

CLINICAL SELF EFFICACY AMONG FINAL YEAR NURSING STUDENTS - A CROSS SECTIONAL SURVEY

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Abstract

The researchers conducted A Cross Sectional Survey To Assess The Clinical Self Efficacy Among Final Year Nursing Students In Selected Nursing Schools Of Varanasi, India with the objectives to find the level of self-efficacy among the research participants. The study was conducted among 150 purposefully selected final year nursing students of the selected nursing schools in Varanasi India. The levels of clinical self-efficacy were collected using a standardized tool. After organizing and analysing the data the study shows that Out of the 150 sample, 75.3% of the study participants were 19-22 years, 47.3% of the study samples parents were graduate, 34% of the parents of the study participants owned their business, 82.7% of the study sample were female, 96.7% of the study participants were Hindus and 81.3% of the study participants were unmarried. Out of the 150 study participants 6% of the students had very poor self-efficacy, 14% of the students had poor self-efficacy, 16.66% of the students had moderate self-efficacy, 28% of the students had good self-efficacy and 35.33% of the students had very good self-efficacy on their clinical practice. The study concludes that the need for imparting knowledge on the clinical aspects of the nursing and improving the skills of the nursing students is important yet to motivate the students in their self confidence that they could give best nursing care during their clinical training period is the need of the hour

Keywords: Clinical Self Efficacy, Nursing, Nursing students.

INTRODUCTION

Nursing education is a process by which theoretical and practical frameworks are combined to prepare adult learners for practice as professional nurses (Adams, 1999; Hatlevik, 2012, McNamara, 2000). Nursing education must constantly evolve to meet the needs of students, and provide a solid foundation for subsequent practice (Lindeman, 2000). Clinical education is provided through clinical and simulation experiences, which place students in supported roles with clinical educators and practicing nurses, allowing students to practice in a manner expected upon graduation (Hunsberger, et al., 2000). Many programs introduce an additional

component, a senior practicum experience including a one-on-one preceptorship with an experienced nurse in a variety of settings, and simulation with high fidelity mannequins for a specific number of hours (Luhanga, Billay, Grundy, Myrick, & Yongeyy, 2010). This capstone course allows student learners to progress to a level of independence and knowledge that is necessary for the transition to professional nursing (Billett, Cross, Newton, Ockerby, & White 2011, Udliis, 2008;).

However, relatively little empirical evidence about the advantages of this method of nursing education exist (Udliis, 2008). This pilot study examined the value of simulation as part of a senior capstone experience in baccalaureate nursing education. The focus of the study was student perceptions of their preparation for professional practice related to self-efficacy as they progressed through simulation experiences as part of the BSN programs Capstone simulation experience. Additionally, the relationship between stress and self-efficacy was explored.

The Concept of Self Efficacy According to Albert Bandura (1994), self-efficacy is defined as "the belief in one's capabilities to organize and execute the courses of action required in managing prospective situations" (quoted by Pajaras, 1996, p. 543) Simply stated, self-efficacy is the confidence in one's ability to complete a task or reach a goal successfully. Higher self-efficacy is associated with greater self-motivation, commitment to learning and overall success (Sinclair & Ferguson, 2009). Both motivation and commitment to learning are significant factors in helping new graduate nurses overcome the hurdles of nursing and succeed in the nurse role.

However, Carlson, Kotze and Van Rooyen (2005), found that senior nursing students experience low levels of reported self-efficacy and confidence in both skills and the application of theoretical frameworks in clinical practice. One way to increase self-efficacy among nursing students is through high fidelity simulation. "Simulation in nursing provides students the opportunity to expand the boundaries of conventional learning from an instructional paradigm to a blending of modalities that enrich the student experience and provide an avenue for self-determined learning" (Cardoza & Hood, 2012 p. 142-147). As can be seen, simulation, such as that incorporated into the Senior practicum course at a Southeastern Tennessee university's BSN Program, has the potential to increase confidence levels among senior nursing students and ease the transition into professional practice, increasing not only self-efficacy, but also success as a new graduate.

