

## Effectiveness of self enhancement programme (SEP) on self-esteem among undergraduate nursing students

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### Abstract

**Introduction:** The aim of the study is to investigate nursing student's self-esteem and to find the effectiveness of SEP in enhancing the self-esteem of the nursing students, thereby improving their psychological wellbeing in Maharaja Agrasen College of Nursing Agroha, Haryana, India.

**Material and Methods:** Sampling technique was done in two different phases. Standardized Rosenberg's Self Esteem Scale was used to assess self-esteem of adolescences. Pretest was done among 87 undergraduate nursing students, out of that 30 sample was given intervention based on their self-esteem score. Researchers divided the sample into five groups each group consisted of six members for better subject participation in SEP. Posttest was done on the closing day of the SEP.

**Results:** In the present study out of 87 participants, 30 (34.50 %) of the participants have low self-esteem and the rest 57 (65.50 %) have high self-esteem. The present study also concludes that Self Enhancement Program was effective in improving self-esteem among nursing students  $t=14.724$ ,  $p=0.001$ .

**Conclusion:** SEP is an effective intervention in improving self-esteem of undergraduate nursing student.

**Keywords:** Self Enhancement Program (SEP) Self Esteem, Nursing Students.

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### Introduction

Self-esteem a positive regard of oneself, is a universal need for every human being and is a key component in restoring and maintaining mental and physical health.<sup>1</sup> Positive self-esteem tends to be more motivated in taking on and creating a life that he loves living it powerfully and in this process be authentically related to others in his community. Having positive self-esteem appears to be necessary for having a happy and healthy existence regardless of who we are or what profession we are taking on in life.<sup>2</sup>

Poor or low self-esteem on the other hand can be quite detrimental to well-being and even our very existence. Negative self-esteem can create anxiety, stress, loneliness, depression, and problems with relationships seriously impair academic and job performance and also can generate an increased vulnerability to drug and alcohol abuse and dependency. Low self-esteem can wreak havoc on one's professional life especially if it involves public speaking or interaction with the public. Low self-esteem can make a person feel awkward and uncomfortable and can make the task of selling something difficult. Low self-esteem person has fear of being mocked as a cause of committing mistakes. Added to this, low self-esteem person cannot rely on his abilities. Fear of failure is another thing that is common to person with low self-esteem. The tendency is with all these fears he would develop the lack self-confidence.<sup>2</sup>

Nurses have a long standing history of providing health care education and services to the public to promote health and well-being. To diver the care the nurse has to have a healthy self-esteem which is

necessary for mental well-being and a positive self-concept. This is achieved by setting attainable goals and successfully accomplishing the goals, resulting in an increase in self-confidence, assertiveness and feeling valued. Social psychology has shown the importance of the others in maintaining self-esteem of nurses through group belonging or psychological processes such as social comparison. It is usually found that nursing students have low self-esteem. So researcher is interested to investigate the effectiveness of a group of schedule activities which are believed to have a positive effect on self-esteem.<sup>3</sup>

The aim of the study is to investigate nursing student's self-esteem and to find the effectiveness of SEP in enhancing the self-esteem of the nursing students thereby improving their psychological well-being. Objectives of the study were to find the effectiveness of SEP in terms of gain in mean posttest self-esteem scores.

SEP is a type of motivation program that works to make people feel good about themselves and to maintain self-esteem.<sup>4</sup> In this study SEP is an activity schedule that includes introduction, brochure about me, group activities positive peer feedback, motivational counseling and closing session which are thought to enhance psychological wellbeing and facilitates adaptation to present challenges.

### Material and Methods

On approval from ethical committee, in order to accomplish the objectives of the study an evaluative approach with one group pre-test posttest design was considered to be appropriate. This study aimed to find

the effectiveness of SEP in improving self-esteem of undergraduate nursing students thereby enhancing the psychological well-being. The study was conducted in Maharaja Agrasen College of Nursing, Agroha, Hisar, Haryana.

In this study the first phase sample comprised of 87 Undergraduate Nursing students of MACON Agroha and second phase comprised of 30 Undergraduate Nursing students based on their self-esteem score. Sampling technique was done in two different phases. Convenient Sampling technique was used to select the sample in phase I. In Phase-II purposive sampling was used. Thirty samples were collected and given intervention based on their self-esteem score.

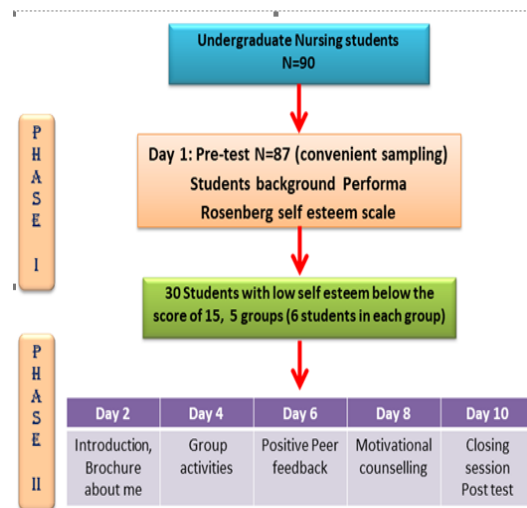
The students background information consisted of nine item such as age, gender, religion, family monthly income in Rupees, parent’s education, any chronic illness in the family, percentage of marks in 10+2, first year result Life experiences in different areas like family, school and society. Standardized Rosenberg’s Self Esteem Scale was used to assess self-esteem of adolescences. The scale consists of 10 items; each item is scored on a four point rating scale under the options: strongly agree, agree, disagree, and strongly disagree, five statements were positive and five negative with a total score of 30. Scores are classified as below 15 as low self-esteem and scores above 15 are considered as high self-esteem. The higher the scores, the higher is the self-esteem.

