



## A STUDY ON THE SELF-ESTEEM AND EMOTIONAL COMPETENCE AMONG NURSING COLLEGE STUDENTS

**Dr. Darsana B. G.**

Assistant Professor, GCTE, Thycaud, Thiruvananthapuram, Kerala.

### ABSTRACT :

*Self-esteem is a person's overall sense of self-worth or personal values and Emotional competence describes the ability a person has to express his or her own emotions with complete freedom. The aim of the present study is to assess the self-esteem and emotional competence among nursing college students. The sample of the study includes 80 nursing college students from Pathanamthitta district and the sample is selected using random sampling method. The results indicate that the sample of the study had good self esteem and emotional competence as per the standard interpretation of the scoring scales used for the study. The findings showed that there is a strong positive relationship between self esteem and emotional competence among the samples.*



**KEYWORDS :** *Self-esteem , emotional competence , standard interpretation.*

### INTRODUCTION

Self-esteem and emotional competence are the most important factors in mental health that plays an important role in promotion of mental health. An important aspect of nursing education is the development of non-cognitive skills such as self-esteem and emotional competence from college students. It is expected that the self-esteem and emotional competence of nurses partially shapes during nursing education. The overriding need of professional proficiency across a wide range of careers has resulted in the need for Universities to plan and provide education and training which is tailored to the diverse needs of each profession. Within nurse education specifically, in order to gain the skills required to work as a registered nurse in the hospital, teaching and learning needs to take place in contextually relevant faculties, which facilitate the development of the required skills and the self-esteem of the learner. Nursing is a profession with a particular body of knowledge which is drawn from the social, behavioural and physical sciences. Considering the importance of the concept of self-esteem in relation to academic study, this study focuses the unique context of nursing education in relation with the variables self esteem and emotional competencies.

### NEED AND SIGNIFICANCE OF THE STUDY

In recent years, the nursing profession has experienced increased workplace stress related to the physical and psychological demands of complex patient care. New graduate nurses are often faced with a stark disconnect between the protected student environment and the reality of the job. Turnover rates for nurses post-graduation are escalating; several studies and theorists have also focused on the importance of

emotional competence as an intrinsic leadership quality. Developing self-confidence is also an important quality of nursing students, particularly when caring for people whose situations are uncertain or whose prognoses are unclear. Patients and clients seek confidence and control in turbulent times. It is important for nursing students to be calm, decisive and reassuring. Thus it is the need of the hour to consider the importance of nursing services in any health system, it is to be designed to strengthen and empower nurses. The present study is an important addition in growing body of previous existing literature on self-esteem and emotional intelligence among nursing college students. It explains the relationship between emotional competence and self-esteem and reveals individual who are more emotionally competent have a positive sense of self-worth and have high self-esteem.

### OBJECTIVE OF THE STUDY

- To find out the relationship between self-esteem and emotional competence among nursing college students.

### HYPOTHESIS

- There is no significant relationship between self-esteem and emotional competence among nursing college students.

### METHODOLOGY

Survey method was used. The total sample size was 80 from 2 different nursing colleges. The psychological tools used in the study are the Rosenberg self-esteem scale and Dr R.I. Bharadwaj to assess the self-esteem and emotional competence of the participants. Mean, SD and r-value were used for data analysis.

### ANALYSIS AND INTERPRETATION

**Table 1: Descriptive Statistics of Self-Esteem and Emotional Competence**

Variables	Mean	Median	Mode	SD
Self Esteem	19.57	19	18	2.76
Emotional Competence	97.94	97	99	6.86

Table-1 depicts that the mean, median, mode and standard deviation of self-esteem are 19.57, 19, 18 and 2.76 and emotional Competence are 97.94, 97, 99 and 6.86 respectively. It can be seen that there is not much variation between the GNE values of mean, median, mode and standard deviation of self esteem and emotional competence.

