RESEARCH ARTICLE

PERCEPTION TOWARDS NURSING PROFESSION, PROBLEM FACED, RESILIENCE AND CLINICAL PERFORMANCE OF 3RD YEAR B.SC. NURSING STUDENT IN SELECTED NURSING COLLEGE, KOLKATA, WEST BENGAL

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ABSTRACT

Background: Nursing is an honorable and respectful profession. Because of poor perception towards nursing profession the student nurses often show undesirable behavior and want to escape from their assigned responsibility. Students confront stress and suffer from various health problems. Despite suffering they use certain coping strategy to themselves stable to continue the study. This triggers the researchers to undertake a study on those problems. *Objectives*: To assess perception towards nursing profession, problem faced by the student nurses, their resilience and clinical performance. *Methods*: A descriptive correlational study was conducted among randomly selected 90 3rd year B.Sc. Nursing students at selected Government Colleges of Nursing, Kolkata. Data were collected by using researcher developed demographic questionnaire, perception rating scale, structured problem questionnaire, resilience and clinical performance rating scale by self-reporting and observation. *Results*: The result revealed that 78% of the students had high perception towards nursing profession, 52% faced moderate problem and 53% used high resilience. Significant weak positive correlation found between perception towards nursing profession and resilience of ($p = 0.04$); perception towards nursing profession and clinical performance ($p = 0.0004$); problem faced and resilience ($p = 0.0004$); resilience and clinical performance ($p = 0.006$). Significant association was also found between the variables and few personal characteristics. *Conclusion*: Though perception towards nursing profession was positive but, nursing students faced various problems during their study period and they use positive behavior of adjustment to overcome those problems which help for good clinical performance.

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INTRODUCTION

Nursing is considered as combination of arts and sciences. Alike the global situation, India also has shortage of nurse that creates a direct threat to health care delivery system that registered nurses are reluctant to join bed side nursing.[1] Unless the nurse has accurate perception towards profession, they cannot perform better. A study concluded that only 58.2% participants considered that nursing is respectful and honourable profession and 66.5% had positive perception on nursing.[2] The nursing students have to face work overload, poor interpersonal relationship , role conflicts with doctors and other staff, fatigue, irritability, lack of concentration throughout their study period which also made poor performance in clinical field.[3] Resilience is the important protective factor against physical, mental and emotional exhaustion and necessary to increases hope, self-effectiveness and competence throughout study period which also improve clinical performance level of students.[4]

Keeping in mind these facts, the researchers found it necessary to study those problems with the objectives of assessing the level of perception towards nursing profession of 3rd Year B.Sc. Nursing student, identifying their problems, determining the level of resilience and clinical performance The overall aim of the study was to help the institutional authority to take actions to help the students to solve their problems.

MATERIALS AND METHODS

A cross sectional descriptive study was conducted in College of Nursing, Infection Disease and Beliaghata General Hospital, Kolkata and College of Nursing, Medical College and Hospital, Kolkata, West Bengal, India from 07.02.2022 to 19.02. 2022 and 07.03.2022 to 19.03.2022 respectively. Cochran's formula was used to calculate sample size [5,6,]. A total of Ninety (90) 3rd year B.Sc. Nursing students

were selected using simple random technique. We developed five instruments namely, demographic questionnaires, Perception rating scale, Structure Questionnaire regarding problem faced by student, Resilience rating scale and a Clinical Performance rating scale those were used to collect data. Data regarding perception towards nursing profession, problems and resilience were collected by self-reporting and participatory observation was used for clinical performance.

Ethical Consideration: Ethical clearance was obtained from the Institutional Ethics Committee, Medical College & Hospital, Kolkata (ECR/287/Inst/WB/2013/RR-19). Data were collected after taking informed consent from the participants. Confidentiality and anonymity of information were assured. In no way the participants were harmed during the data collection.

