result showed that there was non-significant association of fear of failure with selected socio-demographic variables like age, gender, type of family, family income, religion and residence at $p < 0.05$ level of significant.

CONCLUSION

This study concluded that maximum B.Sc. Nursing first year students were believed sometimes of fear of failure. Nursing student who lives with fear of failure often feel emotionally disturbed absolutely certain that they will fail, even if that is baseless. This sense of insecurity can interfere with their thoughts, emotions and actions so, there are many ways to overcome fear of failure from which some are address the problem, no shame policy, learn from your mistake, question your fears and focus on what you can control. So, these ways are helpful to overcome fear of failure.

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Conflict of Interest

The author(s) declared no conflict of interest.

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