Research Paper

A Study to Assess the Effectiveness of Bundle of Intervention Package on Level of Self Esteem among Final Year Nursing Students in Selected College

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A quantitative research approach with one group pre- test post- test design used for the study. 70 nursing students were considered as a sample after fulfillment of inclusive criteria. Purposive sampling technique was used. the data was analyzed by using both descriptive and inferential statistics on the basis of the objectives and hypothesis of the study.In pre-test (97.14%) of the students had low level of self-esteem.in pre-test 2.86% of the student had normal level of self-esteem.in post-test (100%) of the students had normal level of self-esteem the overall level The mean value of pre-test is 12.44.the mean value of post-test are 19.74.the SD of pre-test are 1.31.the SD of post-test are 2.42. Conclusion of the study finding, it can be concluded that intervention has found to be effective to improve the self-esteem among final year nursing students in significance gain in the level of self-esteem among students.

I. INTRODUCTION

Self-esteem is an individual's subjective evaluation of their own worth. Self-esteem encompasses beliefs about oneself (for example, "I am unloved", "I am worthy") as well as emotional states, such as triumph, despair, pride, and shame Smith and Mackie (2007) defined it by saying "The self-concept is what we think about the self; self-esteem, is the positive or negative evaluations of the self, as in how we feel about it".[1]

Self-esteem refers to the amount of realistic respect that you have for yourself. It is important for a person to have a healthy self-esteem in order to lead a happy and successful life - both on a personal level and a business level. People with low self-esteem often have a harder time leading a happy and successful life. People with a healthy self-esteem realizes that they deserve the good things in their life, while those who suffer from low self-esteem feel that they deserve only the bad things in life. Each person is responsible for their own self-esteem and can take measures to improve their self-esteem, thereby improving their life[2].

Self-esteem across a life span can be like riding a roller coaster, starting with an inflated sense of self-approval in late childhood, dropping precipitously in adolescence and then rising steadily through adulthood only to plummet to the lowest point in late old age, according to a new study in the journal Psychology and Aging. In perhaps the largest global study of self-esteem, UC Davis psychologist Richard Robins and other researchers provided the most comprehensive picture to date of age differences from age 9 to 90. More than 350,000 participants completed a questionnaire by visiting a World Wide Web site in 1999 and 2000.**[2]**

OBJECTIVES OF THE STUDY
1. To assess the level of self-esteem among final year nursing students.
2. To determine the effectiveness of bundle of intervention package on level of self-esteem.
3. To find out association between pre-test level of self-esteem with selected demographic variables.

RESEARCH HYPOTHESIS
H_1- There is a significant difference between the pre-test and post-test level of self-esteem.
H_2- There is a significant association between pre-test level of self-esteem with selected demographic variables

METHODOLOGY
RESEARCH APPROACH
Quantitative Evaluative research approach

RESEARCH DESIGN
Pre-Experimental research design
SAMPLE
final year nursing students having low self-esteem
SAMPLE SIZE
70 nursing students
SAMPLING TECHNIQUE
 Non-Probability Consecutive Technique
DESCRIPTION OF THE TOOL
SECTION A: Socio-demographic variables.
SECTION B: Rosenberg's Self-Esteem Scale
 RESULT:
Section A: Frequency and percentage wise distribution of demographic variable of Nursing Students.
Section B: Assessment of level of self-esteem among final year Nursing Students.
Section C: Effectiveness of intervention package on the level of self-esteem among Nursing Students.
Section D: Association between pre-test level of self-esteem with selected demographic variables

5.1 SECTION-A
Frequency and percentage wise distribution of demographic variable
Table no. 1: Frequency and percentage wise distribution of Rama college of nursing final year students according to their age group
 N = 70

