ORIGINAL RESEARCH ARTICLE

ASSERTIVENESS AND SELF-ESTEEM AMONG NURSING STUDENTS OF MANIPAL COLLEGE OF MEDICAL SCIENCE OF POKHARA, NEPAL

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ABSTRACT

Background: Assertive behaviour and low self-esteem have been found to major problem in the nursing profession. Nursing students today are the backbone of professional nurses of tomorrow. In order to ensure competent and safe practice, it is necessary for them to be individuals with high assertive skills and self-esteem. This study was conducted to identify assertiveness and self-esteem among nursing students.

Methods: A descriptive cross sectional survey was conducted among 202 Proficiency Certificate Level and Bachelor of Science in nursing students of Manipal College of Medical Sciences (nursing programme), Pokhara, Nepal during July/August 2015. Data collection was done by purposive sampling. Tools used were demographic proforma, Begley and Glacken Assertiveness behavior questionnaire and Rosenberg self-esteem scale. Data were analyzed using descriptive and inferential statistics chi-square and correlation coefficient.

Results: The study revealed nursing students had moderate level of assertiveness and self-esteem. There is a significant association between assertiveness and level of study and residence. There is a significant association between level of self-esteem with level of study and residence and There is significant positive correlation (r= 412) among assertiveness and self-esteem score with p value <0.001.

Conclusion: It is concluded that majority of nursing students have moderate assertiveness and self–esteem. Nurse educators should take initiation to improve high assertiveness and self-esteem of nursing students.

INTRODUCTION

Assertiveness is standing up for one's rights without violating those of others.[1] Assertive behaviour promotes a feeling of personal power and self confidence. Assertive behaviour helps us feel good about ourselves and increase our self-esteem.[2] Self-esteem is an individual overall feeling of self worth or the emotional appraisal of self concept. Self-esteem is positive when one feels capable ,worth while and competent.[3] The person with adequate self-esteem has learned to cope with personal deficiencies and to maximize strengths. The person is self accepting and person with high self-esteem accepts others experiences, less anxiety and functions effectively in social situations.[4] Nursing student considered to be pillar of 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 assertiveness and self-esteem will directly or indirectly effect on

their studies as well as delivering Quality care to individual. Studies exploring assertiveness and self-esteem among nursing students is few in Nepal hence researcher felt need to assess assertiveness and self-esteem among nursing students of Nepal.

METHODS

A descriptive cross-sectional survey was conducted among proficiency Certificate Level and Bachelor of Science in nursing students currently studying in Manipal College of Medical Sciences (nursing programme). The study was conducted in July to August 2015. Purposive sampling was adopted for sampling technique. Inclusion criteria were who were available during data collection and able to read and write English. Ethical approval was taken from the Institutional Ethical Committee of Manipal Teaching Hospital. Permission for data collection was taken from principal of nursing college. An informed consent was taken from the respondents after explaining about study and its purpose. Questionnaire was distributed to respondents in the classroom and returned back in the presence of researcher. Therefore no drop out and incomplete response. Data entry and analysis was done using SPSS version 19. Both descriptive and inferential statistics chi-square test was used for assessing association between demographic variables with assertiveness and self-esteem. Spearman rho correlation test was used for assessing correlation among scores of assertiveness and self-esteem of nursing students. Data collection was done with demographic perform which was developed by researcher by reviewing the literature, assertiveness behavior questionnaire developed by Begley and Glacken[5] in 2004, Rosenberg self-esteem scale "developed by Rosenberg[6] in 1965 was used to assess self-esteem level. Assertiveness questionnaire included 28 statements with 4 point Likert scale with the options 'always', 'often', 'rarely' and 'never' in which statements related to assertive behaviour was as low(28-54), moderate (55-83)and high(84-112). Self-esteem scale include 10 statement with 4 Point Likert scale with the options strongly disagree to strongly agree and was categorize as low (0-10), Moderate (11-20) and high (21-30).

RESULTS

Table 1 reveals demographic characteristics of respondents. Majority (79.2%) were belonging to 16-20 years age group, hindu 82.1%, 97.5% were unmarried majority were from nuclear family 81.2% and had two siblings 40.6%.

Table 1: Demographic characteristics of respondents (n=202)

Demographic Variables	Frequency	Percentage
Age in years		
16 -20	160	79.2
21-25	42	20.8
Religion		
Hindu	166	82.1
Buddhist	30	14.9
Christian	6	3
Marital status		
Married	5	2.5
Unmarried	197	97.5
Family Type		
Nuclear	164	81.2
Joint	38	18.8
Birth order		
First	97	48
Second	70	34.7
Third and above	35	17.3
No of siblings		
One	66	32.7
two	83	40.6
Three and above	54	26.7
Place of residence		
Urban	169	83.7
Rural	33	16.3

Table 2 shows regarding profession characteristics of the Respondents. Nearly more than half were studying in Proficiency Certificate Level nursing 56.4%, and third year 34.2%. The reason behind joining nursing was voluntarily 45.0%. Majority of nursing students said that they were assertiveness in item self – identification 67.8%.

