

Self concept and academic achievements among nursing students

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Abstract: In teaching and learning, it is obviously observed that the students who have positive self concept; are actively involved in the learning process. While other students who are quite passive and quiet. This situation occurs because their action is influenced by the students' self concept. Thus the aims of the current study are to investigate the self concept and its relation with the academic achievement among nursing students. **Study design:** A descriptive study **Subject:** A total subjects of 200 students were recruited in this study enrolled in first, second and third year at college of health science (Nursing). **Setting:** the current study conducted at college of health science –nursing department at Yanbu Cambous, Taibah University, Saudi Arabia during the 2nd semester of the academic year 1430-1431h. **Tools:** Structured interviewing questionnaire were designed by the researchers to collect the socio- demographic data as : age , educational level , marital status etc ..And ,Tennessee self- concept scale. It consists of 100 self descriptive statements. **Results:** Findings from the study show that statistically significant relation was found between students' academic achievement and the self –concept level. **Conclusion & recommendation:** This study Strengthen the importance of enhancing the value of self concept as one of the most important requirements of the professional graduate nurse in all nursing educational institutions [Essmat Gemeay, Sahar Behilak, Amal Kanona and Essmat A. Mansour. **Self concept and academic achievements among nursing students.** *Life Sci J* 2013;10(1):1466-1470] (ISSN:1097-8135). <http://www.lifesciencesite.com>. 217

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1. Introduction

Self concept is broadly seen as the image that the person hold about himself, It usually includes : attitudes , feelings and knowledge about abilities, skills appearance and social acceptability. It is a multi-dimensional construct that refers to an individual 's perception of self in relation to a number of academic and non academic characteristics ⁽¹⁾, In which no characteristic exist in isolation as one's self concept is a collection of beliefs about oneself^(1,2). Despite differing opinions about the onset of self concept development, researchers, agree on the importance of one's self concept, influencing people's behaviors, cognitive and emotional outcomes including but not limited to academic achievements ^(3,4).

Previous studies has found that self concept has a significant influence on student's outcome and achievements, in which student's achievement is the outcome of education, it is the extent to which a student, teacher or institution has achieved their educational goals^(5,6). There is no agreement on how the academic achievement is best tested or which aspects are most important, But, it is commonly measured by examination or continuous assessment⁽⁶⁾. In addition the student's perception of the fit between their self concept and academic demand are

important for learning outcomes ^(2,5). Indeed self concept researcher have found a relationship between the students describe themselves and their academic performance ⁽¹⁾.

From an a practical view , it was founded that , both self concept and academic achievement can influence each other , Therefore , It can be stated that, self concept is critical and central variable in human behaviors . Individuals with positive self concept are expected to function more effectively, this is evident in interpersonal competence, intellectual efficiency and environmental mastery .In contrast, negative self concept is correlated with personal and social maladjustment ⁷.

Self concept is mentioned frequently in nursing literature and there is a strong view emerging that one of the nursing future strengths lies in its ability to improve its self concept , It is believed that , nursing students usually face many issues that may foster the student's self concept , this may be related to : nursing image , teaching program and teaching methods , as a consequence for the previous effect of self concept, a noticeable effect on academic achievement can be observed in nursing education ⁽⁶⁾

Regardless of the casual relation between self concept and student's academic achievement , It is important in nursing education to keep in mind the

both .Nursing students often work with vulnerable clients who are in need of strong support persons to advocate and assist them to manage with their own health , and these students must be prepared and ready to assume their role with confidence and competence .Moreover , positive teacher –students relationship inside and outside the classroom can improve student's self concept and can facilitate learning processes. On the other hand , nursing instructor must provide learning experience and facilitate teaching skills that enhance the self esteem and concept which in part will affect the student's academic achievements and will result in a future efficient nurse^(8,9).

Therefore It is, important to investigate the relationship between self-concept and academic achievement in order to rescue those students who may be victims of their own negative beliefs about themselves.

Aim of the study:

The aims of the current study are to investigate the self concept and its relation with the academic achievement among nursing students.

2. Methodology

The researchers' hypothesis that there is a relation between self concept and academic achievement.