**Results**

Analysis and interpretation of data collected from 87 samples to determine the self-esteem and to find the effectiveness of Self Enhancement Program. The data were analyzed according to objectives and hypotheses of the study. Statistical package for social sciences (SPSS) version 16.0 was used to analyze the data. Analysis of the data related to the background information of the sample characteristics namely age, gender, religion, family monthly income in Rupees parent’s education, any chronic illness in the family, percentage of marks in 10+2 first year result life experiences in different areas like family, school, and

The intervention SEP was selected from a non – research literature and it was modified to suit the Indian culture. It contains five distinct areas such as Brochure about me Group activities Positive Peer Feedback, Motivational Counseling, and Closing Sessions. Total time for each session was for one hour.

Informed consent was taken from the subjects. Pretest was done among 87 undergraduate nursing students, out of that 30 sample was given intervention based on their self-esteem score. Researchers divided the sample into five groups each group consisted of six members for better subject participation in SEP Posttest was done on the closing day of the SEP (Fig. 1).



**Fig. 1: Schematic representation of data collection procedure**

society. The data were collected using Background Performa. Frequency and percentage were computed for describing the sample characteristics.

The data presented in the Table 1 show that out of 87 subjects majority 73 (83.9%) participants belonged to age group of 18-19 years 87 (100 %) were females and Hindus 78 (89.7%). Most of them had a family monthly income Rs. 10,000-15000 per month, parent education 26 (29.9%) and in undergraduate level. Maximum 34 (39.2 %) of the participants had scored 71-80% in PUC, 15 (17.3%) have paper back in one or two subjects.

**Table1: Frequency and percentage distribution of sample characteristics of selected variables(n=87)**

Sample Characteristics	f	%
<b>Age in years</b>		
18-19	73	83.9
20-21	14	16.1
<b>Gender</b>		
Female	87	100
Male	00	00
<b>Religion</b>		
Hindu	78	89.7
Sikh	07	08.0

Others	2	2.3
<b>Family monthly income in rupees</b>		
10,000-15,000	41	47.2
15,001- 20,000	19	21.8
20,001- 25000	09	10.3
>25,000	18	20.7
<b>Parent's education</b>		
Primary (1st -5th)	04	4.6
Secondary (6th -7th)	02	2.4
Higher secondary (8th -10th)	11	12.6
10+2	25	28.7
Undergraduate	26	29.9
Post graduate	19	21.8
<b>Any chronic illness in family</b>		
No	67	77.0
Yes	20	23.0
<b>Percentage of marks in PUC</b>		
50-60%	07	8.0
61-70%	23	26.4
71-80%	34	39.2
81% above	23	26.4
<b>First year result</b>		
Passed	65	74.7
Failed	07	8.0
Paperback in any subject	15	17.3

The self-esteem of the participants was assessed using Rosenberg Self Esteem Scale. According to the score the subjects were categorized as below 15 as low self-esteem and higher scorers were considered as high self-esteem.

Fig. 2 shows that out of 87 participants 30 (34.50 %) of the participants have low self-esteem and the rest 57 (65.50 %) have high self-esteem.

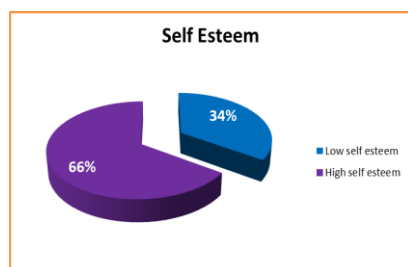


Fig. 2: Pie diagram showing the frequency and percentage of self-esteem among the undergraduate nursing students

Table 2: Mean Standard deviation, Mean difference t-value and p-value of pretest & posttest values of self-esteem (n=30)

Stress	Mean	Mean difference	SD	S.E	t	df	p value
Pre test	12.50	15.97	1.306	0.546	14.724	29	0.001*
Post test	20.53		3.08				

\*significant

#### Effectiveness of SEP in terms of gain in self-esteem

In order to find the effectiveness of SEP on self-esteem the following null hypothesis was stated.  $H_{01}$ : There will be no significant difference between the mean pre-test and post-test self-esteem scores of undergraduate nursing students. To select appropriate test for hypothesis testing, normality of data was checked using Shapiro-Wilk test. Since it was normally distributed, parametric Paired t test was preferred.

The data presented in the table 2 indicates that the obtained t value was 14.724 and p value 0.001. Hence the null hypothesis  $H_{01}$  was rejected and it is interpreted that self-esteem has significantly improved compared to the pre-test. Thus it can be concluded that SEP is effective in terms of improving self-esteem among undergraduate nursing students.

## Discussion

The findings the study have been discussed with reference to the objectives, hypotheses, and findings of the other studies.

In the present study out of 87 (65.50%) students 30 (34.50%) students have found to have low self-esteem. This findings support the reports of another study conducted by 24. Bernard P, Hebden U, Edwards D in Wales in the year 2000 among community mental health nurses to determine self-esteem, level of stress, coping and burnout in community mental health nurses Result showed that large group of community mental health nurse (40%) were found to have low self-esteem.<sup>5</sup>

The present study concludes that Self Enhancement Programme was effective in improving self-esteem among nursing students  $t=14.724$   $p=0.001$ . This finding is supported by a study done by Sing and Farquhar in Angelo State University, US. Self Enhancement program using Personal Development course materials was used to promote sense of self-esteem in school students with low self-esteem. Compared to the control group, treatment group showed significantly greater positive change from pre-test to post-test in SEI scores.<sup>6</sup>

## Conclusion

SEP is an effective intervention in improving self-esteem of undergraduate nursing student. A comparative study can be done among all the years of the student from first year to final year.

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