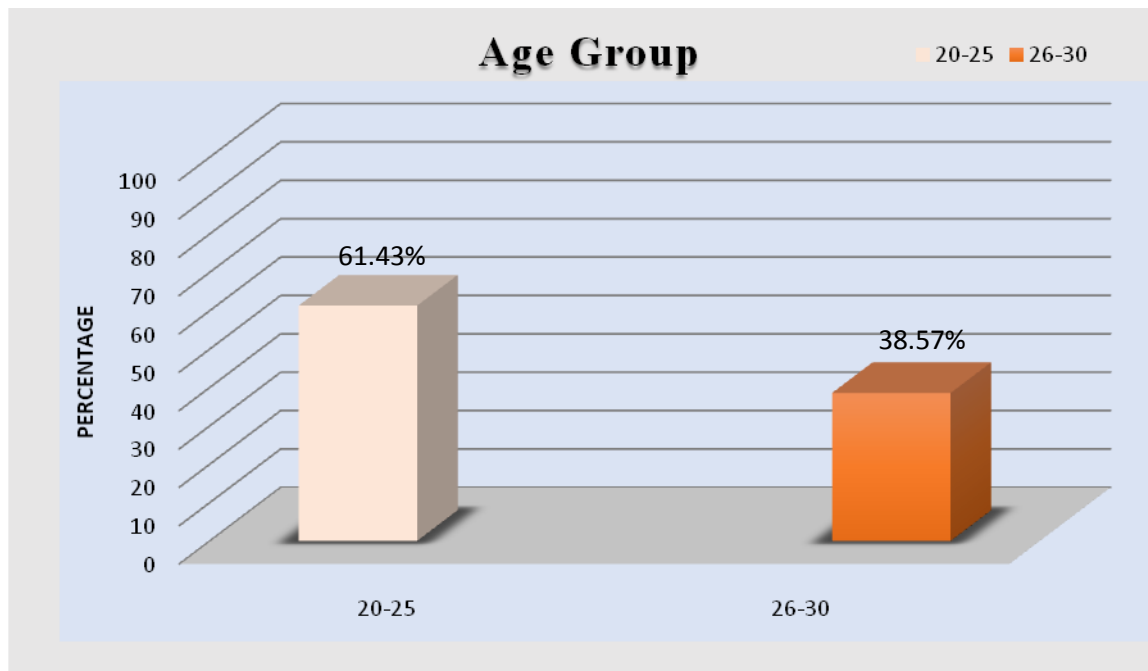| AGE	FREQUENCY	PERCENAGE
20-25	43	61.43%
26-30	27	38.57%
TOTAL	70	100%

Figure no.1: Column diagram showing percentage wise distribution of Rama college of nursing final year nursing students according to their age.

(Table.1,Fig.1) Shows percentage wise distribution of final year Nursing students according to their age. It reveals that the majority of students (61.43%) were in the age group of 20-25 years and (38.57%) of students were in the age group of 26-30 years.

Table no. 2: Frequency and percentage wise distribution students according to their gender.

N=70

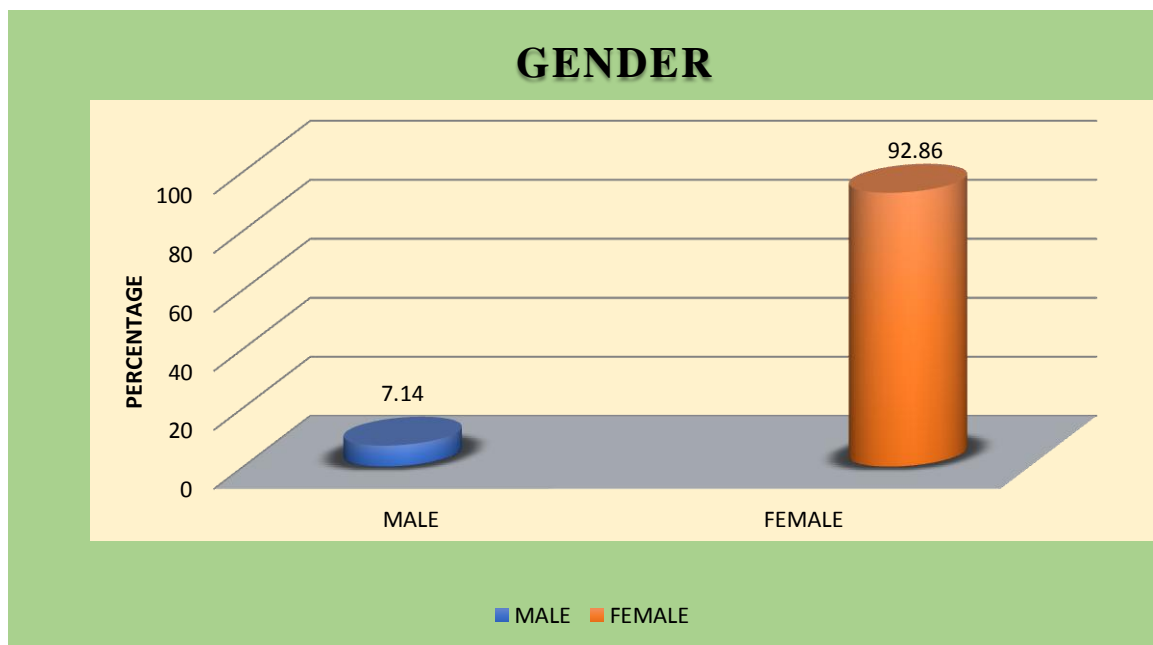| GENDER	FREQUENCY	PERCENTAGE
MALE	5	7.14%
FEMALE	65	92.86%
TOTAL	70	100%

