

"A study to assess the effectiveness of assertiveness training on self-esteem among nursing students of selected nursing colleges of Pune city".

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KEYWORDS

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ABSTRACT

In present scenario to be assertive is crucial for having a strong sense of self-worth since it makes easier to express oneself clearly and defend one's own opinions. Self-esteem is a person's perception of their own value as a person. It is influenced by a number of things, including your upbringing, experiences, connections, and accomplishments.in which a quantitative research approach with quasi experimental pretest post-test control group design was used through the non-probability purposive sampling technique 100 samples (50 experimental and 50 control) were selected. The tool was divided in two sections i.e. Demographic data and standardized Rosenberg self-esteem scale. As per the findings in the distribution of nursing students according to demographic data in experimental group and control group

In the findings related to level of self-esteem in experimental and control group among nursing students before the intervention of assertiveness training, there were 64% having low self- esteem and 36% were having average self-esteem. The overall mean was 21.54+-2.43, in experimental group and in the control group 74% students had the lower self-esteem and 26% were having average self-esteem. The overall mean was 20.7+-2.6. After the assertiveness training was 6% having average self-esteem and 94% high self-esteem. The overall mean was 33.06+-2.29 and 16 % has average self-esteem. The overall mean was 22.52+-2.49.

In findings related to difference between pre and post intervention level of self-esteem among nursing students in experimental group and control group was analyzed through the paired t test the result was found significant.

INTRODUCTION

Self-esteem an important concept as in this extension of the health profession in today's realm from the top-notch physician to other administrative staff, nurses hold a vital contribution in delivering comprehensive care, Nurses however act as an anchor within this complicated health field so it becomes very necessary for the nursing students to develop their self-esteem and enhance their assertiveness skills from the starting of their professional journey. Research studies carried out all around the world have shown the fruitful effects on nurse students' self- esteem of assertiveness training. Research published, for example, in the international journal for health sciences and research, a peer-reviewed journal discovered that assertiveness training improved ' levels of self-esteem. Studies s have been carried out in India on the relationship between assertiveness training and nursing students' self-esteem. The findings demonstrated that following training in assertiveness and self-esteem levels have significantly improved. The importance for training in boosting assertiveness amongst B.Sc. Nursing graduates was also highlighted by the two emphasized the need for assertiveness training programs. Reviewing data from India and

around the world on assertiveness training and nursing students' self-esteem levels makes it clear that this intervention has promise for raising self-esteem levels. The benefits of training on people's self-esteem have been proven by research. The effectiveness of training in raising adolescents' self-esteem was examined in another Indian study, which also identified factors that can be related to it. It is important to remember that assertiveness training is a well-established intervention with a growing body of research supporting its effectiveness, even though specific global data on assertiveness training with descriptive statistics may not be easily accessible. Fact sheets on the assertiveness training was also available from the association for behavioural and cognitive therapies, outlining its tenets, advantages, and uses benefits, acuity training also provides data

NEED OF THE STUDY

Assertiveness training was introduced by US Psychologist in the year 1975 by Robert. P. Liberman who says that it is an effective and modified training which imparts confident behavior, openness in communication develops a sense of self-worth and importance and helps to deal in stressful situations the assertiveness skills among nursing students are vital for elevating self-esteem. Self-esteem is a pivotal component of psychological health and has a big influence on people's personal and professional lives. In a study on adolescents' academic motivation and assertiveness published in 2018, the researchers performed a correlational study of assertiveness and self-esteem among 100 teenagers, ages 16 to 18, using a Rosenberg self-esteem and assertiveness schedule; confidentiality was maintained. According to the study, the first goal, 55% of boys and 54% of girls reported having average levels the self-esteem, while nearly 13% of teenagers reported having low self-esteem. During the ensuing debate, it was emphasised that being assertive helps one cope with stress and can also help one feel more confident and self-esteem when facing anxiety. The second goal, which concerns assertiveness, reveals that, out of 50 boys, 10 and 12 of the 25% of teenagers as a whole demonstrated high levels of assertiveness.

Galata Sitota (department of psychology of education as well as behavioural science, hara maya university) (et al) found that gender may be a factor in the variability in the level of assertiveness and that success in all areas of life requires that one be assertive.