Research question :

Does positive self concept improve student's academic achievements?

A total sample of 200 students were recruited in this study enrolled in first, second and third year at college of health science (Nursing).

A descriptive study was conducted at college of health science –nursing department at Yanbu Cambous, Taibah University ,Saudi Arabia during the 2nd semester of the academic year 1430-1431h.

Structured interviewing questionnaire were designed by the researchers to collect the socio-demographic data as : age , educational level , marital status etc ...And ,Tennessee self- concept scale , A scale developed by **Fitts and Warren 1969** ⁽¹⁰⁾to measure self – concept . It consists of 100 self descriptive statements to which the subjects respond on a 5 point response, a scale ranging from completely agree to completely disagree statements . The one hundred statements contain 10 items for self criticism while the other 90 statements measure 5 aspects of self concept namely ; body image , social self , family self personal self and ethical self.

Data were collected by the researchers after obtaining an official consent from the dean of the college and also from the students participating in the study.

Students were interviewed on individual base, the time needed to fill out the questionnaire was 30 minutes .

Students performance and acheivemniets were collected from the students files from the student's affaire department .

The data were organized , tabulated and statistically analyzed using SPSS soft ware statistical computer package version 12. The number and percent distribution of each observation was calculated , chi square and t test was performed .

The study protocol was approved by pertinent research and ethical committees. Informed consent was taken from every the dean of college and student before inclusions in the study. No hazards were present. Participants were assured that all their data are highly confidential, anonymity was also assured through assigning a number for each student instead of names to protect their privacy .Data was only available to the researchers and participants.

3. Results

Table (1) :Socio demographic Characteristics of the subjects

Variables	Number	Percent
Age		
18-	61	30.5
20	99	49.5
22	36	18
< 24	4	2
Residency		
With Family	182	91
Student's Housing	18	9
Marital Status		
Marred	29	14.5
Single	170	85
Divorced	1	0.5
Family income		
Satisfying	186	93
Not Satisfying	14	7

Table (2) : Academic data of the studied subjects

	Number	Percent
Academic year		
First year (freshmen)	72	36
Second year (soft more)	42	21
Third year (senior)	86	43
Academic Achievement		
Bad (late subjects)	46	23
Satisfactory	24	12
Good	29	14.5
Very good	72	36
Excellent	29	14.5
Program satisfaction		
Satisfied	131	65.5
Not Satisfied	69	34.5

The current table (2) demonstrates academic data of the subjects. 43% of studied subjects were in third year . Regarding Academic achievements the studied

subjects had (14.5%) either good or excellent .While two third (65.5%) of studied subjects are satisfied with program.

Table3:-Percent distribution of subjects in according to self – concept level

Score	Low (negative)		Moderate		High (positive)	
	N	%	N	%	N	%
Self Concept	76	38	79	39.5	45	22.5

The above table (3) presents the distribution of the subjects according to their level of self concept , it showed more than one third of the subject (39.5 %)

were in the moderate level of self concept ,While less than one quarter (22.5%)were in the high level of self concept .

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Figure (1) shows factors affecting student's decision to study nursing .67% from students study nursing because of their interest while only 20% of subjects study nursing because of their grade in secondary school.

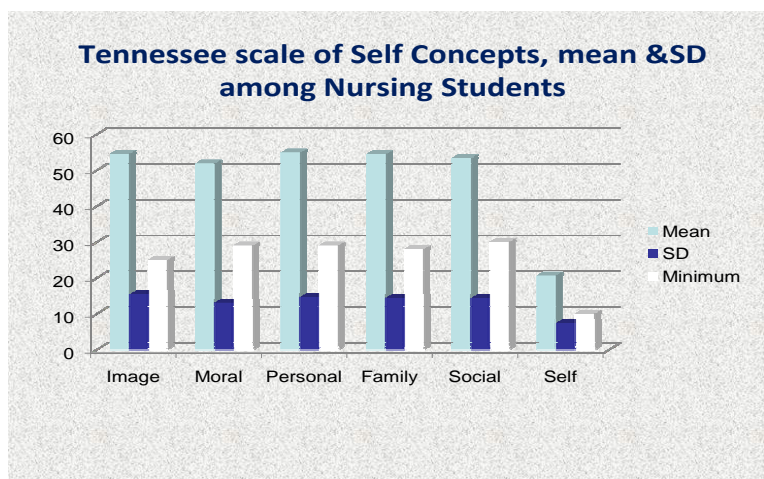


Figure (2):