Figure no.2: Column diagram showing percentage wise distribution of Rama college of nursing final year students according to their gender.

(Table.2,Fig.2) Shows percentage wise distribution of final year Nursing students according to their gender. It reveals that maximum percentage (7.1429) of the Rama college of nursing final year students were female and (92.8571%) of the Rama college of nursing final year students were male.

Table no. 3: Frequency and percentage wise distribution of students according to their religion.

N = 70

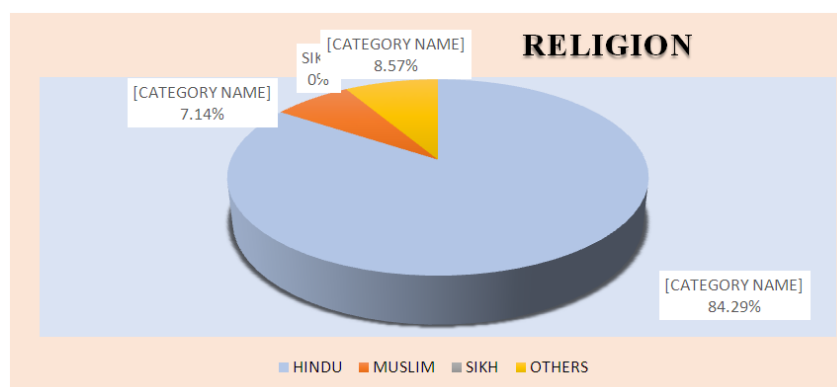| RELIGION	FREQUENCY	PERCENTAGE
HINDU	59	84.29%
MUSLIM	5	7.14%
SIKH	0	0%
OTHERS	6	8.57%

Figure no.3: Pie diagram showing percentage wise distribution of Rama college of nursing final year students according to their religion.

(Table.3,Fig.3) Shows percentage wise distribution of final year Nursing students according to their religion. The data represents that majority of the Rama college of nursing final year students 84.29%were Hindu,7.14 % were Muslim and 0% were Sikh and 8.57% were Others.

Table no. 4: Frequency and percentage wise distribution according to their type of family

