

Goodness of Fit Index of Clinical Nursing Competence Self-Assessment and Outline of the Physical and Mental Problems of the Student Society

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ABSTRACT

To assess the psychosocial adjustment problems faced by the first year B.Sc nursing students in selected College of Nursing, Chennai. To find the association between selected demographic variables and the psychosocial adjustment problems among the first year nursing students in selected college of nursing, Chennai to associate mean score on psychosocial adjustment with selected demographic variables. A study conducted to identify stressful events experienced by first year nursing students especially in the clinical setting and their coping strategies and found that the most frequently reported stressful event was developing interpersonal relationships dealing with 'patients emotional problems, evaluation in clinical area, conflicts between what was taught in the nursing school or college'. Students have homesickness, somatic complaints and adjustment problems in hostel were very common in the female students, whereas many male students expressed a desire to quite the programme, because they felt the profession was not meant for them as it is a female dominated profession they were there simply because of pressure from parents who had managed to secure them a seat with the hope that they would go abroad and make a comfortable living completion of the course.

Key words: Population, Broken family, Nuclear family, Political, Social force

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INTRODUCTION

A number of cultural, technological, political, and social forces are shaping the destiny of the nursing profession. Students entering in the nursing profession [or] called upon to equip themselves with adequate competencies to meet the challenging advances that are occurring in the profession and in health care setting. Healthy, committed, and competent nurses will then contribute their potentials in attainment of the goal 'Health for all' [1]. Students nurse are exposed to a wide range of academic and clinical demands in an increasingly crowded curriculum. Perhaps as a result, many student nurses (up to 67% or beyond) report significant levels of distress [2]. As per as the Indian youth are concerned they are dominated mainly by the parents and elders in the family. All the important decisions pertaining to their life are taken by them. This in turn can treat a stressful situation for the students, ultimately influencing their personality and behavior [3,4].

Thus college students need to meet successfully the inner and outer demands for the effective completion of their learning. Failure to do this well learn them to adjustment problem, it directly and indirectly affects their academic

performance [5]. Students can be considered as maladjusted and well adjusted. This can be done on this basis of their relationship with the environment and the self. Maladjusted persons have problems with his environment. Good overall adjustment and a sense of wellbeing are very crucial factors in providing positive contribution to the society. When there are problems in the adjustment it well leads to stress, stress is an all pervading phenomenon in life. If a person is able to deal effectively with a difficult situation, the amount of stress he or she may be facing is less. Some events may perceive in different people it depends upon the coping resources they use to solve the problems [6]. Several factors can affect academic performance of college students. The present study was to examine the effect of psychosocial adjustments.

Nursing students are in the developmental phase of adolescence or young adulthood they are in crisis state where they have to face significant changes in their living circumstances entering world of nursing presents students with an array of changes still in their teens they are asked to change both from adolescent to adult and from lay person to professional. The student nurse is entering a vocation where she has to deal with many kinds of people, so it is necessary that she is well prepared from the same [7]. Today's nursing students are tomorrow's

nurses" Nurses are expected to provide holistic care to individuals and families. In the course of training to be a nurse, the student is exposed to a multitude of stressors. Conducted a study on psycho social and educational problems for under graduate university nursing students this study of a representative sample of 1257 first year the study aimed to determine psychosocial and educational problems for under graduate university student A descriptive exploratory design was utilized in this study setting. The study was structured questionnaire include socio demographic characteristics including students age, sex, academic year. Second Kessler psychological distress Scale. It was used to measure of student distress, social, psychological and educational problems. Undergraduate nursing students have educational, social problems and psychological distress in addition a lot of psychological problems as anxiety, depression & academic problems.

They have to take up the responsibility for giving patient care in various situations adolescents who are healthy want to help others and want to assume responsibility. For this these adolescent students for nursing should have good adjustment among themselves and to the environment [8-11].

A study conducted to identify stressful events experienced by first year nursing students especially in the clinical setting and their coping strategies and found that the most frequently reported stressful event was developing interpersonal relationships dealing with 'patients emotional problems, evaluation in clinical area, conflicts between what was taught in the nursing school or college [12,13]. Students have homesickness, somatic complaints and adjustment problems in hostel were very common in the female students, whereas many male students expressed a desire to quite the programme, because they felt the profession was not meant for them as it is a female dominated profession they were there simply because of pressure from parents who had managed to secure them a seat with the hope that they would go abroad and make a comfortable living completion of the course.