Statistical analysis: We prepared a master data sheet with the raw data and Microsoft Excel 2019 version was used for analysis. Frequency, percentage, mean, and median were used to describe sample characteristics, perception towards nursing profession, problems, resilience and clinical performance. Pearson correlation coefficient and t-test were used to determine the correlation between variables. Correlation matrix was prepared to detect inter relationship between all variables. Chi-square test was used to examine the association between variables and personal characteristics of the students. The computed findings were organised according to the objectives and presented in tables and figures.

RESULTS

Personal Characteristics of the students are presented in Table 1 where it showed that 84% of the students belonged to age group of 20-22 year, 61% were from rural locality, 31% had the monthly family income of more than Rs.30,000, 49% student's fathers were graduate and 44% were serviceman, whereas 41% of student's mothers were graduate and 84%were homemaker, 73% had no relative/family member in nursing profession, 72% student had no experience of admitted/attendant in hospital previously and 47% of them were self-motivated for enrolment in nursing course where as 20% were forced by their parents nursing course where as 20% were forced by their parents.

Table 1. Distribution of socio-demographic characteristics of participants (n=90)

Demographic Characteristics	Frequency (%)
Age (in years)	
•20-22	76 (84)
•>22-25	14 (16)
Place of locality	
•Urban	35 (39)
•Rural	55 (61)
Monthly family income (in Rupees)	
•≤ 10000	25 (28)
•10001 to 30000	37 (41)
•>30000	28 (31)
Education of father	18 (20)
•≤Secondary	19 (21)
•HS	53 (59)
•≥Graduate	
Education of mother	
•≤Secondary	25 (28)
•HS	28 (31)
•≥Graduate	37 (41)
Occupation of father	
•Business	24 (27)
•Service	40 (44)
•Cultivation	18 (20)
•Retired	08 (9)
Occupation of mother	
•Homemaker	76 (84)
•Service	14 (16)
Relative/family member is in Nursing profession	24 (27)
•Yes	66 (73)
•No	
Experience in admitted/attended in hospital	
•Yes	25 (28)
•No	65 (72)
Reason for enrolment in nursing course	
•Self-motivated	42 (47)
•Motivated by others	30 (33)
•Forced by parents	18 (20)

Perception towards Nursing Profession: Data were presented in Table 2 and 3.

Table 2 showed that, majority (78%) of the students had high perception, 11% students had low perception and none of them had very low perception towards nursing profession. Table 3 revealed that, maximum mean percentage (87.33%) score was obtained in area of aspects of nursing care and held highest rank among four areas.

Problem faced by the students: Data were presented in Table 4, 5 and 6. Table 4 showed that maximum (52%) students had faced moderate and 37% had high level of problem during their study period. Table 5 depicted that maximum mean percentage (86.22%) score was obtained in the academic problem area held highest rank among four area of problem. Table 6 showed that maximum (88%) students faced tiredness in attending class after clinical field, 86% students experienced long standing duty hours, 79% expressed lack of freedom to drop classes after clinical duty and 84% of them felt restriction to go home at any time from hostel.

Resilience of the student: Data were presented in Table 7, 8 and 9. Table 7 showed that maximum (53%) students had high resilience and 8% had low resilience. Table 8 maximum mean percentage (79.0%) score was obtained in area of Academic Resilience and held highest rank. Table 9 depicted that maximum (23%) students had high resilience with Hostel related Problem, 75% students had moderate resilience with Academic problem and 6% of them had low resilience with strict rules and regulation.

Clinical Performance of participant in clinical field: Data were presented in Table 10. Table 10 depicted that 88%, 67%, 55%,70%, 54%, same number (48% & 48%) participant had good performance in ADL, medicine and intravenous fluid, respiratory care, sample collection, admission and discharge procedure, control infection and elimination care. Maximum 63%, 60%,71% and 57% participant had average performance in observation, rest and comfort performing general care and demonstrating exercise to client and only 1% and 3% of them had poor performance in area of nutrition and maintaining record and report after clinical activities.