N = 70

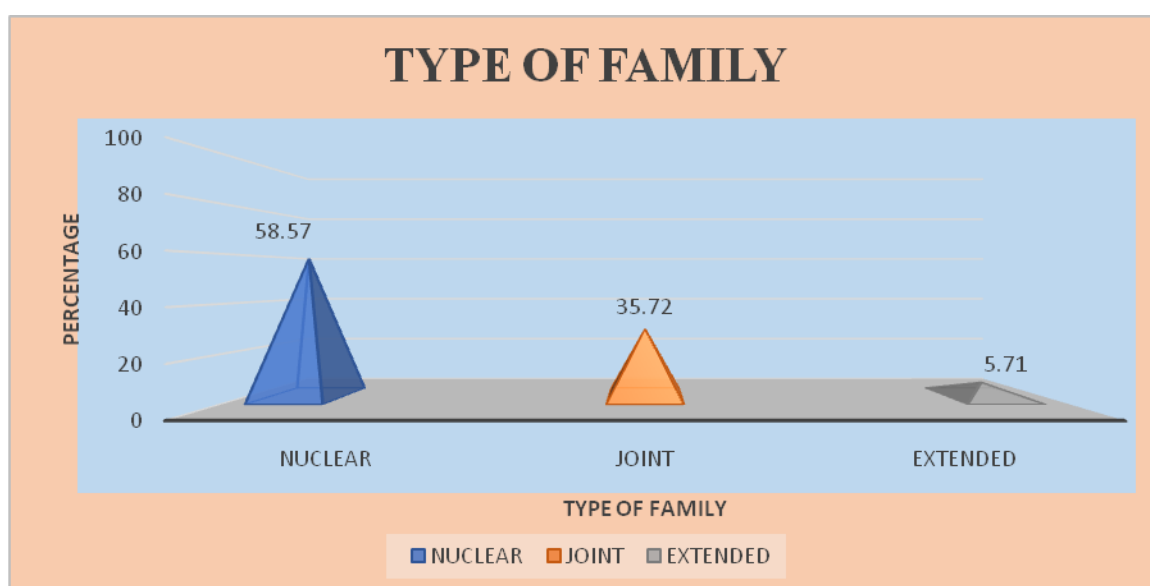| TYPE OF FAMLIY	FREQUENCY	PERCENTAGE
NUCLEAR	41	58.57%
JOINT	25	35.72%
EXTENDED	4	5.71%
TOTAL	70	100%

Figure no.4: Diagram showing percentage wise distribution of Rama college of nursing final year students according to their type of family.

(Table.4, Fig.4) Represents the status of type of family to which the final year Nursing students belongs. Among all the type of family, majority (58.57%) of the final year students belongs to nuclear family, 28.57% of the final year students belongs to joint family, (7.15%) of the final year students belongs to others family and least (5.71%) of the final year students belongs to extended family.

Table no. 5: Frequency and percentage wise distribution students according to theirmonthly family income.

N = 70

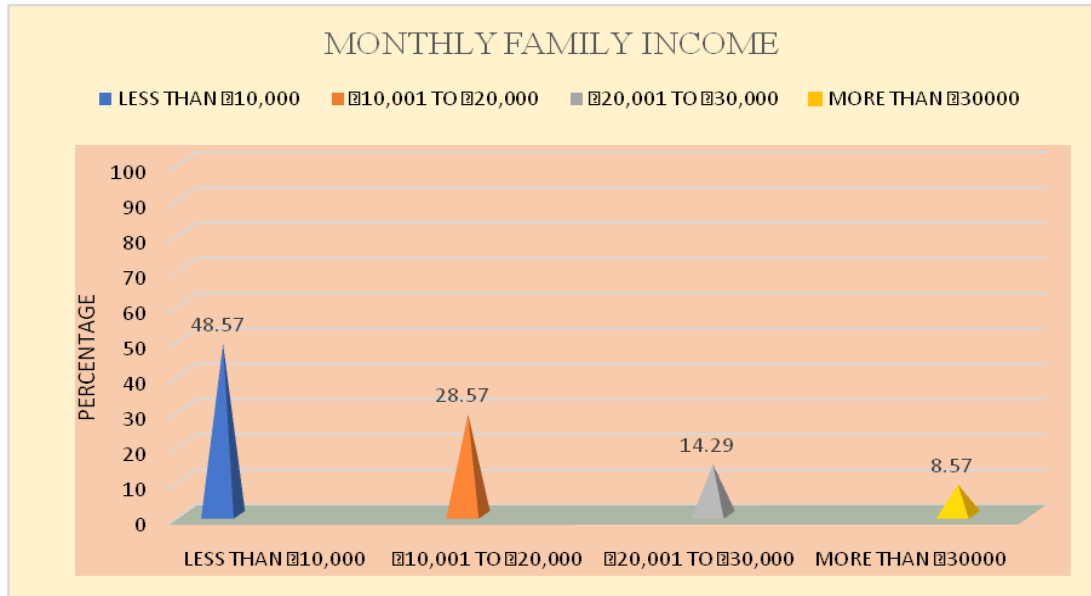| MONTHLY FAMILY INCOME	FREQUENCY	PERCENTAGE
LESS THAN ☐10,000	34	48.57%
☐10,001 TO ☐20,000	20	28.57%
☐20,001 TO ☐30,000	10	14.29%
MORE THAN ☐30,000	6	8.57%
TOTAL	70	100%

Figure no.5: conical column diagram showing percentage wise distribution of Rama college of nursing final year students according to theirmonthly family income.

