

AN EXPERIMENTAL STUDY TO ASSESS THE EFFECT OF ASSERTIVENESS TRAINING ON THE ASSERTIVENESS AND SELF ESTEEM OF B.SC NURSING STUDENTS OF SELECTED COLLEGES AT RAJASTHAN

Author's Name: Dr. Pallawee Sheoran,

Affiliation: Principal cum professor, Udaipur college of Nursing, Udaipur, Rajasthan, India

E-Mail: pallii15@yahoo.co.in

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Abstract

It is said that 'How you treat others is exactly how they will treat you. Being assertive is an art. But what exactly is assertiveness? Self assertiveness is the ability to express self openly and honestly, be confident with true values is courteous to speak when needed. It has been observed that if one act with assertiveness then it can increase self confidence in relationship, helps to feel better and give a sense of control in everyday situations. When we say that being assertive increases self control and confidence then we can relate it with having an increased self esteem. What is self esteem if one will ask, it's the overall opinion of one about oneself. In other words how people feel about their abilities and limitations. Healthy self esteem has seen to increase a sense of feeling good about oneself and feeling deserving the respect of others. On the other hand if people have low self esteem, then they tend to put little values to their opinions and ideas. The study tried to find out the effect of assertiveness training on the assertive behavior and self esteem of total 100 participants within the age range of 16-27 years. Standardized Rathus assertiveness schedule which has 30 items and Rosenberg Self-Esteem Scale which has 10 items is been used to know the assertiveness and self esteem of the participants. The analysis reveals that there is an increase in the rate of self-esteem and assertiveness after a period of assertiveness training among the study group.

Keywords: Self assertiveness, self control, self esteem

INTRODUCTION

Expressing ones thoughts, feelings, and opinions and standing up for your rights is important. Any person is his/hers first and biggest supporter, so it's important that he/she speak up for his/herself. Whether one's behavior is unassertive (passive) or overassertive (aggressive), it is possible to change. But it is also important to understand the difference between expressing yourself in a self-confident manner (being assertive) and forcing your ideas on others and intimidating them (being aggressive). Assertiveness is a skill regularly referred to in social and communication skills training. Often wrongly confused with aggression, assertive individuals aim to be neither passive nor aggressive in their interactions with other people. The concept of assertion was simplified to saying 'no' and 'getting your own way' or to 'standing up for your rights' and 'getting where and what you want in bed, at work on the social scene, and at home'. Today assertion training is viewed by scientific and Professional communities as a powerful but limited technique that can be tremendous benefit to individuals when used by well-trained clinicians who are cognizant of the complexities involved in helping people achieve their behavior-chance goals.

NEED OF THE STUDY

Assertiveness is not something that is inherited. Assertiveness is a skill that anyone could learn if

he decided to, lack of assertiveness is only rooted to the way of dealing with others you got used to, this way may be letting go of your rights or fear of standing up for yourself. Being assertive requires only one thing, your decision. The quantity of current self-help literature such as Develop your assertiveness: change your behavior; be more confident; get what you want further demonstrates modern-day recognition of assertiveness as a beneficial social skill. Non-assertiveness is said to be characterized by communicating one's viewpoints and feelings in such an over-apologetic, timid, and self-deprecating fashion, that it leads others to easily ignore or dismiss them. Being assertive therefore represents a balance between being aggressive and being submissive, which in turn encourages self-respect, respect for others, and cooperation.

Nursing students describe the experience of nursing school as unique in that there is additional anxiety associated with clinical placement, lack of free time, fear of failure, long study hours, and college response to the needs of students. Nursing students displayed higher levels of distress than fourth-year medical students and the general population. Preparation for a career in nursing is linked to higher levels of emotional stress and well-being among nursing students. Studies have indicated that the majority of nurses think and work less assertively in the workplace than outside it, suggesting that training and socialization of nurses reduce assertiveness. Thus, there was a great need for a structured tutorial support which will endorse personal control, empowerment, assertiveness and self-reliance, so that students experience less insecurity and deal with workplace stressful environment more efficiently.

METHOD

Aim: The present study aimed to assess the effect of Assertiveness training on the assertiveness and self esteem of B.Sc Nursing students of selected colleges at Rajasthan

Objectives: The objectives of this study were:

1. To assess the assertiveness and self esteem of B.Sc Nursing students in both control and experimental group.
2. To determine the assertiveness and self esteem of B.Sc Nursing students in experimental group after Assertiveness training.
3. To compare the assertiveness and self esteem of B.Sc Nursing students in both experimental group and control group.
4. To correlate the assertiveness and self esteem with selected demographic variable.

