

Anxiety, Self-Esteem, and Optimism Indexes among Senior Nursing Students

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Introduction:

Anxiety, self-esteem, and optimism are important indicators of psychological wellness among senior nursing students. Anxiety is a feeling of tension, dread, or apprehension that activates the physiological system beyond its normal functioning capacity and has a negative impact on human performance. Self-esteem is a person's overall sense of worth or value. It can be considered a sort of measure of how much a person values, approves of, appreciates, prizes, or likes him or herself. Optimism is a mental state characterized by optimism and hope for success and a bright future. The aim of the study is to examine the level of anxiety, self-esteem, and optimism among senior nursing students.

Methods:

Research design: A descriptive study was conducted from January 2023 to February 2023. Online questionnaires of the GAD-7 (General Anxiety Disorder), Rosenberg's Self-esteem scale, and LOT-R (Life Orientation Test Scale) were forwarded to the nursing students. Data collected were analyzed using frequency and percentage. Tools of data collection: Online questionnaire was used as a data collection method.

Pilot study: We conducted a pilot study on five students who were randomly selected to make sure of their validity and reliability through online questionnaires and they were removed from the main study later.

Conclusion:

Based on the results, the majority of female senior nursing students exhibit high levels of optimism and anxiety, also there are normal levels of confidence. Thus, we recommended that programs and services for counseling be made available to aid optimism, and self-esteem, and lower their anxiety to enhance their performance.

References:

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Result:

Findings revealed using the GAD-7 anxiety scale 10 or 33% of female nursing students were identified as having severe anxiety. LOR-R Measure revealed that 15 or 50% of the female nursing students have high optimism, whereas 12 people, or 40%, had high self-esteem according to Rosenberg's Self-Esteem Scale.

Table 1: GAD-7 Anxiety.

Level of Anxiety	Frequency	Percentage
Minimal Anxiety (0-4)	8	27%
Mild Anxiety (5-9)	6	20%
Moderate Anxiety (10-14)	6	20%
Severe Anxiety (15-21)	10	33%

Table 2: Rosenberg's Self-Esteem Scale

Self-Esteem Level	Frequency	Percentage
Low self-esteem (below 15)	4	13%
Normal self-esteem (15-25)	14	47%
High self-esteem (above 25)	12	40%

Table 3: LOT-R (Life Orientation Test Scale)

Optimism	Frequency	Percentage
Low optimism (0-13)	7	23%
Moderate Optimism (14-18)	8	27%
High optimism (19-24)	15	50%