(Table.5, Fig.5) Shows percentage wise distribution of final nursing year students according to their monthly family income. It reveals that maximum percentage of the Rama college of nursing final year students (48.57%) had a monthly family income of Rs less than ▯10,000, 28.57% had a monthly family income ▯10,001 to ▯20,000 and 14.29% also had a monthly family income of ▯20,001 to ▯30,000 and only 8.57% of them had a monthly family income more than ▯30,000.

Table no. 6: Frequency and percentage wise distribution of students according to theirmedium of education.

N = 70

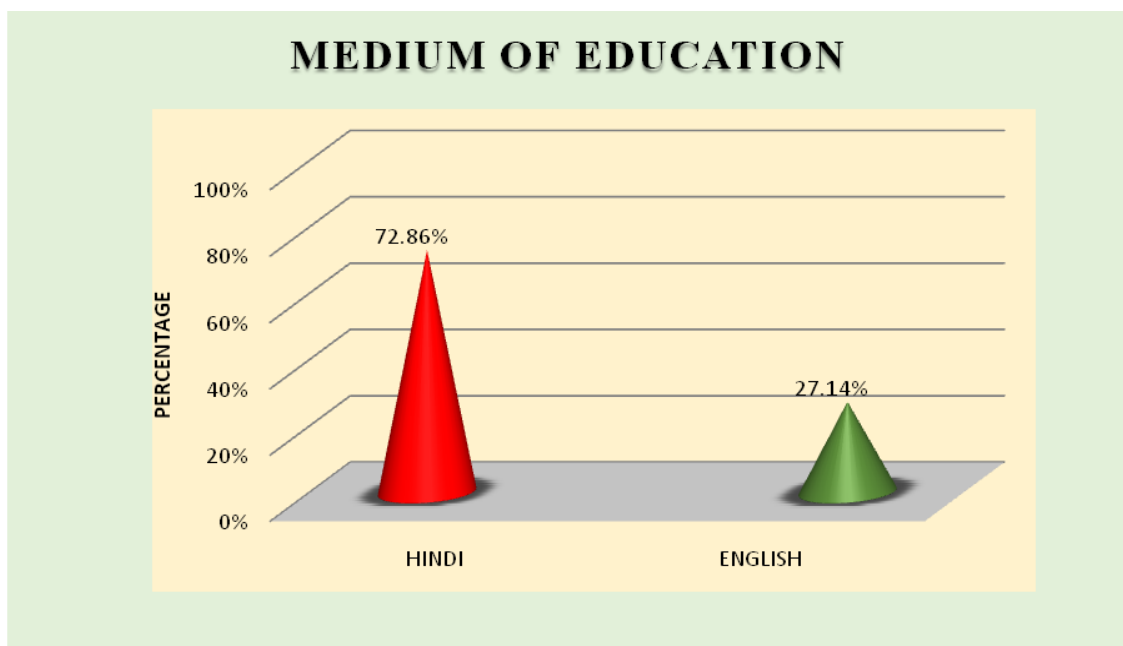| MEDIUM OF EDUCATION	FREQUENCY	PERCENTAGE
Hindi	51	72.86%
English	19	27.14%
TOTAL	70	100%

Figure no.6: cylindrical column diagram showing percentage wise distribution of Rama college of nursing final year students according to theirmedium of education.

(Table.6, Fig.6) Represents percentage wise distribution of final year Nursing students according to their medium of education. The data shows that majority (72.86%) of the students having Hindi medium in their school education and 27.14% of the students having English medium in their school education.

Table no. 7: Frequency and percentage wise distribution of students according to theirclass of course.