ASSUMPTION

The study assumed that there will be increase in Assertiveness and Self esteem of B.Sc Nursing students after assertiveness training.

HYPOTHESIS

The level of significance chosen for the entire hypothesis was 0.05 level of significance.

1. **Ho:** There will be no significant effect of Assertiveness training on assertiveness and self esteem of B.Sc Nursing students
2. **H1:** There will be significant effect of Assertiveness training on assertiveness and self esteem of B.Sc Nursing students.
3. The research design selected for the study is Quasi-experimental pre- test post- test design:

RESEARCH DESIGN

Experimental Group	Pre-test	Experimental Treatment (Assertiveness training)	Post-test
Control Group	Pre-test	No Treatment	Post-test

SAMPLE

The sampling technique used in this study was probability simple random sampling technique of total 100 participants within the age range of 16-27 years. First the accessible population was identified and all the elements of the population were listed. Slips of paper representing each element in the population were placed in a bowl and the sample selected by drawing out the slips till the designed size of 100 (N=80) was reached. These were divided into two groups control and experimental, with 50 samples in each group.

TOOLS AND TECHNIQUE

The structural questionnaire consisted of three sections i.e

Section I : Demographic Profile

Section II : Rathus assertiveness schedule to assess the assertive behaviour.

Section III : Rosenberg Self-Esteem Scale to assess the self esteem.

RESULTS

Comparison of assertiveness and self esteem of B.Sc Nursing students within control group (pre and post test).

t-test

N=40=100%

	Test	Mean	SD	SEm	Mean Difference	SEd	t	Df	P
Assertiveness	Pre test	7.48	33.483	5.294	-.150	7.390	-.020	78	.984
	Post Test	7.62	32.613	5.157					
Self esteem	Pre Test	14.45	6.672	1.055	-.950	1.492	-.637	78	.526
	Post Test	15.40	6.671	1.055					

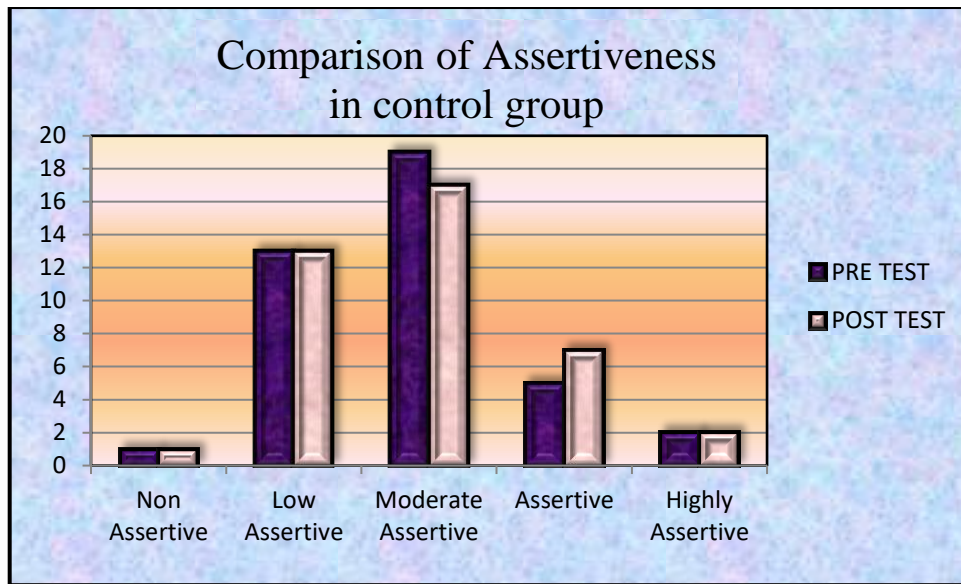


Fig 1: Comparison of assertiveness in control group (pre and post test)

