Effectiveness of computer assisted instruction on self-assertiveness in improving self confidence among 1st year BSc nursing students at selected college at Bangalore.

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Abstract- **"You need to develop more confidence "is a common refrain noted by students and faculty. As nurse educators, we believe that encouraging students to develop their professional confidence is an important role. Moreover, the nursing profession demands that nursing care be delivered with confidence. Objectives of the study is to assess effectiveness of computer assisted instruction on self-assertiveness in improving self confidence among 1st year BSc nursing students at selected college at Bangalore. The theoretical framework used in the study was King's Goal Attainment theory was used. The research design used was evaluative approach. The study participants include 60 1st year BSc nursing student from2 nursing colleges at Bangalore using non probability purposive sampling technique. The data was collected prior to and after the computer assisted instructions by rating scale. The data was analysed by descriptive and inferential statistics. The study results showed that the mean of post –test score of level of self-confidence is 38.6 percentage was greater than the mean of pre-test level of self-confident is 13.3 percentage among 1styear BSc nursing students. So there has been significant improvement in the level of self confidence among nursing student which indicate that computer assisted interventions was effective**

Keywords: **Self-assertiveness, lack of self-confidence, first year BSc nursing students, effectiveness of computer assisted instruction.**

INTRODUCTION

Human behaviour refers to the range of behaviours exhibited by humans by culture, attitudes, emotions, values, ethics, authority and genetics. This range of behaviours can be acceptable or unacceptable. Even though all these characteristics are in a human being confidence makes to gain his basic needs.

Self-confidence means having a positive view of own abilities and not limited by negative thinking which is unrealistic. It also implies that setbacks will not leave ones feelings helpless. It is an inevitable part of life that one attempt things which cannot achieve orcomplete. It is part of process of growth for normal human beings. Lack of self-confidence may lead to poor acquirement of the skills and abilities that are needed to achieve objectives and thus it in turn affect ones successful way of life.

Self-assertiveness is the ability to express self potentlyand honestly, be confident with true values, and be courteous to speak when needed. Acting assertively can increase chance relationship,help to feel better and give a sense of control in everydaysituations.

Assertiveness is an expression of self – esteem. The individuals who have assertive behaviours generally have higher self-worth and are more successful in life. Assertiveness it thought to be a healthy form of behaviour. Becoming more assertive can lead to increased respect and recognition as a person and as a nurse. Assertive behaviour demands control over outbursts of anger, crying or other behaviour patterns that exhibit lack of professionalism. Assertiveness skills can be seen as a valuable component successful professional nursing practice, with which many conflicts in a nursing situation can be successfully ruled out.

Nursing students face pressures that are much different than those they faced in high school. They have increased responsibilities in all parts of their lives, including being assertive when necessary. It is reported that nursing students with lowself-esteem have an effect on the level and the quality of patient care in a negative direction.

Assertiveness teaching programs help the individual to self-actualize without abusing the rights of others. Therefore, it is more appropriate to assist nursing students to learn assertion skills through assertive teaching / training program before their graduation and to work with them as practitioners later with self – defeating patterns

Computer assisted instructed can focus on smaller segments of the populations; it has also been used to personalize learning for people with learning disabilities, language and physical limitations. It is a narrower term and most refers to drill- and – practice. Tutorial and stimulation activities offered either by teachers, themselves or as supplements to traditional methods. It is the most effective method to illustrate assertive techniques.

Assertiveness is a best learning aid to develop ones confidence, abilities to control own life and destiny. It is important for nurses to become aware of and recognize their own responses. Nurses who understand and use assertiveness skills can in turn assist clients. Who wish to modify their behaviour? So assertiveness stands as a valuable component for successful professional life. Nursing students today are the nucleus of professional nurses of tomorrow. In order to ensure competent and safe practice, it is necessary

for them to be individuals with high self – esteem and assertive skills. So, it is significantly important to enhance assertiveness and self-esteem of nursing students through implementing as assertiveness training program.

PROBLEM STATEMENT

A study to assess the effectiveness of computer assisted instruction on self-assertiveness in improving self confidence among 1st year BSc nursing students at selected college at Bangalore.

