

Adjusting Education and Environment by the Novice Nursing Students

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Abstract

Most novice nursing students are Adolescent and Adolescence has been defined as a crucial period of cognitive, psychosocial and emotional transformation. One of the most influential determinations is family structure. An exhaustive review of recent research shown that family structure determines adolescence's academic and social development. In particular family structure bears important implication on adolescence's ability to lead a successful navigation through school and into adulthood.

In essence, adolescence is made of self-definition, the biological and physiological development of a well differentiated, integrated, and realistic identity; and interpersonal relatedness, the emotional and psychosocial development of mutually satisfying personal relationships.

Adolescence move from personalized school environment of familiar peers to a new and more demanding milieu. Students have to establish their identities, including their sense of efficacy, social connectedness and academic, status within an enlarged, heterogeneous network of new peers and multiple teacher in rotating class sessions. Thus, this period is marked some loss of personal competence, control and self-confidence for adjusting to professional school.

Psychosocial development of adolescence's is based on establishing their identity and achievement. For this purpose, they start their education from primary level, secondary level and then proceed to professional education for building their future. At this stage they face many confusions to which profession has to be chosen whether it is medical profession or non-medical profession such as MBA, Engineering etc. But due to encouragement of some family members, peer group they joined the specific professional education. In relation to nursing profession they face many adjustment problems to new environment. As in home they are having freedom to work, but in this profession, they have to live within multi-disciplinary environment which creates sometimes initial anxiety.

Keywords: Adjustment, Education, Environment, Nursing students.

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Introduction

"Nothing gives one person so much advantage over another as to remain always cool and unruffled under all circumstances" [1].

Student life coincides with adolescence and stress can manifest in Adolescents as a reaction to the changes in life in addition to academic pressures. Moral resilience has recently been proposed as one strategy to address moral distress in nurses and nursing students [2]. Nurses and nursing students appear vulnerable to

moral distress when faced with ethical dilemmas or decision-making in clinical practice. As a result, they may experience professional dissatisfaction and their relationships with patients, families, and colleagues may be compromised [3] Clinic nursing students are considered as backup health care providers for licensed nurses, the coping abilities and crisis management of nursing students at present deserve attention all around the world [4]. Nursing students experience a high level of stress in clinical settings [5].

Need of the Study

Anxiety is highly prevalent among nursing students even in normal circumstances [6]. Compassion has long been advocated as a fundamental element in nursing practice and education. However, defining and translating compassion into caring practice by nursing students who are new to the clinical practice environment as part of their educational journey remain unclear [7].

Newly graduated nurses are entering the work force and finding that they have neither the practice expertise nor the confidence to navigate what has become a highly dynamic and intense clinical environment burdened by escalating levels of patient acuity and nursing workload [8].

Successful graduate nurse transition improves job satisfaction and is an effective strategy to address the ongoing pressures of recruitment and retention of new graduates [9].

The ability to bounce back is said to enable a person to emerge stronger, perform better, and become more confident and self-efficient. The new graduate nurses' journey is a stressful experience as they become immersed in the day-to-day work pressures [10].

There was study done by Vink H. and Adejumo O. On Factors contributing to incivility amongst students at a South African nursing school, with objective to describe what nurse educators consider to be factors contributing to incivility among nursing students in a South African nursing school. A qualitative descriptive design was used. Eleven nurse educators were purposively sampled for their experiences on the factors contributing to incivility. Individual face-to-face interviews were conducted until data saturation. Results shows that the three themes that emerged from the data were academic, psycho-pathological and social factors. The themes were discussed on the basis of their reported impact on classroom behaviour and the implications for the teaching and learning environment. Study Conclusions were made that an educational screening system to identify committed students before admission into nursing education should be explored; that a support system should be explored for nurse educators to deal with incidents of uncivil behaviour, perhaps within policy frameworks in the nursing institution; that emotional support should be provided for students who may be experiencing difficulties adjusting to the rigor of post-secondary education; and that a forum should be set up for nurse educators to compare notes and share ideas on what works best in reducing the incidence of uncivil behaviours in the classroom setting [11].