**Table 2: Score of Self-Esteem College Wise**

S.No.	Name of the Nursing College	Mean	SD
1	Chita College Of Nursing , Pandalam	19.9	2.77
2	MGM Muthoot College Of Nursing, Pathanamthitta	19.2	2.75

Table-2 shows that the values of mean and standard deviation of self esteem score of Chitra College of Nursing Pandalam and MGM Muthoot College of Nursing, Pathanamthitta. It indicates that the mean and standard deviation of self-esteem score of students in Chitra College of Nursing is 19.9 and 2.77, And MGM Muthoot College of Nursing, Pathanamthitta is 19.2 and 2.75 respectively. It can be ascertained that the self-

esteem scores of the nursing students are almost similar in both colleges. The students have good self-esteem level.

**TABLE 3: THE SCORE OF EMOTIONAL COMPETENCE**

S.No.	Name of the College	Mean	SD
1	Chitra College Of Nursing , Pandalam	98.9	8.62
2	MGM Muthoot College Of Nursing, Pathanamthitta	97	4.35

Table-3 indicates that the values of mean and standard deviation of Emotional competence score of Chitra College of Nursing Pandalam and MGM Muthoot College of Nursing, Pathanamthitta. It indicates that the mean and standard deviation of emotional competence score of students in Chitra College of Nursing is 98.9 and 8.62, and MGM Muthoot College of Nursing, Pathanamthitta is 97 and 4.35 respectively. It can be ascertained that the emotional competence scores of the nursing students are almost similar in both colleges. The students have good emotional competence level.

**Table 4: Relationship between Self Esteem And Emotional Competence**

Variables	N	Mean	SD	r-value
Self Esteem	80	19.57	2.76	0.51
Emotional Competence	80	97.94	6.86	

From Table-4, the calculated r-value is 0.51 and it denotes that there is a positive correlation exists between the variables. And the above findings indicate that there is a positive relationship between self esteem and emotional competence among nursing college students of Pathanamthitta district. Thus the hypothesis *there is no significant relationship between self-esteem and emotional competence among nursing college students* is rejected.

## CONCLUSION

Self-esteem and emotional competence is the ability to accept oneself and others on their personal conditions, adapt to and manage emotional feelings, and help to deal with the demands and challenges of life. Regarding the role of self-esteem and emotional competence professionalization of nursing students and its relationship with psychological consequences, it seems that nursing educators should pay more attention to issues of self-esteem and emotional competence in nursing students. The present study is to find out the self-confidence level and emotional competence score of the nursing college students and investigate into the relationship between the two, if any. The score indicates that the self-confidence and emotional competence of the students are in the same band and it does not vary much between the nursing college students. The main emphasis of the study was to search for the existence of any relation between self-confidence and emotional competence of the students. It is found that there exists a strong positive near linear relationship between the two. Thus the hypothesis set for the study that there will be significant relationship between self-confidence and emotional competence among the nursing college students is accepted.

## REFERENCES

1. Adolphs, R. (2009). The social brain neural basis of social knowledge. Annual Review of Psychology, 60, 693-716.

2. Baumeister, R.F., Campbell, J.D., Krueger, J.I. & Vohs, K.D. (2003). Does High Self-Esteem Cause Better Performance, Interpersonal Success, Happiness or Healthier Lifestyles? *Psychological Science in the Public Interest*, 4 (1), 1-44. Doi: 10.1111/1529-1006.
3. Catherine E. Ross, Beckett Broh, (2000). A study on the role of Self-Esteem and the Sense of Personal Control in the Academic Achievement Process. *The Journal of Nursing*.
4. Decker, P.J. (1999). The Hidden Competencies of Healthcare: Why Self-Esteem, Accountability, and Professionalism may affect hospital customer satisfaction scores. *Hospital Topics*, 77(1), 14-26.
5. Farshid Shamsaei, Foad Yousefi, & Amir Sadeghi. (2016). Relationship between Emotional Intelligence and Self-Esteem in Bachelor Students of Nursing and Midwifery Schools in Hamadan. *Avicenna J Neuro Psych Physio*, 4(1).