OBJECTIVES

- To assess the level of self confidence among 1st year BSc nursing students before the intervention
- To assess the level of self confidence among 1st year BSc nursing students after intervention
- To evaluate the effectiveness of computer assisted instruction on self-assertiveness by comparing pre post interventional level of self confidence among 1st year BSc nursing student
- To find the association between the preinterventional level of self-confidence with selected demographic variables among 1st year BSc nursing students

OPERATIONAL DEFINITIONS

Effectiveness: it refers to extent to which enhances self-confidence is after computer assisted instruction on self-assertiveness among students of 1st year BSc nursing.

Computer assisted instruction: the method which is adopted in teaching by using instruction includes power point slides, on broken record, fogging, negative assertion and I statements enhance self-assertiveness.

Self-assertiveness: it refers to learn how to think and act more honestly, helps to become less afraid of speaking up, being friendlier, self-confident and need to refine in handing difficult interpersonal situations in academic and on- academic performances.

Self-confidence: students who have strong trust in their own abilities, have a general sense of control in their lives, and believethat, within reason, they will be able to do what they wish, plan and expect in their academic career.

BSC nursing students: students those who have taken admission in 1st year basic nursing programme in nursing affiliated by Rajiv Gandhi University of Health Sciences.

Hypothesis

H1 – there is significant improvement in self confidence level of 1st year BSc nursing students after the intervention of computer assisted instruction on self-assertiveness.

H2- there is significant association between pre test scores on self-confidenceand selected demographic variable of 1st year BScnursing student.

Research Approach

In viewof nature of the problem selected and objectives to be accomplished, evaluative approach was considered as appropriate for the present study.

Research design

The research design adopted for this study is pre experimental one group pre and post-test design was selected.

Variables

Variable is an attribute of a person or objective that varies from it takes on different values.

Independent variable

As independent variable is the variable that is believed to cause or influence the dependent variable. In this study, the independent variable refers to computer assisted instruction in improving self-confidence.

Dependent variable

It is the variable hypothesized to depend on or be caused by another variable. In this study, it referred to the level of self confidence among 1st year BSc nursing students were measured by using rating scale.

Study settings

The study was conducted at nursing colleges, at Bangalore about 4 to 8kms within range of my college location.

Study population

Population is the entire set of individuals or objects having some common characteristics. In the present study, the populations comprised were students those who taken admission to 1st year BSc Nursing programme affiliated by RGHUS.

Sample and Sample size

The sample of the present study comprised of 60 1st year Nursing students in VidhyaKrian and ViswasiCollege of nursing.

Sampling technique

In this non probability purposive sampling technique was used to select the sample for the study**.**

Criteria for sample selection

Inclusion criteria

- 1st year BSc nursing students who were willing to participate in this study
- Who were available during the period of data collection

Exclusion criteria

- 1st year BSc nursing students who had already attended a personality or self-assertiveness programmes.

Validity of the tool

The tool was validated by 7 experts in the field of psychiatric nursing educators and 2 psychologist. The final tool was prepared as per the valuable suggestions given by the experts.

Reliability of the tool

The reliability was assessed by split half method 0.95. The reliability test score obtained shows there is a stability and consistency in the tool items. Hence the tool was considered highly reliable for proceeding the study.

Development and description of tool

An instrument selected in a research should be as far as possible the vehicle that would best obtain data for drawing conclusions pertinent to the study.

A rating scale was used to assess effectiveness of computer assisted instruction on self-assertiveness in improving self-confidence.

The tool used in the present study consists of:

Part 1 demographic variables

The part deals with demographic profile of 1st year BSc nursing student consists of nine items such as age, previous academic performance, types of family , income, fathers occupation, mothers occupation, place of residence , hobbies and source of information.

Part II self-confidence scale

Rating scale consists of 24 items which, includes the statement to inquire about academic and non-academic career.

Scoring patterns; total number of items were 24, it's having options of agree, not sure and disagree,and scoringwill be points as 2, 1, and 0. The scoring starts from 0 to 48.

To interpret the level of self-confidence, the total scores were classified as follows.

- ✓   Low self confidence level ; 0- 25 percent scores
- ✓   Fair self-confident   level ; up to26 – 50 percent scores
- ✓   Moderate self-confident level; 51 – 75 percent scores
- ✓   High self confidence level ; 76- 100 percent scores

Development of criteria rating scale

Criteria rating scale for validation of tool have developed. It has checklist contains appropriate, needs modifications, inappropriate and remarks of experts for demographic.