Relationship between variables: Relationship between variables were examined by Pearson's Correlation coefficient (depicted in table 11,12, 13 and 14). Table 11 showed no significant relationship between perception towards nursing profession and problem faced ('r'=0.09, ('t'=0.85 p< 0.05 at df 88), hence the hypothesis was there is no significant relationship between Perception towards Nursing Profession and Problem faced by the students at 0.05 level of significance. Table 12 depicted a weak positive correlation between problem faced and resilience ('r'=0.29,'t'=2.84p< 0.05 at df 88), hence hypothesis (H_1) was significant relationship between problem faced and resilience. It concludes that higher problems faced by the students higher their resilience. Table 13 depicted a weak positive correlation between resilience and clinical performance of the students ('r'=0.29, 't'=2.84 p< 0.05 at df 88), hence hypothesis (H_2) was significant relationship between resilience and clinical performance at 0.05 level. It concludes that higher the resilience of the students, higher their clinical performance. Table 14 showed a weak positive correlation between perception towards nursing profession and clinical performance ('r'=0.36, t=3.61 p< 0.05 at df 88), hence hypothesis (H_3) was significant relationship between perception towards nursing profession and clinical performance at 0.05 level.

Table 2. Findings of perception towards nursing profession of participants (n=90)

Level of Perception towards Nursing Profession of the students	Score Range	Frequency (%)
High perception	>75%	70 (78)
Moderate perception	51%-75%	10 (11)
Low perception	26%-50%	10 (11)
Very low perception	≤ 25%	00 (0)

Table 3 Area wise findings of perception towards nursing profession of participants (n=90)

Areas of Perception towards nursing profession	Maximum possible score	Mean	Mean Percentage Score	SD	Rank
Nursing as Profession	18	14.94	83.02%	3.21	3
Professional qualities of Nursing	9	7.69	85.43%	1.58	2
Aspect of Nursing Care	54	47.16	87.33%	9.32	1
Social status and Prestige	3	2.32	77.04%	0.73	4

Table 4. Level of problems faced by the participants (n=90)

Level of Problem faced by the student	Score Range	Frequency (%)
High	> 80%	33 (37)
Moderate	41% - 80%	47 (52)
Low	≥ 40%	10 (11)

Table 5 Area wise findings of problems faced by the participants (n=90)

Area Of Problem	Maximum possible score	Mean	Mean percentage Score	SD	Rank
Academic	5	4.31	86.22%	0.94	1
Clinical	6	4.37	72.78%	1.43	3
Rules & Regulation	5	3.72	74.44%	1.25	2
Hostel related problem	8	5.6	70%	2.07	4

Table 6 Findings of problem faced by the participants (n=90)

Area of Problem	Yes Frequency (%)	No Frequency (%)
Academic Problem		
Hard study curriculum.	63 (70%)	27 (30%)
Tired in attending class after clinical field.	79 (88%)	11 (12%)
Difficulty to complete assignment within fixed date.	78 (87%)	12 (13%)
Inadequate sleep due to pressure of study.	77 (86%)	13 (14%)
Tiredness hampers the concentration in classes.	78 (87%)	12 (13%)
Clinical Problem		
Long standing in clinical field.	77 (86%)	13 (14%)
Fear to handle the critical patient.	52 (58%)	38 (42%)
Role confusion due to multiple instruction.	68 (76%)	22 (24%)
Confusion to follow verbal order.	66 (73%)	24 (27%)
Difficulty to perform client care in unclean environment.	75 (83%)	15 (17%)
Extra work load on student due to shortages of registered nurse.	57 (63%)	33 (37%)
Strict Rules and Regulation		
Feeling difficult to maintain very strict rules in college and hostel.	66 (73%)	24 (27%)
Lack of freedom to drop classes after clinical duty.	71 (79%)	19 (21%)
Feeling difficult to adhere strict punctuality.	62 (69%)	28 (31%)
Difficult to maintain 100% attendance in clinical field.	70 (78%)	20 (22%)
Fear of doing make-up duty.	66 (73%)	24 (27%)
Hostel related Problem		
Lack of variety in food in hostel canteen.	69 (77%)	21 (23%)
Lack of privacy in hostel.	60 (67%)	30 (33%)
Difficult to study in exam time due lack of extra study room.	62 (69%)	28 (31%)
Non-availability of getting hot water, ironing cloth etc. facility.	64 (71%)	26 (29%)
Unclean bathroom & toilets.	51 (57%)	39 (43%)
Lack of entertainment and recreational facilities.	55 (61%)	35 (39%)
Visitors are not allowed in hostel room.	67 (74%)	23 (26%)
Restriction for going home without permission	70 (84%)	14 (16%)

