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Self-esteem and communication skills among nursing students at the college of nursing, Abha, King Khalid University

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Abstract

Objectives: To assess the relationship between nursing students' self-esteem and communication skills.

Methods: The subjects of this descriptive study were the 86 nursing students enrolled in the health education and communication skills course for the academic year 2023-2024. The study was conducted at the King Khalid University College of Nursing, ABHA, Kingdom of Saudi Arabia. The technique employed for data collection was used. The Rosenberg self-esteem measure, the communication skills scale, and the sociodemographic characteristics sheet of nursing students. SPSS was used to examine the data.

Findings: Of the nursing interns, the greatest proportion reported poor communication skills and low self-esteem (80.2% and 72%, respectively).

Recommendations and Conclusion: There is a statistically significant positive correlation between self-esteem and communication skills scores. Training programs should be set up to help nursing students' communication and self-esteem.

Keywords: Communication skills, self-esteem, nursing students

Introduction

universities providing professional training, in addition to assisting students develop their identities and prepare them for life. Undergraduate nursing programs aim to teach students how to become professional nurses and to provide them with nursing skills. Theoretical education and clinical experience are expected to assist nursing students improve professionally in addition to boosting their self-esteem. They should also assist them in building private relationships with the individuals they assist so they may get to know them, understand their requirements, and figure out how to address those needs. (Namazi & Homauonfar, 2017) [25].

The cornerstone of nursing is the development of communication between the nurse and the patient. As a result, having effective communication skills is seen as a mark of a nurse's professional competence and as being crucial to the quality and safety of treatment. Risky behaviors among healthcare workers are still largely influenced by the level of communication that exists between nurses and patients, which has a significant impact on patient outcomes (Markid *et al.*, 2019) [18]. Nursing students must have excellent communication skills before starting their professions because nurses must speak with individual patients, which makes developing these abilities difficult but necessary for nursing practice. (Mohammed *et al.*, 2022) [23].

Information exchange and relationship building via interaction make up the process of communication. It is fundamental to nursing care because it gives nurses the foundation upon which to build therapeutic alliances and trust with patients and their families. (Gregory, 2024) [15]. In order to effectively communicate, one must be sensitive to both verbal and nonverbal cues in addition to listening and responding techniques (Coddens, 2023) [10]. One of the aspects of nursing care that is always highlighted Nursing professionals consider communication as the essential component of the ability to communicate with patients and believe that it is the foundation of all nursing care. (Meng & Qi, 2018) [19]. This is due to the fact that improving a nurse's professional communication skills is crucial to improving the quality of clinical performance in healthcare setting. (Aktan & Khorshid, 2021) [3]. The sense of self-worth that nursing students possess is one of the individual characteristics that significantly influences

how well they employ their interpersonal communication abilities. In, Yildirim *et al.* (2021)^[30]. It is thought to be among the most fundamental human wants and is directly related to contentment and health. According to Jayanthi and Kumar (2018)^[17], it's considered a psychological characteristic that's unique to each person and has to do with how they view themselves in relation to others. The way that nurses feel about themselves affects their thoughts, feelings, and motivations, which in turn affects the treatment that patients receive.

Low self-esteem has long been known to be a strong predictor of stress adjustment, but it is becoming more common among nurses. It has also been found that low self-esteem is a major problem facing nursing professionals. (Mohamed, *et al.*, 2016)^[21]. The development of therapeutic interactions with patients is limited to nursing students who have a high sense of self-esteem. Reports state that nurses with low self-esteem negatively impact the quality of patient care. High-self-esteem nurses are confident, take pride in their work, and show consideration and respect for both patients and coworkers (Fawzy *et al.*, 2020)^[12].

Significance of the study

To provide professional, safe practice and a therapeutic contact with patients, student nurses require a high degree of self-assurance and effective communication skills. Unfortunately, previous international study has shown that the lowest percentage of nursing students have high self-esteem. Moreover, a lack of confidence prevents some nurses from using critical communication skills, which is the main reason why healthcare professionals engage in unsafe activities. Furthermore to. It is imperative that nurses develop their own assertiveness at work and learn how to properly supervise assertive behavior in others. Research indicates that there is a deficiency in the self-esteem and communication abilities of the Kingdom of Saudi Arabia. Therefore, the purpose of this study is to evaluate the connection between the communication abilities and self-esteem of nursing students.

Theoretical framework

This study draws from Bandura's Social-Cognitive Theory (SCT), which was published in 1986. Bandura claimed that SCT offers a framework for understanding its importance by highlighting the ways in which students can acquire effective communication skills and make decisions based on both internal and external influences, including knowledge, emotions, and the physical environment.

Aim of the study

This study aimed to assess the relationship between nursing students' self-esteem and communication skills.

Research questions

What are the levels of self-esteem and communication skills among nursing Students?

Subjects and methods

Research design

A descriptive research design was utilized to achieve the aim of this study.

Setting

this study was done in the College of Nursing, ABHA, King Khalid University, Kingdom of Saudi Arabia, which include The five scientific departments are: medical surgical nursing, community nursing care, nursing administration and education, maternal and pediatric nursing, and basics of nursing care. The College was founded with the Council of Higher Education's No. 14/42/1427 in order to offer

exceptional education, community services, and innovative nursing research.

