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A COMPARATIVE STUDY TO ASSESS THE SELF CONCEPT AND ADJUSTMENTAL PROBLEMS AMONG GNM 1ST YEAR AND B.SC. NURSING 1ST YEAR STUDENTS IN NURSING INSTITUTES AT BIKANER

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ABSTRACT

Background-Adolescence is a dynamic period of growth and development that bridges childhood to adulthood, while being distinctly different from both groups. Adolescence is characterized by many interrelated changes of body, mind, and social relationships. The broad purpose of the study was to identify the 1st Year B.Sc. (Nursing) & GNM (Nursing) 1st year students having low self-concept and adjustment problems in order to develop an effective guidance and counseling program for the students. Methods- A comparative descriptive correlation study conducted in nursing institutes at Bikaner, Rajasthan. 50 B.Sc. (Nursing) & 50 GNM (Nursing) 1st year students were included. Data were analyzed using statistical software Epi Info 6. Results- socio-demographic variable between two group was statically non-significant. More than half GNM 1st year students' self-concepts were good and also more than half BSc nursing 1st year students' self-concepts were good. 52% GNM student's adjustment was below normal. 48% BSC nursing 1st year student's adjustment was below normal. Correlation co-efficient was computed to compare the scores of self-concept of GNM and BSC nursing 1st year students and it was found that there was significant negative co-relation in all the areas. The total self-concept score of GNM and BSC nursing 1st year students was negatively co-related with total adjustment score (r= -0.258, P =0.031). Correlation co-efficient was computed to compare the scores of adjustments of GNM and BSC nursing 1st year students and it was found that there was significant negative co-relation in all the areas. The total adjustment score of GNM and BSC nursing students was negatively co-related with total adjustment score (r= -0.426, P =0.04). Since the students of first year were exposed to entirely new environment from home situation, they faced greater adjustment problems. The students with higher social self-concept, educational self-concept and temperamental self-concept were better adjusted. Comparison with the norm indicates that the students face more problems in the emotional, educational, and hostel areas.

Keywords: BSC nursing 1st year student, GNM 1st year nursing students, adjustments, self-concepts.

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INTRODUCTION

Social adjustment in adolescent period means the success with which people adjust to other people in general and to the group with which they are unidentified in particular. Adolescents are expected to become better adjusted to social life with each passing year and to confirm to social expectation for their ages. Adolescents who make good social adjustment in first grade, for example, are for more likely to make good social adjustments when they reach high school and college than are adolescent who make social adjustment during the first year of school. Psychosocial adjustment is the ability of the human being to perceive reality and to respond to it in a way that supports his or her own emotional and physical well-being and that of others in the social environment. When some aspect of mental; functioning is disordered, it can result in misperceptions of reality and misjudgments that alter effective decision-making. When effective decision making is altered healthy coping process deteriorate. Adjustment problems are more seen in students especially during 1st year and most of the students suffering with various adjustment problems, it affects all the areas of student's life. Such as it affected in the field of emotional, physical social economic wellbeing. After getting admission to the 1st year B.Sc. Nursing course, some of the students want to stay away from home. It develops tension in students and it decrease self-confidence of students and it affect their studies and concentration. And also, after getting admission to the first year B.Sc. Nursing course; most of the students have atmosphere problems and other problems. Such as hair fall, dandruff, headache almost daily loss of appetite and inadequate sleep due to change in physical environment and also, they want to face inadequate time for study due to more written assignments and also chance to get acidity due to stress. A study was conducted in 277 normal adolescents in the age group of 12 - 18yrs and 30 adolescents between 13 - 19yrs with anti-social problems being addressed. Therefore, the investigation feeds the necessity of assessing the level of Self-concept and adjustment problems in the of peer pressure. Nursing students are in the developmental phase of adolescence or young adulthood they are in a 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 a 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 for the same. The students who enroll nursing are often not fully aware of the stress and strain that accompany training period this may be either because the relatives who influence the students neglect this aspect wanting better future for their children or because the media highlights only the glamour associated with the profession, which may explain why most of the nursing students come from low socio-economic status ultimately however, it is the students who are unprepared. To be an effective nurse the students should have mental and physical wellbeing, spiritual sense of society, good habits of study and work, effective behavior in new situations and a

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commendable attitude expressed in action. This study will help in assessing the extent of their adjustment towards self, others and the profession as a whole. 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. 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 of nursing should have good adjustment among themselves and to the environment.

RESEARCH METHODOLOGY

The research methodology refers to the principles and ideas on which researchers bases their procedures and strategies. Methodology is the most important part of any research study which enables the researcher to form the blueprint for the study undertaken.

Research Approach

Quantitative approach is adopted in this study, since the study aims at evaluating the self-concept and Adjustmental problems among GNM 1st year and B.Sc. Nursing 1st year students in nursing institutes at Bikaner.

Research Design

The design selected was one group without control group to measure the association between attitude and performance. In the pre-experiment approach the investigator studied the cause and effect relationship in the same group. When all the extraneous variables are built into the design, the difference within the group can safely occur due to manipulation of the independent variables.

Variables

In this study socio-demographic variables are Personal characteristics which include age, gender, family income, father's occupation, medium of instruction in higher secondary school, place of staying place, college Distance from home. Research variable: Level of self-concept and Adjustmental problems.

Setting of the Study

It was conducted in nursing institutions at Bikaner.

Population:

In this study population is the GNM 1st year and B.Sc. nursing 1st year students in Nursing institutes at Bikaner.

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Sample and sampling technique

Pilot Study-30 (15 B.Sc. nursing 1st year students, 15 GNM 1st year students). Main study 100 (50 B.Sc. nursing 1st year, 50 GNM 1st year). Random sampling technique was used to select the sample of the study.