The purpose of this study is to examine how undergraduate nursing students are adjusting to the b learning environment. By learning how these students are adjusting to the environment. The study planned examined how the nursing students felt about their learning environment, their interactions with faculty and peers, their overall experience in the environment, and the course itself.

A profession is an occupation with moral principles that are devoted to the human and social welfare. The services based on specialized knowledge and skill developed in a scientific and learned manner. Nursing helps to attain this objective by giving care to sick and injured, promoting and restoring the health and

preventing disease.

Thus to achieve this goal every nurse under goes certain training according to the course or study. The novice nurse student always has the adjustment problems due to transition or environment from home and school life. Which some time difficulties in adjustment to hostel and professional life. The problems are multifaceted in nature and problems in adjusting the education and environment can be reduced by identifying the factors which initiates the problems of adjustment. Therefore, the present study aspires to assess the adjustment problems faced by first year nursing students in GNM and B.Sc. nursing.

Procedure

Statement

A study to assess the problems faced by first year nursing students in adjusting to their education and environment in the Himalayan College of nursing, Himalayan institute hospital trust.

Objectives

- To assess the problems faced by first year nursing students in adjusting to their education in Himalayan College of Nursing, Himalayan Institute Hospital Trust.
- To assess the problems faced by first year nursing students in adjusting to their environment in Himalayan College of Nursing, Himalayan Institute Hospital Trust.

The study was reviewed under the heading of Literature related to Adjusting in Education and Literature related to Adjusting in Environment, where researcher found significant information related the study.

Material and Methods

The study mainly assessed the problems faced by first year nursing students in adjusting to their education and environment of selected college. Descriptive approach was considered to be most appropriate. They are restricted not only to fact finding but may often result in the formulation of important principles of knowledge and solution to significant problems statement. Quantitative research design is used for our present research study. Quantitative research is based on the concept of manipulation and control of phenomena and the verification of results using empirical data gathered through the senses. The setting of the present study was conducted in the Himalayan Institute Hospital Trust, College of Nursing and Nursing Hostel. Sample was all first year students of BSc and DGNM of College of Nursing, Himalayan Institute Hospital Trust constitute the sample for this study. Sample size used was 79. Sample and sampling was used by keeping in mind that it should economical and capable to work with a small group of element therefore the non-random purposive sampling method was used. Purposive sampling is a sampling selected in a deliberative and non-random fashion to achieve a certain goal. Data was collected through Questionnaire which may include a series of questions pertaining to Educational and Environmental Adjustment of First Year Nursing students. The selection of content for the tool was based on extensive review of literature, opinion of the experts, informal discussion with peer groups and the valuable suggestions that helped the researchers to determine the important problem areas and variables to be

included in the structured open-ended questionnaire.

Description of tool

The tool consists of two parts; Part A and Part B, having structured open-ended questionnaire related to demographic data and adjustment problems of the students.

Part A of the tool consists of Information on the demographic data of the students. It contains five items viz name, age, sex, native place and any previous professional education experience.

Part B of the tool consisted of two problem areas, with structured open-ended questionnaire. Which is related to Adjustment in Education and other Questionnaire related to Adjustment in Environment?

Data collection procedure

Written permission was obtained for Principal College of Nursing, Mrs. P. Barua prior to data collection. By using non-random purposive sampling, data was collected from 79 subjects of First Year Nursing students of Himalayan College of Nursing. The tool was administered to them after explaining about the purpose of the study. It was ensured that confidentiality would be maintained. The average time given to complete the tool was one hour.

Result

The analysis Data was started with coding with numbers. It was put on the master sheet for analysis. The data was analyzed and tabulated in the form of frequency and percentage distribution.

The data for the study was collected through closed and open-ended structured questionnaire for 79 students studying in Himalayan College of Nursing and living in nursing hostel. The result was organized under the following parts.

- Part A: Analysis of the demographic data.
- Part B: Analysis of the adjustment problems of the nursing students related to education, environment, personal and health problems.

Part A; Analysis of demographic data: In this section the analysis and interpretation of demographic data of 79 samples are presented in **Table 1**.

The above table Shows that majority of the students were 59

Table 1: Frequency and percentage distribution of sample by their demographic data (age, sex, course, native place and previous professional educational experiences and religion of samples N=79.