Subjects

The health education and communication skills course were taken by all 86 nursing students enrolled in the 2023-2024 academic year. The mean age of the nursing students was 21 years (85%), making up the largest age group of students; approximately 75% of the nursing students were from urban areas, all of them single, female, and had never taken a course on self-esteem or communication skills.

Tools of data collection

Nursing Student's Socio-demographic Characteristics Sheet:

It was created by the researchers and used to record information about nursing students, such as age, gender, marital status, place of residence, and prior attendance at training programs for self-esteem and communication skills.

Communication Skills Scale

Originally, this scale was created by Alhmaidat, (2007)^[4] to assess communication skills among nursing students. The scale comprises thirty-two items that assess four aspects of communication skills: listening, speaking, understanding others and emotional management. Scoring System: A likert scale with the following categories: (1) very low extent, (2) to small extent, (3) moderately, (4) to large extent, and (5) very large extent was used to rate each statement. Higher communication is indicated by higher scores. Two methods have been used to estimate reliability: the stability method, which yielded a value of 0.78, and the internal consistency method, which produced a value of 0.72. It also has good validity.

Rosenberg Self Esteem Scale

Was created by Rosenberg in 1965 to measure self-esteem of nursing students. It is a 10-item Likert scale that is brief, systematic, and standardized for self-report. Its test-retest reliability ranges from 0.82 to 0.85, while its internal consistency spans from 0.77 to 0.88. Split half = 0.73 and Cronbach α = 0.82 indicated the reliability for the current study. It also has good validity.

Scoring System

Four-point ratings were used for each item: strongly agree, agree, disagree and strongly disagree. There are five negative items. Negative items had their scores flipped, with 0 representing highly agree and 3 representing strongly disagree, and so on. The score scale goes from 0 to 30. A higher score denotes a higher level of self-esteem (a score of over 15 suggests a high degree of self-esteem, and a score of below 15 indicates a low level).

Procedure

Google Forms was used to collect the data online following the course. In the first section of the data collecting instrument, the purpose of the study and the fact that participation in the research was completely voluntary were stated. They might check a box to indicate that they were willing to participate in the study. Nursing students who gave their permission to participate in the study received access to the surveys, which they filled out.

Pilot study

A pilot research including 10% of nursing students (8) was conducted to assess the clarity of the items and determine the completion time of the data collection tools. Since no modifications were made, the pupils were included in the main study sample.

Administrative and ethical considerations

After describing the study's purpose to the dean of King Khalid University's nursing college and the ethical committee (approved No.: ECM#20215610), authorization was obtained to perform the research. Every nursing student involved in the study has received a written explanation outlining the purpose and nature of the study. They were informed that they might withdraw from the study at any time and given the option to accept or decline participation.

Statistical analysis

Analytical statistics the data was collected, sorted, examined,

coded, and totaled. To perform statistical analysis and ascertain the statistical significance of the variations among the study's variables, a computer was equipped with the statistical package for social science (SPSS) version 25. The researcher coded and examined the collected data using tables and figures. For the qualitative variables, data analysis procedures employed percentages and numbers. The statistical significance of the finding was determined to be less than 0.05.

Results

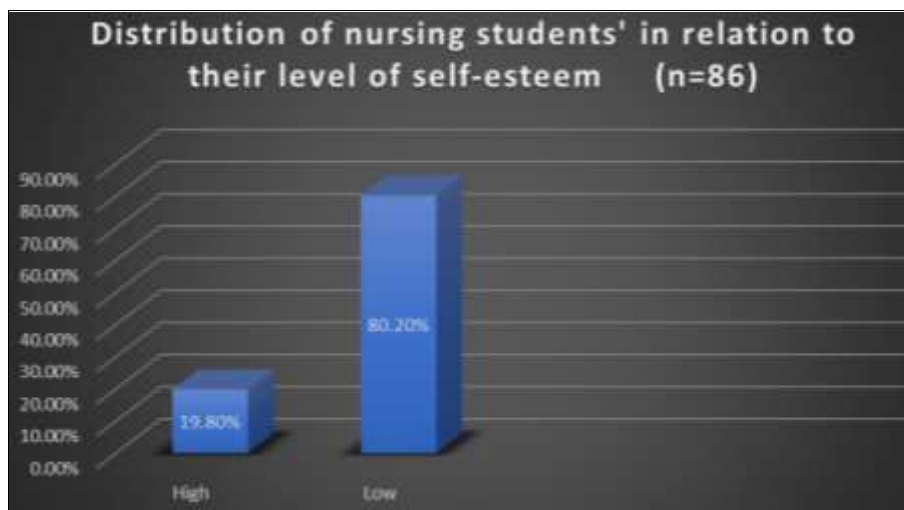


Fig 1: Distribution of nursing students' in relation to their level of self-esteem (n=86)

Figure (1) the majority of study participants scored low (80.2%) on this scale, while the lowest number of nursing

students (19.8%) had good self-esteem.

