

“A STUDY TO ASSESS LIFE SKILLS AMONG NURSING STUDENTS OF CO-OPERATIVE COLLEGE OF NURSING KAKKODE, TRIVANDRUM, KERALA”

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ABSTRACT: Life skills may be viewed as a range of psycho-social and cognitive abilities to equip with the children to make informed decisions and choices, manage their emotional well-being and communicate effectively¹. This study was intended “To assess life skills among Nursing students of Co-operative College of Nursing, Kakkode, Trivandrum, Kerala”. Objectives of the study were to determine the attitude towards life skills among Nursing students and to compare the attitude towards the life skills between 1st year and 4th year BSc Nursing students. A Non- experimental research approach with Descriptive- Comparative research design was carried out in this study. A structured attitude scale was given to 60 samples (30 from 1st year BSc Nursing and 30 from 4th year BSc Nursing) to assess their attitude towards life skills. Samples were selected by using simple random sampling technique. The study was conducted in Co-operative College of Nursing Trivandrum, Kerala. The result obtained shows that Decision making, critical thinking and interpersonal relationship are poor in 1st year, Problem solving and self awareness are a little similar among 1st year and 4th year BSc Nursing students and 4th year students having more attitude towards the life skills than 1st year BSc Nursing students. So adequate information has to be given to the students to promote essential academic and other activities.

Index Terms: life skills, BSc Nursing students

I.INTRODUCTION:

“TODAY IS A PERFECT OPPORTUNITY TO START BUILDING THE TOMORROW YOU REALLY WANT”

-JONATHEN WILLS-

Life skills aims at providing deeper understanding of the necessary skills for full participation in everyday life especially among adolescents. According to UNICEF, Life skills based education is important over numerical and literacy skills. Life skill is not only linked to the pedagogy of active learning, but also concerned with addressing the balance between attitude and skills².

Life skills may be viewed as a range of psycho-social and cognitive abilities to equip with the children to make informed decisions and choices, manage their emotional well-being and communicate effectively³.

Bindhu David et al., conducted a study on Life skills and attitude towards vocation among vocational higher secondary school students. The study was an attempt to find the life skills and attitude towards vocation and their relationship. The result showed that as the knowledge regarding life skill increases, a favourable attitude towards vocation increases⁴.

The objectives of the study were to determine the attitude towards life skills among Nursing students and to compare the attitude towards the life skills between 1st year and 4th year BSc Nursing students.

II. RESEARCH METHODOLOGY:

2.1 Research Approach: The research approach adopted for the study was Non- experimental research approach with Descriptive- Comparative research design.

2.2 Population and Sample: The target population was BSc Nursing students in selected Nursing Colleges of Trivandrum, Kerala. Sampling technique used in this study was probability sampling technique and 30 samples from 1st yr BSc Nursing and 30 samples from 4th yr BSc Nursing. Total sample is 60 BSc Nursing students from Co-operative college of Nursing, Trivandrum, Kerala.

2.3 Research Tools: In this study, tools consists of two parts; Section A: Socio demographic data And Section B: Assessing the attitude towards life skills using likert scale.

2.4 Data Collection Method: The tool used for data collection consist of two section, Section A consist of questions related to demographic variables and section B consist of questions to assess the attitude of students towards life skills among BSc Nursing students and compare the attitude towards life skills among 1st year BSc Nursing students and 4th year BSc Nursing students in co-operative college of Nursing Kakkode ,Trivandrum. This study mainly focusing on the attitude of the students about the life skills in their curricular and co-curricular activities. This section mainly focusing on Decision making, Critical thinking, Interpersonal relationship, Self awareness and Problem solving by using attitude scale. Confidentiality was maintained.

2.5 Statistical Analysis: Descriptive statistics like frequency and percentage analysis was used to assess the attitude of the Nursing students towards life skills.

III. RESULTS AND DISCUSSION:

3.1 Comparison of attitude towards life skills among 1st year BSC Nursing students and 4th year BSC Nursing students.

Decision making	1 st year percentage	4 th year
Poor	33.33%	13.33%
Average	50%	46.66%
Good	16.6%	36.66%
Excellent	0%	3.33%

Critical thinking	1 st year	4 th year
Poor	50%	33.33%
Average	36.6%	46.66%
Good	13.33%	13.33%
Excellent	0%	6.66%

Interpersonal relationship	1 st year	4 th year
Poor	50%	56.6%
Average	43.3%	20%
Good	6.6%	20%
Excellent	0%	3.33%

Problem solving	1 st year	4 th year
Poor	16.66%	46.66%
Average	40%	33.33%
Good	26.66%	13.33%
Excellent	16.66%	6.66%

Self awareness	1 st year	4 th year
Poor	16.66%	16.66%
Average	60%	30%
Good	20%	40%
Excellent	3.33%	13.33%

By comparing both BSc Nursing 1st year students and BSc Nursing 4th year students score regarding attitude towards decision making, critical thinking and interpersonal relationship shows that most of the BSc Nursing 1st year students have poor and average attitude and Only few of them score good and excellent attitude. At the same time most of the BSc Nursing 4th year students score good and excellent score in above said components. But Problem solving and self awareness are a little similar among 1st year and 4th year B SC Nursing students.

IV. Conclusion:

The present study was undertaken to assess the attitude towards life skills among Nursing students. The results revealed that By comparing 1st yr BSc Nursing and 4th year BSc Nursing, Decision making, critical thinking and interpersonal relationship are poor in 1st year. Problem solving and self awareness are a little similar among 1st year and 4th year BSc Nursing students.

V. IMPLICATIONS OF THE STUDY:

NURSING PRACTICE:- Nursing professional will be able to find opportunities to teach and improve the knowledge and attitude about life skills among Nursing students.

NURSING EDUCATION:- As a nurse educator there are abundant opportunities for Nursing professionals to educate Nursing students regarding life skills among Nursing students which enable them to adapt the positive behavior and adjust with their surroundings.

NURSING RESEARCH:- The findings of the study help to expand the scientific body of knowledge upon which further investigation can be conducted.

VI. RECOMMENDATIONS:

1. Same study can be carried out as an experimental research study with the same problem statement.
2. Study can be conducted with a large group of samples.
3. Study can be done in students from various professions to assess their attitude towards lifeskills.
4. Comparative study can be conducted with different methods of evaluation.

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