MATERIALS AND METHODS

This chapter comprise of research approach and design, variables, research settings, population, sample, sample size, sample technique, criteria for selection, description of tool, ethical consideration procedure for data collection and plan for data analysis.

Research approach

A quantitative approach was for assessing psychosocial adjustment problems of adults in selected college.

Research design

The research design adapted in this study was descriptive research design.

Demographic variable

Age, religion, number of sibling, birth order ,type of family, medium of instruction, type of accommodation.

Setting

The study conduct in 38 students from 1st Year B.Sc Nursing were Balaji hospital college of nursing , Kancheepuram district selected as samples setting was chosen on the basis of feasibility in terms of availability of adequate samples and the cooperation extended by the management.

Accessible population constitutes of all adult who were available during data collection period in selected college, kancheepuram district.

Sample

Study sample comprise of all the adult who fulfilled the inclusion criteria.

Sample size

The sample size for this study is composed 38 members only.

Inclusion criteria

B.Sc Nursing 1 year student.

Exclusion criteria

Adult who are absent during the time of data collection.

Description of tool

After an extensive review of literature and discussion with the experts the following tools are prepared to collect data.

Section A: Demographic variables consist of age, Religion, Number of siblings, Birth order, Types of family, Medium of instruction, Types of accommodation.

Section B: Self structured Tool to assess the level of psychosocial adjustment problems.

Ethical considerations

The study was conducted after the approval of the Institutional Ethical Committee of Balaji hospital and College. BIHER informed consent was obtained from each study participant after giving full information about the study. Anonymity was assured to each participant and maintained by the researcher.

Statistical analysis

Collected data was analyzed by descriptive statistics. The descriptive statistics included mean percentage to assess the psychosocial adjustment problems among 1st year B.Sc (Nursing) students. Chi-square was used to find out association between psychosocial adjustments problems among 1st year B.Sc (Nursing) students with selected demographic.

RESULTS

Data collected from 38 Adolescents in selected college from Balaji hospital, to assess the knowledge of psycho social adjustment problem among adolescents have been

analysed and tabulated according to plan for data analysis and are interpreted under the following headings (Table 1).

Table 1: Frequency and percentage distribution of demographic variables of ^3% N10& N= 38.

S.no	Demographic variables	Selected Group		
		Frequency	Percentage	
1	Age	17 years	1	2.63%
		18 years	29	76.31%
		19 years	8	21%
		20 Years	0	-
2	Religion	Hindu	31	81.50%
		Christian	5	13.10%
		Muslim	2	5.20%
		Others	0	0%
3	Number of siblings	One	8	21%
		Two	17	44.70%
		Three & above	9	23.68%
		None	0	0%
4	Birth order	First	19	50%
		Second	11	28.94%
		More than two	8	21.05%
5	Types of family	Nuclear	27	71%
		Joint	7	13.42%
		Broken	4	10.52%
		Single parent	0	0%
6	Medium of instruction	Tamil	24	63.15%
		English	13	34.21%
		Malayalam	1	2.63%
7	Types of accommodation	Home	23	60.52%
		Hostel	15	39.47%

With regards to age in study group the adult 29 (76.31%) were 18 years, 8 (21%) were 19 years, and 1 (2.63%) were 17 years. In term of religion, in study group the adolescents 31 (81.5%) were Hindu, 5 (13.1%) were Christian, 2 (5.2%) were Muslim, and 0 (0%) was others. With respect to no of siblings in study group 17 (44.7%) were had two, 9 (23.68%) were had three and above, 8 (21%) were had one, and 4 (10.52%) were had none. In term of birth order in study the adolescents 19 (50%) were first, 11 (28.94%) were second, and 8 (21.05%)

were more than two. In term of family type in study group the adolescents 27 (71%) were nuclear family, 7 (13.42%) were joint family, 4 (10.52%) were single parent family, and 0 (0%) were broken family. With respect to medium of instruction in study group the adolescents 24 (63.15%) were Tamil, 13 (34.21%) were English, 1 (2.63%) were Malayalam. With respect to type of accommodation in study group the adolescents 23 (60.52%) were Home, 15 (39.47%) were Hostel (Table 2).