N = 70

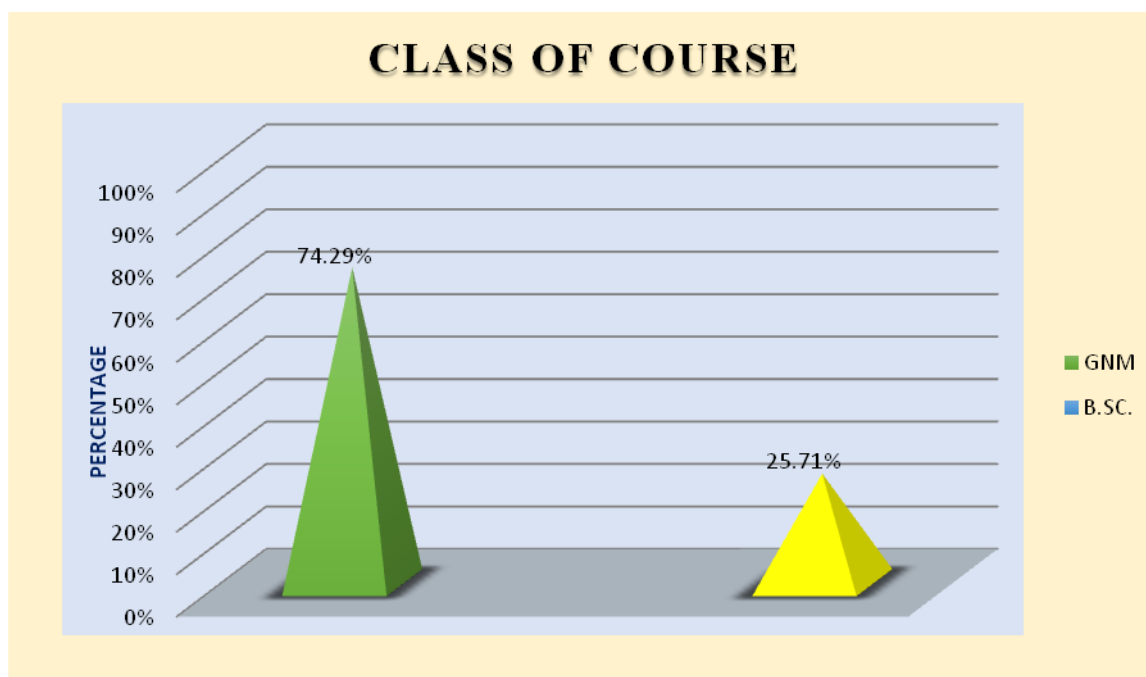| Class of course	Frequency	Percentage
GNM	52	74.29%
B.Sc.18		25.71%
TOTAL	70	100%

Figure no.7: conical column diagram showing percentage wise distribution of Rama college of nursing final year students according to theirclass of course.

(Table.7, Fig.7) Represents percentage wise distribution of final year nursing students according to their class of course. The data shows that majority (74.29%) of the students are of GNM final year students and 25.71% of the students are of B.Sc. Final year students.

5.3.1 SECTION B
Effectiveness of interventional package on level of self-esteem among nursing students.
Table no.8: Assessment of level of self-esteem among Rama college of nursing final year students.

N=70

S.N	Level of knowledge	Range of score %	Pre test		Post test	
			frequency	percentage %	frequency	percentage %
1	LOW	<15	68	97.14	0	0
2	NORMAL	15-25	02	2.86	70	100
3	HIGH	>25	0	0	0	0
			70	100	70	100

Figure no.8: Bar diagram showing percentage wise distribution of Rama college of nursing final year students according to their level of Self-esteem score.

(Table.8, Fig8 Represents percentage wise distribution of level of self-esteem of final year nursing students. It reveals that in pre-test (97.14%) of the students had low level of self-esteem, 2.86% of the student had normal level of self-esteem and none of student had high level of self-esteem. In post-test (100%) of the students had normal level of self-esteem, and none of the students had high level of self-esteem. The data shows that in pre-test, low level of self-esteem of students is highest whereas in post-test, normal level of self-esteem is highest.