Table 2: Professional characteristics of the Respondents (n=202)

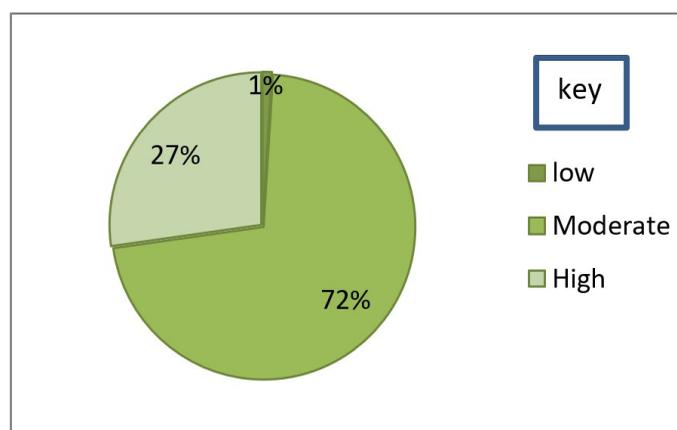| Demographic Variables	Frequency	Percentage
Level of study		
PCL Nursing	114	56.4
B.sc. Nursing	88	43.6
Year of study		
First year	55	27.2
Second year	68	33.7
Third year	69	34.2
Fourth year	10	4.9
Reason to join nursing		
Voluntarily	91	45
With guidance of family	65	32.2
Score is enough	9	4.5
Job guarantee	31	18.3
Self identification		
Assertiveness	137	67.8
Aggressive	15	7.4
Passive	33	16.3
Manipulative	17	8.4

Fig2: Assertiveness of nursing students

Figure 1: Nursing students self-esteem

Figure 1 presents majority 72 % of the participants were having moderate self-esteem.

Figure 2 shows that majority 96.0% of the participants were having moderate assertiveness
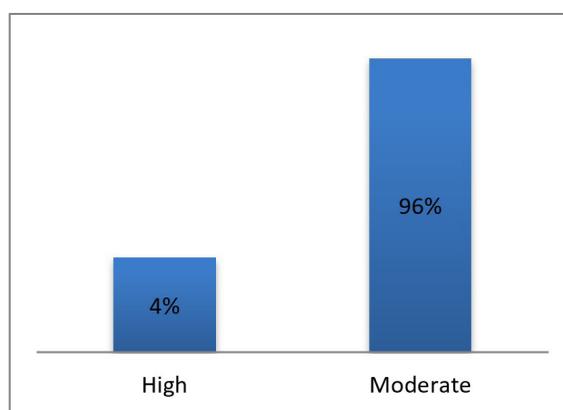
Table 3: Association between Assertiveness with selected variables   n=202

Variables	N	r	p-value**
Age in years			
16-20	160	3.43	.179
21-25	42		
Religion			
Hindu	166	2.82	.684
Buddhist	30		
Others	6		
Marital status			
Married	5	.267	.875
Unmarried	197		
Family Type			
Nuclear	164	.608	.738
Joint	38		
Birth order			
First	97	6.85	.335
Second	70		
Third and above	35		
Level of study			
PCL Nursing	114	9.27	.010**
B.Sc. Nursing	88		
Residence			
Urban	169	6.89	.032**
Rural	33		

*Significance level of p-value at 0.05

**Pearson chi-square

Table 3 represents association between assertiveness with selected variables. There is significant association between assertiveness and level of study and residence.

Table 4: Association between Self-esteem with selected variables   n=202

Variables	N	r	p-value**
Age 16-20 21-25	 160 42	2.17	0.337
Religion Hindu Buddhist Christian	 166 30 6	 2.52	0.630
Marital status Married Unmarried	 5 197	0.19	 0.906
Family Type Nuclear Joint	 164 38	2.42	0.298
No of siblings One two Three and above	 66 83 54	5.61	0.229
Level of study PCL Nursing B.Sc. Nursing	 114 88	6.73	0.035*
Residence Urban Rural	 169 33	10.74	0.005**

Significance level of p-value at 0.05

*** Pearson chi-square*

Table 5 states that the correlation between assertiveness and self-esteem with Spearman's rho correlation found that assertiveness has positive correlation with self-esteem (at p< .000) level of significance (r= 412**) indicating that if there is high assertiveness meaning that there will be high self-esteem.

Table 5: Relationship between assertiveness and Self-esteem   n=202

Variables	r	p-value
Assertiveness Self-esteem	412 Spearman's rho	.000

***Correlation is significant at the 0.00 level (2 tailed)*

DISCUSSION

This study attempts to understand the relationship of assertiveness with self-esteem among nursing students. The present study shows that students had moderate self-esteem (72.0%) whereas previous study conducted by Shrestha T[7] and Acharya R[8] in Nepal found that 67.5% students had high self-esteem and 78% low self-esteem respectively. Assertiveness was moderate 96.0% in present study which contrast the Study conducted by Mahmoud S et al[9] which revealed that more than half 54.7 % of student nurses were having little level of assertiveness while other study revealed nursing students had middle level of assertiveness [10-12] which support the present study.

The present study showed contrast findings regarding relation between age and assertiveness. Based on the study conducted by Eskin M[13] the assertiveness will be raised by increasing the age which contrast present study as majority of the respondents belongs to 16-20 years. Study conducted by Dincyurek S, et.al [14], Taghavit T, et.al [15] reported that the level of assertiveness is higher in male students than female students. This may be the reason majority of the students have moderate level of Assertiveness in present study as all the participants were female and also it could be due to some differences in culture, religion and customs, education system of each community.There is significant positive correlation between assertiveness and self-esteem in pres-

ent study which is similar with the Study conducted by Ghodrati F. et.al[16] which revealed a significant correlation was observed between assertiveness and self-esteem. The present study contrast the study conducted by Hamoud SA et al[17]as Spearman's rho test proved that there was a negative statistical significant correlation between nursing students' assertiveness skills and their self-esteem.

CONCLUSION

This study found majority of nursing students have moderate level of assertiveness and moderate level of self-esteem. Assertiveness has positive correlation with self-esteem indicating that if there is high assertiveness meaning that there will be high self-esteem. Comparative study can be conducted between different levels of students. This study was limited to on only one nursing college so further study can be conducted in many colleges with more sample.

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