Table 2: Association of pre-test level of psychosocial adjustment with their selected demographic variables in study group.

s no	Demographic variables		Psychosocial adjustment category				Chi square
			Not adjusted	Adjusted to some extend	Moderately adjusted	Well adjusted	
1	Age	17 years	10	0	0	1	X2=0.15 df=9
		18 years	0	0	8	21	P=16.52
		19 years	0	0	2	6	
		20 years	0	0	0	0	
2	Religion	Hindu	0	0	7	24	X2=3.15 df=9
		Christian	0	0	2	4	p=16.52
		Muslim	0	0	1	0	
		Others	0	0	0	0	
3	Number of siblings	One	0	0	2	8	X2=2.61 df=9
		Two	0	0	6	10	p=16.52
		Three & above	0	0	2	6	
		None	0	0	0	4	
4	Birth order	First	0	0	6	13	X2=6.416 df=6
		Second	0	0	0	11	p=12.59
		More than two	0	0	4	4	
5	Types of family	Nuclear	0	0	6	21	X2=1.21 df=9
		Joint	0	0	3	4	p=16.52
		Broken	0	0	0	0	
		Single parent	0	0	1	3	
6	Medium of instruction	Tamil	0	0	4	20	X2=4.01 df=6
		English	0	0	6	7	p=12.59
		Malayalam	0	0	0	1	
7	Types of accommodation	Home	0	0	6	17	X2=0.001 df=3
		Hostel	0	0	4	11	P=7-82

*significant at p<0.05; **highly significant at p<0.01; ***very significant at p<0.001

The analysis reveals that there is no significant associations of any demographic variables

DISCUSSION

This chapter deals with the discussion of the results of the data analyzed based on the objectives of the study. The problem stated is "Pre experimental research study on a descriptive study to assess the psychosocial adjustment problems among 1st year B.Sc Nursing students in selected college of nursing. The research design adopted in the study was pre experimental. It was decided to do the study with 38 samples. The study was done among adult in selected College of Nursing, Chennai. With regards to age in study group the adolescents 29 (76.31 %) were 18 years, 8 (21%) were 19 years, 1(2.63%) were 17 years, and 0 (0%) were 20 years. In term of religion, in study group the adolescents 31 (81.5%) were Hindu, 5 (13.1%) were Christian, 2 (5.2%) were Muslim, and 0 (0%) were others. With respect to no of siblings in study group 17 (44.7%) were had two, 9 (23.68%) were had three and above, 8 (21%) were had one, and 4 (10.52%) were had none [14,15].

In term of birth order in study the adolescents 19 (50%) were first, 11 (28.94%) were second, and 8 (21.05%) were more than two. In term of family type in study group the adolescents 27 (71%) were nuclear family, 7 (13.42%) were joint family, 4 (10.52%) were single parent family, and 0 (0%) were broken family. With respect to medium of instruction in study group the adolescents 24 (63.15%) were Tamil, 13 (34.21%) were English, 1 (2.63%) were Malayalam. [16] With respect to type of accommodation in study group the adolescents 23 (60.52%) were Home, 15 (39.47%) were Hostel.

Psychosocial adjustment problems can be defined as the adaptive task of managing upsetting feelings and frustrations aroused by the illness, and preserving an emotional balance. If people experience psychosocial problems, it may lead to maladaptive, unhealthy interpersonal networks, human relationships, social connection, and social malfunctioning. Adjustment to and within self means self-understanding and acceptance, a proper insight into needs, attitudes and values,

overcoming emotional difficulties and maintenance of health and personal hygiene [16-18].

CONCLUSION

The present study assesses the psychosocial adjustment problem among adults in selected college.

The result of the study concluded that there was lesser psychosocial adjustment problem among the adults.

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ETHICAL APPROVAL

The study was approved by the Institutional Ethics Committee.

CONFLICT OF INTEREST

The authors declare no conflict of interest.

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