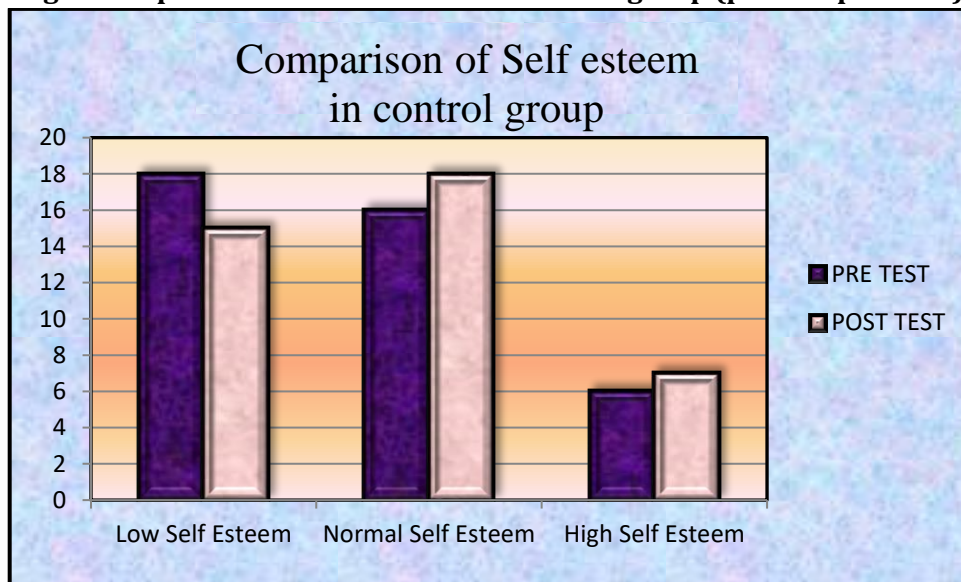


Fig.2 :Comparison of self esteem in control group (pre and post test)

Comparison of assertiveness and self esteem of B.Sc Nursing students within Experimental group (pre and post test)

t- test

N=40=100%

	Test	Mean	SD	SEm	Mean Difference	SEd	t	df	P
Assertiveness	Pre test	2.08	36.488	5.769	-10.125	7.767	-1.819	78	.039
	Post Test	16.20	20.888	2.200					
Self esteem	Pre Test	13.90	8.006	1.266	-4.050	1.658	-2.443	78	.017
	Post Test	17.95	6.771	1.071					

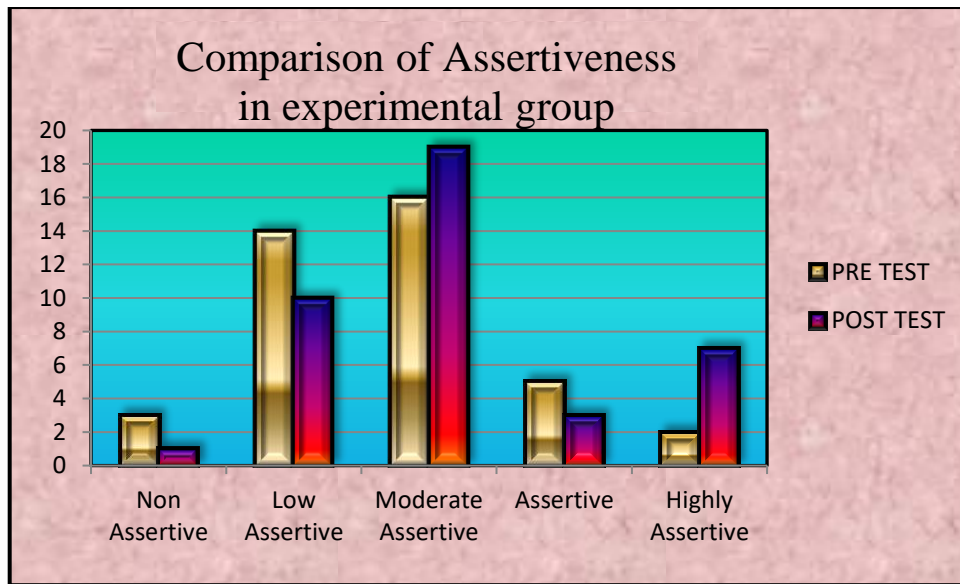


Fig 3. Comparison of assertiveness in experimental group (pre and post test)