Table 7. Findings of resilience of the participants (n=90)

Level of Resilience	Score Range	Frequency (%)
High Resilience	> 75%	48 (53)
Low resilience	51%-75%	35 (39)
Moderate Resilience	26%-50%	07 (08)
Very Low Resilience	≤ 25%	0 (0)

Table 8 Rank wise areas of resilience (n=90)

Area of Resilience	Maximum possible score	Mean	Mean percentage Score	SD	Rank
Academic Problem	33	26.1	79%	4.45	1
Clinical Problem	30	22.6	75.4%	3.66	3
Rules & Regulation	15	10.29	68.59%	2.70	2
Hostel Problem	12	7.44	62.04%	2.41	4

Table 9 Area wise level of resilience (n=90)

Area Of Resilience	Mean	SD	Low Resilience (%) < Mean-1SD [< 21.65]	Moderate Resilience (%) Mean-1SD to Mean+1SD [21.65 to 30.55]	High Resilience (%) >Mean+1SD [>30.55]
Academic problem	26.1	4.45	10 (11%)	67(75%)	13 (14%)
Clinical Problem	22.60	3.66	8 (9%)	67 (74%)	15 (17%)
Rules & Regulation	10.29	2.70	5 (6%)	67 (74%)	18 (20%)
Hostel Problem	7.44	2.41	9 (10%)	60 (67%)	21 (23%)

Table 10 Area wise clinical performance of participants (n=90)

Area of Clinical Performance	Mean	SD	Low Performance (%) < Mean-1SD [< 2.5]	Moderate Performance (%) Mean-1SD to Mean+1SD [2.5 to 3.24]	High Performance (%) > Mean+1SD) [> 3.24]
Activity Daily living (ADL)	2.87	0.37	1(1%)	10(11%)	79(88%)
Observation	7.7	1.14	4(4%)	57(63%)	29(33%)
Nutrition	5.42	0.73	1(1%)	39(43%)	50(56%)
Medication and Fluid administration	5.51	0.78	2(2%)	28(31%)	60(67%)
Respiratory Care	7.62	1.34	7(8%)	33(37%)	50(55%)
Rest and Comfort	5.2	0.78	3(3%)	54(60%)	33(37%)
Exercise	4.98	1.09	3(3%)	51(57%)	36(40%)
Infection Control	10.92	1.47	5(5%)	42(47%)	43(48%)
Elimination	2.4	0.63	7(8%)	40(44%)	43(48%)
Sample collection	2.58	0.7	11(12%)	16(18%)	63(70%)
Recording and Reporting	5.4	0.85	3(3%)	35(39)	52(58%)
Admission and Discharge Procedure	10.38	1.53	5(5%)	36(40%)	49(54%)
General care	33.19	4.35	6(7%)	64(71%)	20(22%)

Table 11 Correlation between Perception towards Nursing Profession and Problem faced (n=90)

Variables	Mean	'r' value	't' value
Perception towards Nursing Profession	72.1		
		0.09	0.85
Problem faced by students	18		

'r' df (88) = 0.217, 't' df (88) = 1.98, p ≤ 0.05 not significant

Table 12 Correlation between Problems faced and Resilience. (n=90)

Variables	Mean	'r' value	't' value
Problem faced by the students	18		
		0.29*	2.84*
Resilience of the students	68.5		

'r' df (88) = 0.217, 't' df (88) =1.98 at, p ≤ 0.05 *significant.