S. No.	Demographic data	Frequencies	Percentages
1	Age		
	17-19 years	59	74.68
	20-22 years	20	25.32
	23-25 years	0	0
2	Sex		
	Male	4	5.07
	Female	75	94.93
3	Course of students		
	B.Sc	40	50.64
	DGNM	39	49.36

4	Native place		
	Within state	74	93.67
	Out of state	5	6.33
5	Previous professional educational experiences		
	Medical	0	0
	Non medical	1	1.26
	Others (Specify)	0	0
6	Religion		
	Hindu	72	91.13
	Muslim	1	1.26
	Christian	3	3.79
	Others	3	3.79

that is 74.68% were in the age group of 17 to 19 years, and 20 students that is 25.32% were in the age group of 20 to 22 years and no one in the age group of 23 to 25 years.

Out of 79 samples, 4 students that is 5.07% were male and 75 students 94.93% were female. And 40 students that is 50.64% were undergo the BSc Nursing (graduate course) and 39 students that is 49.36% undergoes D.G.N.M. course (Diploma course). Maximum numbers of students 74 that is 93.67% belongs to Uttarakhand state and only 5 students 6.33%. Whereas Out of 79 students, only 1 student i.e. 1.26% having previous professional educational experience with non-medical profession (information technology). A vast majority of 72 students i.e. 91.13% are Hindu, and very few number 3 students i.e. 3.79% are Christians and Sikhs and only 1 student i.e. 1.26% is a Muslim religion.

The above **Table 2** shows that 40 students that is 50.63% who have joined the nursing profession are strongly influenced by their parents and relatives. 50 students i.e. 63.29% are facing problems regarding completion of their clinical assignments, taking patients history, maintaining daily diary along with class assignments. 40 students i.e. 50.63% are facing difficulties regarding proper creation of A.V. aids by them for presentations, 34 students i.e. 43.04% are having difficulties to understand the English pronunciation of the teachers and 36 students i.e. 45.57% are having problems that library hours are limited and fixed for them and only one book issued at a single library card at one time. 15 Students i.e. 19.99% have stated that they are not appreciated when they performed well in their studies, 42 students i.e. 53.16% in clinical areas and 58.23% 46 students in extra-curricular activities. 32 of students i.e. 40.57% have said that the parents and teachers should meet at least twice a year. 40.57% (36) students have stated that they are facing problems to attend the extra tutorials classes after college hours because these extra classes are too tiring. Majority of the students 70.89% (56) are having problems with the rules of fulfilling their attendance by make-up duties i.e. 1:3 when they take extra leaves. 50 Students i.e. 63.29% said that their parents are paying tuition fees by taking educational loan. 38 Students i.e. 48.10% stated that they are not allowed for daily practice of outdoor sports activities and 40 of students i.e. 50.63% stated that limited goods are available for sports.

The above **Table 3** shows in clinical issues 42 students i.e. 53.16% are facing problems regarding completion of their clinical assignments, taking patient history, maintaining daily dairy along with class assignments. 54 students i.e. 68.35% are facing problems of inadequate equipment's for performing procedures

Table 2: The Frequencies and Percentages of Students Responses in Education (N=79).

S. NO	PROBLEM AREAS	Frequencies of student responses	Percentages of student responses
1.	Strongly influenced by a parent or relatives to join the nursing profession.	40	50.63
2.	Syllabus Issues Large Duration of Theory Classes Large Duration of Duty Hours	50 42	63.29 53.16
3.	Assignment & Classroom Issues Creation of A.V. Aids by Students for Presentation Pronunciation of English Library Issues (limited hours & limited number of books check out)	40 34 36	50.63 43.04 45.57
4.	Motivational Incentives by Teachers Studies Clinical Limited Extra Curricular Activities	15 42 46	19.99 53.16 58.23
5.	No Parent / Teacher Communication	32	40.57
6.	Extra Classes After College Hours (Tutorials-too long)	36	40.57
7.	Too Many Make-up Duties (Clinical 1:3)	56	70.89
8.	Financial Issues Tuition fee is High	50	63.29
9.	Extra curricular Activities No Regular Time for Outdoor Practice of Sports Limited Goods for Sports	38 40	48.10 50.63

Table 3: The Frequency and Percentage of Students & Responses in Environment (N=79).