SECTION B
Assessment of self-esteem among Rama college of nursing final year students.
Table no. 9: Distribution of self-esteem among Rama college of nursing final year students according to pretest & posttest mean, SD.   N = 70

S.NO.	Maximum score	Pre test		Post test	
		Mean	SD	Mean	SD
1		12.4428	1.3053	19.7428	2.4182

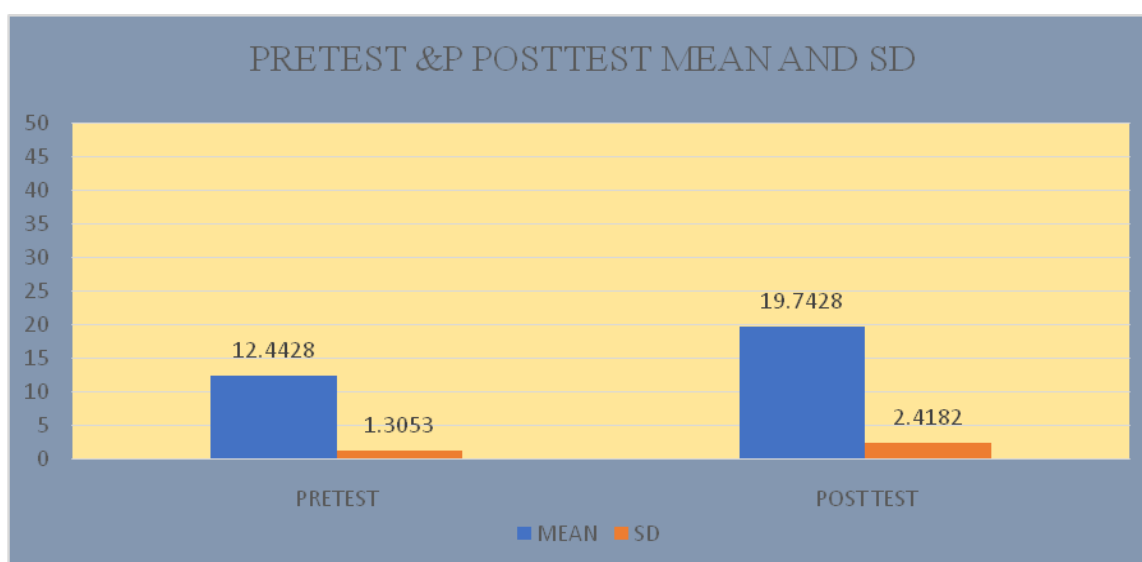**Figure no. 9: Bar diagram showing percentage distribution of students of pretest &posttest mean, SD.**

(Table.9, Fig.9) Indicates that mean value of pre-test and post-test are 12.4428&19.7428 and SD are 1.3053& 2.4182 respectively. It reveals that the mean post-test level of self-esteem score (19.7428) were higher than the mean pre-test (12.4428) level of self-esteem score of the Rama college of nursing final year students

and SD of pre-test was (1.3053) which is less than the post-test (2.4182) indicating an improvement in self-esteem among Rama college of nursing final year students.

5.5.1 SECTION C
Effectiveness of interventional package on level of self-esteem among Rama college of nursing final year students.

Table no.10: Paired t value of pre and post knowledge score

N = 70

S.NO.	AREA	't' VALUE	DF	REMARKS
1	**Effectiveness of interventional package**	**3.39160**	**69**	**Significant**

T (69) =1.98 at 0.05 significance level

The above table indicates that the paired 't' test was calculated to assess the significant difference between pre and post-test knowledge of senior secondary school student. Findings shows that calculated 't' value of 3.39160 for df (59) was higher than the tabulated value of 1.98 at 0.05 level of significance. Hence the research hypothesis H_1 is accepted i.e. there is t a significant difference between pre-test and post-test knowledge scores.

5.6.1 SECTION – D
Table no.11 Association of the pre-test level of self-esteem among Rama college of nursing final year students with their selected demographic variables.