Table 13 Correlation between resilience and clinical performance (n=90)

Variables	Mean	'r' value	't' value
Resilience of the students	68.5		
		0.29*	2.84*
Clinical performance of the students	104		

'r' df (88) = 0.217, 't' df (88) =1.98, p ≤ 0.05 *significant.

Table 14 Findings relationship between resilience and clinical performance (n=90)

Variables	Mean	'r' value	't' value
Perception towards Nursing Profession	72.1		
		0.36*	3.61*
Clinical performance of the students	104		

'r' value = 0.217 at [df=88], 't' value =1.98 at [df=88], p ≤ 0.05 *significant

Table 15. Correlation matrix (n=90)

Variables	Perception towards Nursing Profession	Problem faced	Resilience	Clinical performance
Perception towards Nursing Profession	1			
Problem faced	0.08 (p=0.04)	1		
Resilience	0.222 (p=0.04)*	0.294 (p=0.005)*	1	
Clinical performance	0.364 (p=0.0004)*	0.065 (p=0.5)	0.290 (p= 0.006)*	1

Table 16. Association between problem faced and personal characteristics (n=90)

Demographic Variables	Problem faced by students		Calculated value	df	p value
	< median	≥ median			
Occupation of mother	22	54	4.23*		0.04*
• Homemaker	8	6		1	
• Service					
Previously admitted/attended in hospital	14	11	8.00*	1	0.005*
	16	49			
• Yes					
• No					
Relative/family member in nursing profession	07	17	28.91*	1	0.001*
	23	43			
• Yes					
• No					

It concludes that higher the perception towards nursing profession higher their clinical performance.

Relationship Matrix: Table 15 depicted that there was significant weak positive relationship between perception towards nursing profession with resilience ('r' is 0.222, p = 0.04), perception towards nursing profession with clinical performance ('r' is 0.364, p= 0.0004), problem faced by the students with resilience ('r' is 0.294, p= 0.0004) and resilience with clinical performance of the students ('r' is 0.290, p = 0.006).

Association of personal characteristics with their perception towards nursing profession problems faced, resilience and clinical performance: Table 16 depicted that Significant association found between problems faced and occupation of mother (χ^2=4.23, p=0.04 at df 1), previously admitted/attended in hospital (χ^2=8.00, p=0.005 at df 1), relative/family member in nursing profession (χ^2=28.91, p=0.001 at df 1) but with none of the other sample characteristics depicted in table 14). On the contrary, no significant association found between personal characteristic of the students and their perceptions towards nursing profession, clinical performance.

DISCUSSION

Nursing profession has opportunity to serve humanity and is considered as a noble profession. To become a professional nurse, a student has to go through the formal university course which is much disciplined in nature. Most of them have to stay in the hostel and being away from home face tremendous problems. Moreover because of strict INC rule of 100% attendance in clinical learning make the situation further problematic. They have to adopt the new course of study, staying away from home and the problem of 100% clinical attendance. The process of resilience might be influenced by the way they perceive the nursing as their profession. The results of present study are compared with other similar studies. The discussion is organised under various subheading according to the variables and given below.

Perception towards nursing profession: The present study revealed that 78% students had high perception towards nursing profession, 11% had moderate and low perception, which is contradictory with the study of Tura M et al. [7] who reported that 54.6% student of Bachelor degree in nursing had a good perception towards nursing profession. Anurag B, Kaur J, Sharma SK, Sharma N[8] reported that 69.4% student perceived their profession as dignified and respectful as well as a well-recognized profession in society which is near similar to the present study.