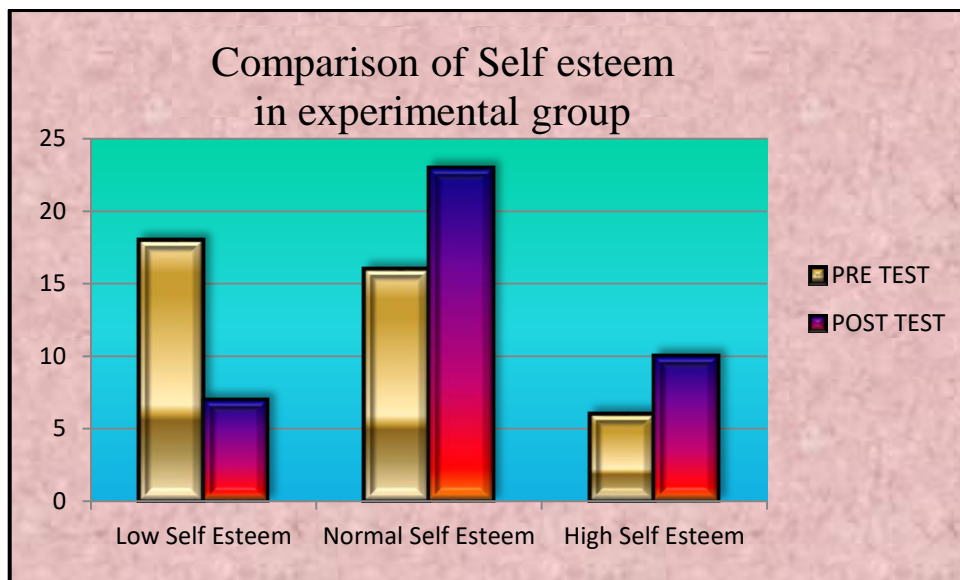


Fig 4. Comparison of self esteem in experimental group (pre and post test)

DISCUSSION

Assertiveness training programs help the individual to self actualize without abusing the rights of others. Therefore, it is more appropriate to assist nursing students and especially Psychiatric nurses to learn assertion skills through assertive training program. In order for nurses to become more influential in the improvement of health care delivery system, more competent in the provision of quality patient care, more comfortable in their communication within society and more effective in using their professional knowledge and Skills, it is necessary for them to be more assertive and have high self-esteem. . Accordingly, it is significantly important to enhance assertiveness and self-esteem of nurses through implementing an assertiveness skills training program during their course of study. The study showed that there was no significant correlation of gender with assertiveness and self esteem in pre and post training. There was significant

correlation between marriage (unmarried 92.5%, married 7.5%) and assertiveness. Concerning education present study found no significant correlation of assertiveness ($p = 0.959$, $p = 0.246$) and self esteem ($p = 0.490$, $p = 0.587$) in control and experimental group respectively. Present study found that 37.5% of control and 55% of experimental group has income range between Rs.8010-12019, having no significant correlation with assertiveness and self esteem in pre and post scores. Present study findings also shown significant correlation of assertiveness training on assertiveness ($p = 0.039$) and self esteem ($p = 0.017$) of experimental group i.e there was significant improvement in the assertiveness and self esteem of experimental group after assertiveness training. With no difference in pre and post test scores of control group. In the present study there was significant improvement in the mean score of assertiveness (mean 2.08 to 16.20, $p = 0.039$) and self esteem (mean 13.90 to 17.75, $p = .017$) of experimental group. The obtained results of the present study indicate an increase in the rate of self-esteem and assertiveness after a period of assertiveness training among the study group.

IMPLICATIONS OF THE STUDY

The implications of the study can be discussed in the following broad areas namely nursing practice - The community nurse can use the findings of the study and improve her services and pay attention that the community understand the benefits of being assertive and avoid aggressive behavior hence increase their communication skills and increase self esteem. A psychiatric nurse or mental health nurse working in psychiatric unit can provide need based services to the psychiatric patients and teach them the importance of assertiveness in everyday life. Hence improving their self esteem and social acceptance in the society. Nursing education- The study findings can be used in conducting education programs and awareness program on assertiveness training on a large scale in the community. In-service education programs and continuing education programs in different areas related to use of assertive behavior in patient education, communication skills, should be arranged for trained nurses, trainees and other undergraduate and postgraduate courses to refine their knowledge and practices. Nursing administration- The findings of the study can be used by the nurse administrator in formulating policies and providing information about importance of assertive behavior.

RECOMMENDATIONS

- ✓ Same study can be conducted by using large samples.
- ✓ Similar study can be conducted on nursing professional working in private and government domain.
- ✓ A qualitative research project can be undertaken to assess the effect of assertiveness training on professional hospital nurses.
- ✓ Further research projects should also investigate why nurses lack self confidence and what can be done regarding the same.
- ✓ Further researches can be done to know the effect of assertiveness on aggression, repulsive behavior, stress, burnout, depression etc.
- ✓ A similar study can be conducted by administering booklet on assertiveness training.
- ✓ A similar study can be conducted by administering planned health teaching on assertiveness training and self esteem.

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