Demographic Variable	Category	Low	Moderate	High	DF	Chi square test	Result
AGE (IN YEARS)	**20 to 25**	**42**	**01**	**0**	2	Calc. value=0.107 Tab. Value =5.99 P = 0.05	NS
	26 to 30	**26**	**01**	**0**			
GENDER	**MALE**	**4**	**01**	**0**	2	Calc. value= 0.0654 Tab. Value = 5.99 P = 0.05	NS
	FEMALE	**64**	**1**	**0**			
RELIGION	**HINDU**	**48**	**01**	**0**	6	Calc. value= 7.003 Tab. Value =12.59 P = 0.05	NS
	MUSLIM	**4**	**01**	**0**			
	SIKH	**0**	**0**	**0**			
	OTHERS	**06**	**0**	**0**			
TYPES OF FAMLIY	**NUCLEAR**	**40**	**01**	**0**	4	Calc. value= 2.995 Tab. Value = 9.49 P = 0.05	NS
	JOINT	**25**	**0**	**0**			
	EXTENDED	**4**	**0**	**0**			
MONTHLY INCOME	**LESS THAN RS.10000**	**32**	**02**	**0**	6	Calc. value= 32.1444 Tab. Value =12.59 P = 0.05	S
	RS.10001 TO 20000	**20**	**0**	**0**			
	RS.20001 TO 30000	**10**	**0**	**0**			
	MORE THAN 30000	**06**	**0**	**0**			
MEDIUM OF EDUCATION	**HINDI**	**50**	**01**	**0**	2	Calc. value=0.5131 Tab. Value = 5.99 P = 0.05	NS
	ENGLISH	**18**	**1**	**0**			
CLASS OF COURSE	**GNM**	**50**	**02**	**0**	2	Calc. value= 24.1116 Tab. Value = 5.99 P = 0.05	S
	B.SC.	**18**	**0**	**0**			

NS= NOT SIGNIFICANT

S= SIGNIFICANT (level of significant P = 0.05)

The data in the above table shows that the chi-square value computed between the level of self-esteem among Rama college of nursing final year students with their selected demographic variables.

Thus, it can be interpreted that their significant association between level of self-esteem with their, monthly family income, class of course. And no significant association with Age, Gender, Religion, Type Of Family, Medium of education at 0.05level of significant Hence the research hypothesis $H_2$is accepted.

NURSING IMPLICATIONS
Nursing Education
Nursing education consists of the theoretical and practical training provided to nurses with the purpose to prepare them for their duties as nursing care professionals. The aim of nursing education is a development of the nursing profession. One way to promote development is to clarify the professional role.

Nursing Practice
Nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all settings. The unique function of nurses in caring for individuals, sick or well, is to assess their responses to their health status and to assist them in the performance of those activities contributing to health or recovery or to dignified death that they would perform unaided if they had the necessary strength, will, or knowledge and to do this in such a way as to help them gain full of partial independence as rapidly as possible.

Nursing Administration
Nurse administrator acts as a liaison between health care system & community. Nurse administrator may initiate awareness program on improvement of self-esteem at community level. There should be a provision for nurses to devote time for giving health educational program on the improvement of the self-esteemThe nurse administrator may allocate resources and provide motivation for further study.

Nursing Recommendation
1.   A comparative study to assess the self-esteem among B.Sc. nursing and GNM students.
2.   A descriptive study to assess the level of self-esteem among staff nurses working in psychiatric departments.
3.   A study to assess the effectiveness of the self-instructional modules to improve the self-esteem.
4.   A study to assess the level of self-esteem among adolescent through the use of Rosenberg's scale.

II.   CONCLUSION
The present study revealed that , In pre-test (97.14%) of the students had low level of self-esteem. In pre-test 2.86% of the student had normal level of self-esteem. In post-test (100%) of the students had normal level of self-esteem04 (6.67%) students had moderate level of self-esteem during pre-test.56 (93.33%) students had inadequate level of self-esteem during pre-test 13 (21.67%) students had moderate level of self-esteem during post-test.47 (78.33%) students had adequate level of self-esteem during post-test. The overall level of self-esteem mean score during pre-test 12 which is 35% of the total. The mean value of pre-test is 12.44. The mean value of post-test is 19.74. The SD of pre-test are 1.3053. The SD of post-test are 2.41.

From the finding of the present study, it can be concluded that intervention package has found to be effective in significance improve the level of self-esteem.

Prior to administration of intervention to students had total mean value of pre-test are 12. 44. After the administration of information booklet mean value of post-test 19.74 which had revealed improve the level of self-esteem after administration of intervention.

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