The present study also found out that 69% of the students agreed that nursing has opportunity to serve humanity which is similar to the study result of Anurag B, Kaur J, Sharma SK, Sharma N[8] who reported that 99.1% of student had a good perception about nursing profession as an opportunity to serve humanity and Wangdi U, Dorji N [9] also reported that 99% students perceived nursing profession as an opportunity to serve humanity. The result of present study also partially supported by the findings of Poreddi V, Ramachandra, Konduru R, Math SB[10] who reported that 48.8% of the students agreed with that nursing profession improve social prejudice for this reason students were preferred to choose this profession as their career. The present study revealed that 54% of the students agreed that nursing has equal recognition with other profession and 56% of them agreed that there is scope of higher study and change of career.

This is similar to the study findings of Anurag B, Kaur J, Sharma SK, Sharma N[8] who revealed that 69.4% student perceived their profession as dignified and respectful as well as a well-recognized profession in society. Result of the present study revealed that 47% student agreed nursing profession have good salary and stable job to improve personal growth and social status which is not supported by Jothishanmugam A, Mohammad A, Hamid HIAA, Ali MAA[11] was reported that 24% students was strongly agree with that nursing profession has opportunity for personal growth. The study revealed that (40%-60.6%) were considered nursing as a trusted profession and (87.9%) students had a positive perception regarding of the nursing profession. The study results indicated that (78.8%) students were influenced by others, whereas (12.1%) influenced by their classmates and (7.6%) were self-motivated for enrolment in nursing.

Problem faced during study period: Result of the present study revealed that admitted/attended in hospital (χ^2=8.00, p=0.005 at df 1) at 0.05 level of significance were associated with problem faced by the students which was supported by the findings of Wangdi U, Dorji N [9] who reported that the experience of hospitalization (p<0.05) was associated with stress. The present study also revealed that academic problem held highest rank with 86.22% mean-percentage score which is supported by Abushaikha L, Mahadeen A, AbdelKader R, Nabolsi M[12] who reported that academic problems are most faced challenges in nursing profession under negative theme of study. This present study revealed that students faced six (06) problems in clinical field like, long standing duty hours, fear to handle the critical client, role confusion due to multiple instruction, confusion to follow verbal order, difficulty to perform client care in unclean environment and extra work load due to shortage of registered nurse in ward which is contradicted by Jamshidi N, Molazem Z, Sharif F, Torabizadeh C, Kalyani MN[13] who were reported three (03) problems facing by

nursing students in clinical field under theme were ineffective communication, inadequate readiness and emotional reactions.

Resilience by the students: Present study reflected that mean score of resilience is 68.5 and there was no significant relationship between problem faced by the students and resilience of student as the calculated 'r' value is 0.29 (p=0.005, df =88) which is not supported by Chow KM, Tang WKF, Chan WHC [14]who reported the mean score of resilience of23.8, SD= 5.3 and there is positive correlation with resilience and perceived well-being (r = 0.378, p =0 .01). The present study was not supported by another conducted by Kumar R, Sonika, Shalini, [15] who reported significant relationship between resilience with autonomy (r =0.486, P < 0.01), and Self-acceptance (r =0.486, P < 0.01).

Clinical Performance of the student: Present study showed significant relationship between perception towards nursing profession and clinical performance of student as the calculated 'r' value is 0.36 (p=0.0004, df =88) which wasnot supported by Poorgholami F, Ramezanli S, Jahromi MK, Jahromi ZB [16]who reported significant relationship between clinical performance of students with communication (r = 0.25, p < 0.05).

CONCLUSION

Based on study findings we concluded that maximum students had high perception towards nursing profession, Most of the students expressed their problems as tiredness for attending class after clinical hours and long-standing activity in clinical field. Most of students had high resilience with clinical problem and low resilience with hostel related problem. Mostly the students had good performance level in clinical field. We further concluded that increased level of perception towards nursing profession improves clinical performance and resilience towards problems, more they faced problems higher is their resilience level, higher the level of resilience higher is the level of clinical performance.

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