Table 4:

Students' satisfaction	Self Concept						X	P
	Low		Moderate		High			
	n	%	N	%	n	%		
Not Satisfied	67	88.2	1	1.3	1	2.2	1.562	0.000
Satisfied	9	11.8	78	98.7	44	97.8		
Total	76	100	79	100	45	100		

This table(4) demonstrates correlation between program satisfaction by students and self

concepts. (97.8%) from satisfied students were highly self-concept, while (88.2%) from non satisfied

students were low self-concept This relation were significant.

Table5:-Correlation between Students' Academic Achievement and Self Concept

Academic Achievement	Self Concept						X	P
	Low		Moderate		High			
	N	%	N	%	N	%		
Bad	44	57.9	2	2.5	0	0	1.539	0.000
Satisfactory	22	28.9	1	1.3	1	2.2		
Good	8	7.9	119	24.1	4	9.9		
Very good	3	3.9	41	51.9	28	62.2		
Excellent	1	1.4	16	20.2	12	26.7		
Total	76	100	79	100	45	100		

Table(5) illustrates that more than half of the sample (57.9%) were in low level of self concept and their academic achievement were bad , While 62.6% and 26.7% were in high level of self concept and their academic achievements were very good and excellent respectively .

Statistically significant relation was found between students' academic achievement and the self –concept level.

4. Discussion:

The purpose of undergraduate nursing education is to help students in acquiring the unique knowledge , skills and attitudes of the profession ⁽¹¹⁾.During the process of teaching , students form perception of their professional role. These perceptions are known as a professional or nurse self concept ⁽¹²⁾. Developing a healthy self concept is important because it empowers nurses to positively affect patient's care and may moderate the effects of a stressful work environment ⁽¹³⁾.

Current study was carried out in an attempt to investigate the self concept among nursing students in Saudi Arabia and its effect on the academic achievements.

Results of the present study revealed that more than one third of the studied sample were in the low and moderate level of self concept while only near to one quarter of the subjects were in the high level of self concept , this finding comes in the line with Ware ⁽¹⁴⁾, who stated that that students enter nursing school with the foundation of a nurse self concept that has arisen from life experiences , personal philosophies , role models and religious believes which leads to decrease the level of self concept, also it may be due to the age span of the subjects which affect the psychological and behavioral responses of the subjects and as a consequence affect the self esteem and self concept ⁽¹⁵⁾.

Another significant finding of this study is that students have bad and satisfactory grades were in the low level of self concept than the other students who obtained excellent grades, this findings is supported by the results of other researchers, who

found that academic self concept and academic achievement are strong predictors of each other, Individuals with a low academic self concept have shown low commitments to school. ⁽¹⁶⁾

The current study also supported the strong relation between the program satisfaction and the level of self concept, we can easily notice that the majority of the program dissatisfied subjects were in the low level of self concept ,In contrast the majority of satisfied subjects were in the high level of self concept this finding is in agreement with Milisen **et al** ⁽¹⁷⁾, who found that the nursing educational program can be considered as a predictor for professional nursing self image. .Moreover Catherine Mc **and Timmins** ⁽¹⁸⁾) and others⁽¹⁹⁾, stated that , students who were satisfied with their education had higher self concept than those who were not satisfied.

Conclusion

This study concluded that , there was a significant relationship between self concept and both academic achievements and educational program satisfaction .

Recommendation

Current study recommended that:

- The study should be replicated in different colleges and regions.
- Strengthen the importance of enhancing the value of self concept as one of the most important requirements of the professional graduate nurse in all nursing educational institutions.

Limitations of the study

The current study is conducted in one setting, So it is difficult to generalize the results.

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