Miss diksha and Dr Santosh manta (et.al) 2022 conducted a study to evaluate how first-year nursing students' self-esteem was affected by an assertiveness training programme. A design that was quasi-experimental and a quantitative technique were employed in the study. The findings demonstrated that the experimental population's high level of self-esteem somewhat rise after assertiveness training.

AIM OF THE STUDY

The aim of the study was to assess the effectiveness of assertiveness training on level of self-esteem among the nursing students of selected nursing colleges of the Pune city, which includes the students from the first semester B.Sc. nursing and the General nursing midwifery students.

RESEARCH METHODOLOGY

Research Objective

- 1) To assess the level of self-esteem in experimental and control group among nursing students before the intervention of assertiveness training.
- 2) To assess the level of self-esteem in experimental and control group among nursing students after the intervention of assertiveness training in experimental group.
- 3) To determine the difference between the pre and post intervention level of self-esteem among nursing students in experimental group and control group
- 4) To compare the post interventional level of self-esteem between experimental and control group among nursing students to determine the interventional effectiveness.
- 5) To associate the pre-interventional level of self-esteem with selected demographic variables

Research approach:

In this study the Quantitative research approach was applied.

Research design:

In this study the design can be depicted as follows:

Pre intervention	Intervention	Post intervention
Ex - 0 ¹	x	0 ²
C - 0 ²	-	0 ²

Ex - experimental group, C- control group ,01- Preintervention, x - Assertiveness Training 02 – Post intervention

Variables

In the current research study, following are the identified Independent and Dependent variable

Independent variable:

Assertiveness training

Dependent variable:

Levels of self esteem

Selected demographic variables:

Age, gender, marital status, type of family, residence, order of birth, cocurricular participation, monthly family income

Setting:

In this research study setting was selected nursing colleges of Pune city.

Population:

Target population – nursing students

Sample:

Accessible population – nursing students studying in first year B.Sc. nursing and first year General nursing midwifery in selected nursing colleges of Pune city

Sample selection criteria for the study:

Inclusion criteria:

- Students who are studying in first year (first semester) B.Sc. nursing and first year General nursing midwifery
- Both male and female will be included in the study.

Exclusion criteria:

- Students who are already being exposed to any training on assertiveness
- Students who will be not present on that day

Sample size:

Sample size for this research study after estimation was 100 (50 for control group and 50 for experimental group).

Sampling technique:

In this study non -probability purposive sampling technique was used.

Data collection tool:

Development of the tool – standardized tool was used after taking the permission.

Description of tool –

Section 1: Demographic variables were included under section 1 which contained following questions – Age, Gender, Name of the course, Marital status, Type of Family, Residence, Order of Birth, Cocurricular Participation, Monthly Family Income

Section 2: The Rosenberg self-esteem scale, developed by the sociologist Morris Rosenberg (1965) in which a 10-item questionnaire completed by an individual with each answer scored on scale of

1 to 4 which consist of positive and negative questions designed to measure the level of self-esteem.

In these questions 1,3,4,7, and 10 have positive scores and the questions 2,5,6,8, and 9 have negative scores.

Scores are calculated by adding for the given items, the scores given by each student over the scale will be evaluated as per the severity rating index below:

Scores	Level of self esteem
Low	10 – 25
Average	26 - 29
High self esteem	30 – 40

Reliability

After the validity of the tool, reliability of tool was done on 29 September 2023, to measure the internal consistency and calculation of reliability, inter item reliability was done using Cronbach's alpha. It was conducted by using 10 samples, the value found after the calculation was $r = +0.82$, hence the tool was found to be reliable.

Pilot study

It was conducted on small scale using of samples 10% from an actual sample size calculated to ensure the tool feasibility, the problems which are found or faced by the investigator while conducting this small-scale study can be corrected while performing it for large group of samples. Effectiveness of assertiveness training was ensured by assessing their level of self-esteem. In this every participant had got 1 hour session and last 15 minutes were given for the practice and discussion.