Data analysis

Results

       A) Comparison between pre and post test

The post-test mean is 38.26 (79.70) percent greater than the pre-test mean scores 13.15 (27.39) percent. The data furtherrepresents that the obtained value of (62.025) significantly higher than the table value(2.02) at (0.001) level of significance.

       B)Association between level of self-confidence and demographic variables.

The experimental group shows that there were significant association between the level of self-confidence and demographic variables like previous academic performance 7.81, mother's occupation (8.67), and father's occupation (14.49), type of family (5.76), income (4.43), and source of information (26.33) were significant $p < 0.05$ with level of self-confidence.

Further, the statistical findings showed non-significant association between remaining variable such as age 2.69, place of residence 1.0926, hobbies 6.47. Hence, for hypothesis H2 is rejected for the remained variables.

C) Pre-test and post test

The level of self-confidence among 1st year BSc nursing before intervention 29.45 percent student's level of self-confidence were low and 70.56 percent were fair confident . the level of self confidence among 1st year BSc nursing after the intervention 46.22 percent students level of self-confidence were moderate and 53.79 percent high self-confident.

The obtained t value (62.025) percent was significant at t(59, 0.05) level, hence the research hypothesis is accepted. It indicated computer assisted instruction was effective in improving self-confidence.

Implications

The findings of the present study enable the researcher to have vital concern in the field of nursing practice, nursing administration, nursing education and nursing research

Nursing practice

The role of nurses in the health care industry is a vital aspect in society. They have the responsibility of promoting health, preventing illness and rehabilitation. Nurse should interact and communicate with multidisciplinary team. Self-confidence moulds the student nurses as effective in her practice. She imparts in caring the patient, as educator, counsellor and all-rounder in health care. So that she should implement her behaviour as assertive style.

Nursing education

It plays an important role in preparing the student nurse as competent future. Nursing student today are the nucleus of professional nurses of tomorrow. In order to ensure competent and safe practice, it is necessary for them to be individual with high self-confidence and assertive skills. So, it is significantly important to enhance assertiveness and self-confidence of nursing students through implementing an assertiveness teaching program. Hence to achieve the above objectives, educational programme should include lecture, skilled, demonstration, computer assisted instruction and simulated environment which provide to the student nurse in learning opportunities.

Nursing administration

Administration plays a major role in regulating and coordinating the laws. The quality of an administrator is determined by the quality of her subordinates. A nursing administrator has a significant role in encouragingand motivating the student nurse to improve their self confidence in order to keep in pace with the changing needs of the society.

Nursing research

Research will provide nurses the credibility to influence decision making, policy and protocol formulation. The current trend in health care settings is incline towards learn

There are several misconception about assertiveness but nurses need to be assertive in order to be effective patient's advocate and empower them. Non assertiveness can leadto stress, low self-confidence, helplessness and poor job satisfaction leading to poor retention and high staff turnover. It is therefore very crucial that nurses are taught and encourage being assertive I their practice.

Limitations

- Nursing student's levels of self-confidence and assertiveness should be assessed and training / teaching programs should be organized for students with low levels through the counselling services.
- Similar training program may be expanded and extended to include student's parents and educators. This may render them more readiness to accept and support the student's assertion.
- Continuous support of newly developed assertive behaviour should be encouraged to solidify the new pattern of communication and ensure enduring change.
- Further researches to investigate the sociocultural circumstances that may hinder or enhance the individual to be assertive.

Recommendations

On the basis of the findings of the study following recommendations have beenmade;

- A similar study can be replicated on large sample to generalize the findings.
- A similar study can be replicated with a control group using a larger population of the community.
- A similar study can be conducted in different setting.
- The concepts of assertiveness and self-confidenceshould constitute an integral part of the basic graduate nursing courses.

Conclusion

The finding may be utilized by the emerging researchers for their reference purpose. The study help to expand the scientific body of professional knowledge upon which further research can be conducted.

The nurse researcher should be aware of the existing healthcare system and the status of nursing profession. This would help to improve their clinical knowledge, skill and attitude.

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