METHODOLOGY

The researchers conducted A Cross Sectional Survey To Assess The Clinical Self Efficacy Among Final Year Nursing Students In Selected Nursing Schools Of Varanasi, India with the objectives to find the level of self-efficacy among the research participants. The study was conducted among 150 purposefully selected final year nursing students of the selected nursing schools in Varanasi India. The levels of clinical self-efficacy were collected using a standardized tool. On calculating the sample size with one sample study method (dichotomous) with confidence level 95%, Margin of error 7%, Population Proportion 40%, and a population size 700, the sample size was calculated to 149 samples with 10% attrition rate the sample size was finalized to 143±10 samples. Around 150 samples were conveniently selected for the study after obtaining informed consent from the study participants. The study got approved from the institutional ethical committee (Ethical Approval letter no. API/ACN/Misc/2019-2020/359). After an extensive literature review survey questions were formulated and organized in clinical self

efficacy. Before administering the questionnaire to the study population, the face validity of the questionnaire was ensured by a committee of experts in research methodology, Medical Surgical, Community and Clinical Nursing Head. A pilot study was conducted on 30 pilot participants for ensuring the clarity and reliability of the questionnaire. Cronbach's alpha was used to evaluate the reliability which was found to be > 0.68 . The researchers randomly approached the subjects in each department and distributed the questionnaires. Complete anonymity was maintained to protect participants' identity and to ensure confidentiality of data.

Before the collection of data, permission was obtained from the principal of Apex College of Nursing and other Nursing colleges of Varanasi District. The researchers then introduced themselves, took required oral and written consent from the study samples and gave instructions regarding tool. Each sample was given 20- 30 minutes to complete the questionnaire. Data analysis – The data was summarized, organized, tabulated & analyzed according to the objectives of the study by using descriptive (frequency and percentage) statistics.

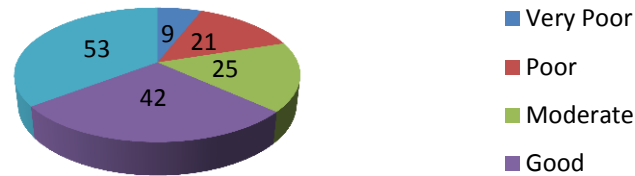
RESULTS

Data were collected, organized and analyzed according to the objectives laid down by the researchers. Out of the 150 sample, 75.3% of the study participants were 19-22 years, 47.3% of the study samples parents were graduate, 34% of the parents of the study participants owned their business, 82.7% of the study sample were female, 96.7% of the study participants were Hindus and 81.3% of the study participants were unmarried.

TABLE:1 - Distribution Of Demographic Variables				N=150
SI NO.	DEMOGRAPHIC VARIABLES	OPTIONS	NUMBER	PERCENTAGES
1	Age	19-22years	113	75.3
		23-26years	29	19.3
		27-30 years	8	5.3
2	Education of parents	Primary school	25	16.7
		Secondary	33	22
		Graduate	71	47.3
		Post Graduate	21	14
3	Parents Occupation	Own business	51	34
		Unemployed	12	8
		Private employee	42	28
		Government employee	45	30
4	Gender	Male	26	17.3
		Female	124	82.7
5	Religion	Hindu	145	96.7
		Muslim	4	2.7
		Christian	1	0.7
6	Marital status	Married	28	18.7
		Unmarried	122	81.3

On assessing the self-efficacy of the students 6% of the students had very poor self-efficacy, 14% of the students had poor self-efficacy, 16.66% of the students had moderate self-efficacy, 28% of the students had good self-efficacy and 35.33% of the students had very good self-efficacy on their clinical practice.

Figure:1 - CLINICAL SELF EFFICACY



CONCLUSION

The study concludes that the need for imparting knowledge on the clinical aspects of the nursing and improving the skills of the nursing students is important yet to motivate the students in their self confidence that they could give best nursing care during their clinical training period is the need of the hour.

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