It was conducted from 2th Oct 2023 to 2th Nov 2023. Calculation of data was done using inferential statistics in addition to descriptive data. Thus, the assertiveness training was effective in raising nursing students' self-esteem, according to the results.

RESULTS

Table No: 1-Difference between the pre and post intervention level of self -esteem among nursing students

n=50

Effectiveness	Mean	SD	df	t table value	t test calculated Value	P value	Remark
Experiment Pre test	21.54	2.42	49	2.021	24.76	0.00001	Significant
Experiment Post test	33.06	2.29					

As per the table no 1, in experiment group before intervention mean was 21.54 with SD+2.42 and after the intervention it was 33.06+-2.29 and when applied Paired t test it revealed that t stat value was 2.021 and t critical value 24.76 with p value of 0.00001 significance therefore it concluded that the result was significant.

Table No .2-Difference between the pre and post intervention level of self -esteem among nursing students
n= 50

Effectiveness	Mean	SD	df	t table Value	t test calculated Value	P Value	Remark
Control pre Test	20.7	2.6	49	2.00	- 4.347	0.00001	Significant
Control post Test	22.52	2.49					

As per table no 2 in control group before intervention mean value was 20.7 with SD +2.6 and after the intervention it was 22.52+-2.49 and when applied the **paired t test** it revealed that t stat value was-4.37 and t critical value 2.00 with p value of 0.0001 significance therefore it concluded that the result is significant

DISCUSSION

The study can be compared to a study conducted by the Nicholas S. et al. Carried out to measure the impact of training on teenagers' self-esteem which met the inclusion requirements, was the site of the study. Sixty samples were chosen using a straightforward sampling procedure. The findings indicate that, at $p>0.05$ in the post- test, there was no correlation between the participants' assertive behavior and self- esteem levels and their demographic characteristics, including age, gender, family income, location of residence, academic standing, and number of siblings. Accordingly, the study finds that teenagers who receive assertiveness training report higher levels of self-esteem and more assertive behavior

Another comparable study on the self-esteem of students studying nursing at a nursing college in Kathmandu was carried out by Kabita Shrestha. The study's primary goal was to measure the students' self-esteem and its level in order to support their confidence- building and enhance their learning outcomes as nursing students. 198 students from Nepal institute for health sciences, Jorpati—112 and 86 students—participated in a descriptive cross-sectional study. The method of convenience sampling was applied. According to the study's findings, only 4.7% of nursing graduates had low self-esteem, compared to 95.3% who had strong self- esteem. It demonstrates that there was a relationship ($p=0.034$) between self-esteem and educational attainment. As a result, diploma students thought better of themselves than B.Sc. nursing students. The study provided detailed information regarding nursing students' self-esteem levels and the variables that are related to those levels.

In the present study, the findings related to the level of self-esteem in experimental group after the intervention of assertiveness training in nursing students. In this majority of 47 participants had high self-esteem and 3 participants have average self-esteem. The overall mean was 33.06 ± 2.29 and 22.52 ± 2.49 in both the groups with degrees of freedom.

CONCLUSION

The study was conducted in order to assess the efficacy of the assertiveness training on the level of self-esteem so the main objectives of the study was established by firstly providing the assertiveness training to the nursing students of first semester B.Sc. nursing and General nursing midwifery nursing students in that it was seen that how assertiveness training affected nursing students' self-esteem of specific nursing colleges. A quantitative research approach and quasi-experimental study design were employed to achieve this goal. The self-esteem was measured through the administration of the Standardized Rosenberg self-esteem scale as the instrument,

which was found to be valid and reliable based on the content validity which was priorly done as well as Cronbach alpha reliability proceeding further the information was gathered and scrutinized through the descriptive and inferential statistics. This data was done by calculating frequency, percentage, mean values, standard deviation, frequency, percentage, table values, p values, other statistical test were also used thus, assertiveness training was shown to be beneficial in raising nursing students' self-esteem based on statistical evidence because it was an affordable, non-invasive, complementary, and alternative therapy without the use of to raise self-esteem.

Conflict of Interest

There was no involvement of any organization or an entity with any financial or non- financial interest in the subject matter or the materials discussed in this paper Funding source: there is no any funding source for this study.

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