Data collection tools and techniques

Tool of data collection: Tool used for this study divided into three sections

Section A: socio-demographic variable, Section B: This section consists 5 points Likert scale questionnaires for self-concept i.e. strongly agree, agree, uncertain, disagree, strongly disagree. Tool consist 24 questions, for the statement scoring will be strongly agree 5, agree 4, uncertain 3, disagree 2, strongly disagree 1. Section C: This section consists 5 points Likert scale questionnaires for adjustment problems i.e. strongly agree, agree, uncertain, disagree, strongly disagree. Tool consist 24 questions, for the statement scoring will be strongly agree 5, agree 4, uncertain 3, disagree 2, strongly disagree 1.

MAJOR FINDINGS

Section I:-Frequency distribution of sample according to their demographic variables

Most of student was in 17-19Yrs age group in both groups 82% GNM & 50% B.Sc. nursing 1st year students belong to age group from 17 to 19 years. Out of 50 GNM students 26 were male and out of 50 BSC nursing students 27 were male 52% male and 48% female was in sample of GNM 1st year students in where 54% male and 46% female belong to BSc nursing 1st year samples. Most of student in both group family income was 20,000 to 50,000 32% GNM & 18% BSc nursing 1st year students family income was below 20,000 Rs. 44% GNM & 58% BSc nursing 1st year student's family income was in between 20,000-50,000. Most of student in both groups belong to farmers (agriculture) family. Most of student in both groups belong Hindi medium 90% GNM & 92% BSC nursing students were from Hindi medium. Out of 50 BSC nursing students 22 staying in rented house and out of 50 GNM students 21 staying in rented house 44% GNM AND 40% BSC nursing 1st year students staying in rented house. Out of 50 BSC nursing students 20 student Distance College to home was less than 50 KMs and out of 50 GNM students 22 students distance college to home was less than 50 KMs.

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Self-concepts of GNM 1st year students

Self-concepts	Frequency	Percentage
Below normal (<40)	3	6.00
Normal (40-70)	18	36.00
Good (70-100)	27	54.00
Excellent (>100)	2	4.00
Total	50	100.00

GNM 1st year student's self-concept. 3 students self-concept was below normal which is 6%, 18 student's self-concept was normal which is 16%, 27 student's self-concept was good which is 54% and 2 students self-concept was excellent which is 4%. More than half GNM students' self-concepts was good.

Self-concepts of BSC nursing 1ST year students

Self-concepts	Frequency	Percentage
Below normal (<40)	1	2.00
Normal (40-70)	16	32.00
Good (70-100)	27	54.00
Excellent (>100)	6	8.00
Total	50	100.00

BSC nursing 1st year student's self-concept. 1 students self-concept was below normal which is 2%, 16 student's self-concept was normal which is 32%, 27 student's self-concept was good which is 54% and 2 students self-concept was excellent which is 4%. More than half BSc nursing students' self-concepts was good.

Adjustment problem of GNM 1st year students.

Adjustment problem	Frequency	Percentage
Below normal (<40)	26	52.00
Normal (40-70)	17	34.00
Good (70-100)	6	12.00
Excellent (>100)	1	2.00
Total	50	100.00

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GNM 1st year student's adjustment level. Out of 50, 26 students adjustment level was below normal which is 52% and 17 student's adjustment was normal which is 34%. 6 students adjustment level was good which 12% is and single student's adjustment problem was excellent which 2% of total GNM students is. 52% GNM student's adjustment level was below normal.

Adjustment problem of BSC nursing 1st year students

Adjustment problem	Frequency	Percentage
Below normal (<40)	24	48.00
Normal (40-70)	20	40.00
Good (70-100)	5	10.00
Excellent (>100)	1	2.00
Total	50	100.00

BSC 1st year student's adjustment level. Out of 50, 24 students adjustment level was below normal which is 48% and 20 student's adjustment was normal which is 40%. 5 students adjustment level was good which is 10% and single student's adjustment problem was excellent which is 2% of total BSC students. 48% BSC nursing 1ST Year student's adjustment level was below normal.

Correlation co-efficient was computed to compare the scores of self-concept of GNM and BSC nursing 1st year students and it was found that there was significant negative co-relation in all the areas. The total self-concept score of GNM and BSC nursing 1st year students was negatively co-related with total adjustment score (r= -0.258, P =0.031).

Correlation co-efficient was computed to compare the scores of adjustments of GNM and BSC nursing 1st year students and it was found that there was significant negative co-relation in all the areas. The total adjustment score of GNM and BSC nursing students was negatively co-related with total adjustment score (r= -0.426, P =0.04).

DISCUSSIONS & CONCLUSIONS

Adjustment problems are more seen in students especially during 1st year and most of the students suffering with various adjustment problems, it affects all the areas of student's life. Such as it affected in the field of emotional, physical social economic wellbeing. After getting admission to the 1st year B.Sc. Nursing course, some of the students want to stay away from home. It develops tension in students and it decrease self-confidence of students and it affect their studies and concentration. And also, after getting admission to the first year B.Sc. Nursing course; most of the students have atmosphere problems and other problems. Such as hair fall, dandruff, headache almost daily loss of appetite and inadequate sleep due to change in physical environment and also, they want to face inadequate time for study due to more

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written assignments and also chance to get acidity due to stress. Since the students of first year were exposed to entirely new environment from home situation, they faced greater adjustment problems. The students with higher social self-concept, educational self-concept and temperamental self-concept were better adjusted. Comparison with the norm indicates that the students face more problems in the emotional, educational, and hostel areas.

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