S. No.	Problem Areas	Frequencies	Percentage
1.	Clinical Issues Limited Time for Completion of Clinical Assignments (Patient history taking & writing new learning on daily diary) Limited equipment's available for Nursing procedure Demonstration Problems in co-operation with other health personnel	42 54 30	53.16 68.35 37.97
2.	Hostel Living Conditions Sharing of one room with two other Roommates Unavailability of proper food in mess Improper drainage of bathroom & toilets Scarcity of Electrical plug points	60 50 52 56	75.95 63.29 72.22 70.89

Table 4: The Frequencies & Percentage of Student's Responses in Personal Life and Health Problems.

S. No.	Problem Areas	Frequencies	Percentage
1.	Health issues Inadequate sick leaves in special types of illnesses Separate Sick Room in Hostel	60 34	75.95 43.04
2.	Personal Life Issues Restrictions for wearing marriage ritual ornaments Feeling of Home Sick	1 28	1.26 38.89

especially at the time of examination. 30 Students i.e. 37.97% are facing problems in maintaining interpersonal relationship with the health personnel like doctors, staff nurses, supervisors etc. some of the students are also facing problems regarding misbehave of patient's attendants.

Majority of the 60 students **Table 4** 75.95% responded that sharing of one room with two other persons are congested and

uncomfortable. 50 Students i.e. 63.29% stated that sometimes they don't get proper food in mess specially chapattis and sometimes worms are found in the food. 52 Students 72.22% commented that there is no proper drainage system. 56 Students i.e. 70.89% stated that there is a scarcity of electrical plug points in the hostel.

Majority of students 60 i.e. 75.95% mentioned that inadequate

sick leave in special types of illness is a big problem as for one extra sick leave they have to compensate after doing 1:3 make-up duty. 34 Students 43.04% have given comment that there is no separate sickroom for sick students.

Only 1.26% 1 student shared that married students can be allowed to wear their basic ritual ornaments. 28 Students i.e. 38.89% have shared their feeling of homesick

Discussion and Conclusion

Findings of the study

- Half of the students 50.63% have joined the nursing profession who were strongly influenced by their parents and relatives and more than half students are compelled for this profession.
- Majority of the students 75.95% have mentioned the problems related to inadequate sick leave in special types of illness. In same percentage some students also reported that they feel congested and uncomfortable to live with two other persons in one room.
- Majority of the students 72.22% have problems related to improper drainage system.
- About 70.80% of the students reported that scarcity of electrical plug points in their hostel.
- Students are facing problems for completing clinical assignments along with class assignments, inadequate equipment's for demonstrations of procedures in the wards. Some of them are also having problems in pronunciation of the teachers.
- Minority of the students shared their feeling of home sick and only one student 1.26% shared a problem regarding wearing their marriage ritual ornaments

Conclusions

To conclude, we can say that maximum of the students are having problems related to their academic adjustment and health adjustment than environment and personal life problems. Maximum students 75.95% have the problem of limited sick leaves and some are homesick.

Implications

Findings of this study can be considered and implicated in nursing

practice, nursing education, nursing administration and nursing research.

Nursing practice

This study can be helpful to identify and resolve the problems of the nursing students in adjusting to education and environment, so that well-adjusted students can be able to provide a scientifically based and improved quality care to the patients.

Nursing education

The results of this study will help the administrator to make learning methods easy for the students so they can achieve their educational goals.

Nursing administration

Administration should take some initiative to solve out the problems of the students which they are facing in adjustment.

Nursing research

There is a great need to conduct further research studies related to various adjustment problems of the nursing students and giving the solutions accordingly because the nursing students are a part of health team and they should not be neglected.

Limitations

- Limited time for research project.
- The study was confined to a small number of subjects available.
- The study was conducted only on first year nursing students of College of Nursing, H.I.H.T.

Recommendations

Based on finding of the study and conclusions drawn, the following recommendations are suggested for the further studies.

- A comparative study on adjustment problems of the new students can be studied in H.I.H.T College of Nursing and other Institutes.
- More time should be allotted for conducting research work.
- A Comparative and correlative studies can be conducted in the same college between the nursing students of different years.

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