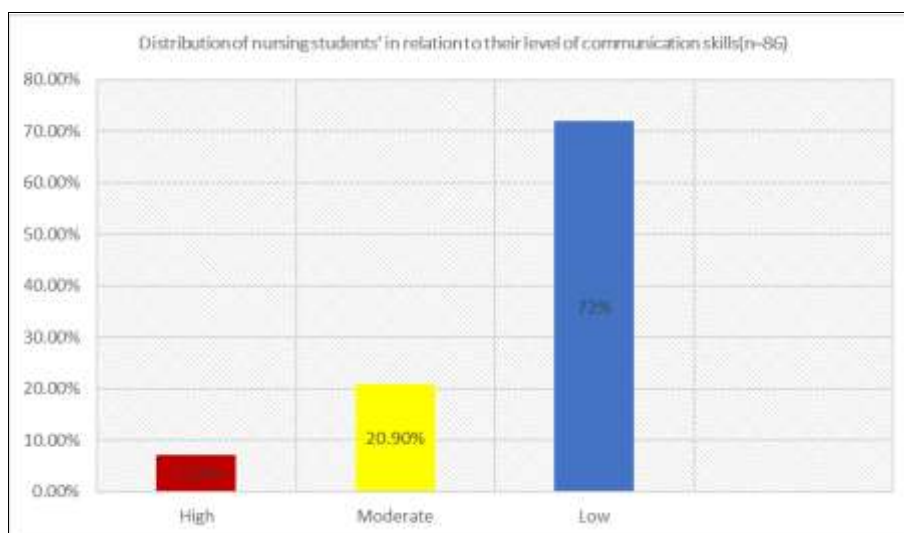


Fig 2: Distribution of nursing students in relation to their level of communication skills(n=86)

Figure (2) finds that 71% of nursing students under study had low communication skills, compared to 20.9% of nursing students who had their skills checked and 7.1% of nursing students who had their skills researched.

the ratings for communication skills and self-esteem.

Table 1: Correlations of self-esteem and communication skills of nursing students (n=86)

Variable	Communication skills
Sel -esteem	R=8.678
	P=0.003*

Table 1 shows a statistically significant positive link between

Discussion

Communication is crucial for jobs where the main responsibility is to serve clients. Persuasive communication skills are therefore essential for nursing students who work with vulnerable populations, including children, the elderly, individuals with disabilities, and those who provide care for the ill and injured. Proficiency in communication can enhance nursing students' self-perceptions as professionals, promote professionalism in nursing care services, boost their self-confidence, and reduce stress levels in the clinic.

The aim of the current study to assess the correlation between self-esteem and communication skills among nursing students.

The results of the current study showed that the majority of nursing students were. All were urban regions, women without children who had never taken many self-esteem or communication techniques previously. The fact that women make up the majority of nurses may be the cause of this. Similar findings were made by Ahmed *et al.* (2022) ^[1], who found that the majority of nursing students were female. Furthermore, the previous survey showed that most nursing students had not completed any courses that focused on communication skills. (Mohammed *et al.*, 2022) ^[23].

Regarding students' self-esteem levels, the majority of the nursing students in the study scored poorly when it came to their level of self-esteem, according to the present data. While it is true that nurses and nursing students need to have a high sense of self-worth, poor self-worth negatively impacts the standard of patient care. Research by Bamoussa, (2023); Bibi *et al.*, (2024) ^[5, 8], which discovered that nursing students' self-esteem levels were poor, has corroborated these findings. The results of this investigation, however, disagreed with those of Morsi & Prince (2021) ^[24], who found that more than half of nursing students had good self-esteem.

Results of the communication abilities of nursing students showed that most of the students in the study scored poorly in terms of communication skills. This outcome might be the result of nursing education courses that prioritize theoretical knowledge and technical proficiency over communication, which is frequently lacking. These findings aligned with the study carried out by Grady *et al.* (2020) ^[14]. Who said that while communication skills are important for student nurses to have in nursing practice, they can be challenging to acquire?

Research by Baradaran Binazir and Heidari (2022) ^[7], Sogut *et al.* (2018) ^[28], Diaz-Agea *et al.* (2022) ^[11], Mercan, N. (2023) ^[20], and Mohammadi *et al.* (2023) ^[22] that revealed that over half of nursing students had just moderate communication skills contradicts these findings. However, a significant difference between these studies and the one we're doing is that our study's data came from an interpersonal communication course.

The results of the current study show a statistically favorable correlation between communication skills scores and self-esteem among nursing students. These findings conflict with those of Gurdogan *et al.* (2016) ^[16], Nie *et al.* (2017) ^[26], and Akshara *et al.* (2021) ^[2], who observed that verbal or nonverbal cues and interpersonal communication affect self-esteem.

Conclusion and Recommendations

The recent study found that most nursing students had low levels of self-esteem and communication abilities. The scores for communication skills and self-esteem are positively correlated statistically. Nursing students can enhance their communication skills and self-esteem by participating in coping skills training sessions, psycho-educational instruction on assertiveness training, intergroup discussions, drama training, activities of student clubs, and regular social activities.

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