
Summary

Introduction:-

Nursing is a practice of oriented profession. Therefore, the clinical experience is an integral part of the nursing students' total educational process. In the clinical setting, the nursing students are confronted with real situations in which they should knowing self awareness and self esteem.

Becoming self aware does not mean being selfish though. Discovering the inner you will enable you to give more of yourself to others and this will benefit your relationships as well as helping to build your self esteem and confidence as you become truer to yourself. So nursing students need to know them self awareness and increase self esteem before dealing with psychiatric patients.

Aim of the study:

The study aimed to assess nursing student self-awareness dealing with psychiatric patient through:-

- 1- Assess knowledge of students about self-awareness.
- 2- Assess knowledge of students about self-esteem.

Subject and methods:-

A descriptive design was utilized in the study. The study was conducted at Faculty of Nursing, Benha University.

The target of this study consist of all nursing students undergoing fourth year of psychiatric nursing experience at Faculty of Nursing,

Benha University (2008-2009). The total number of the students was (216).

To collect data of the study the following tools were used:

The first tool (Appendix A):

An interview questionnaire was developed by the researcher after reviewing of literature and references, whose content has been tailored to assess change in nursing students' self awareness in specific areas of personality before and after given of self- awareness lecture. This tool includes the following items.

A –Socio- demographic data:

This includes data about students' age and residence.

B – Students' self- awareness data: this is subdivided in three areas.

I-Area related to significant characteristics of student personality this area is composed of 4 open ended questions.

II- Area related to students' values and beliefs. It is formed of ten statements to be completed by the study subjects.

III- Self- awareness: this is composed of:

- Open ended questions based on the “Johari window model” for developing self- awareness developed by “Luft & Ingham, 1963” in “Boyed”.
- Students' knowledge about benefits of self- awareness for her and in nursing practice, it consists of two ended questions.

C – Self- sharing tools:

Was composed of three areas:

I- Topics considered by the student as easiest and hardest to disclose about herself this consisted of “12” statements.

II- Situations that the student wishes to happen for herself it is formed of “13” statements.

III- Characteristics that help the student to relate with others and characteristics that hinder her relation with other people. It consist of “25” characteristics.

D –Students’ expectations and benefits of nursing:

It is formed of three areas:

I- Area related to satisfaction with nursing.

II- Beliefs about helping in nursing practice checklist and open end question about the characteristics of effective helpers.

The second tool (Appendix II):

Modified social self- esteem inventory.

This tool is used to measure the self- esteem level. It includes “20” items “10” positive and “10” negative, each item has a set of three levels (not agree, agree, and very agree).

The findings of the study can be summarized in the following:-

According to demographic characteristics of students, the findings pointed out that the majority of them were under 22 years old and the majority of them were scoring "Urban area".

Concerning the changes in students’ knowledge pre and post lecture regards to Characteristics of student’s personality, self- sharing data, nursing practice, characteristics of effective helpers’, and benefits of self –awareness there were a highly statistical significant and the majority of students’ knowledge changes in post lecture than pre.

According to level of students' knowledge of self awareness and level of students' self esteem, the majority of them have awareness and high self esteem in post lecture. As regard to correlation between them have positive correlation.

As results of this study the following recommendation were formulated:-

- Throughout academic years, a lecture on self-awareness will help nursing students understand their reaction towards patients, colleagues and others.
- The need to help students further examine their own and others attitudes, beliefs, and worldviews as well as develop a broad contextual knowledge base from various cultures
- The nurses need to be aware of themselves in relation to other through support and supervision group that offer opportunities for personal professional and growth.
- A course for training psychiatric nurses about development of self-awareness and therapeutic use of self can be developed and implemented. This course should be conducted with self-awareness exercises to improve interpersonal skills.
- Curricular emphasis should be placed on expanding and raising nursing students' awareness of their responsibilities toward patients, especially in challenging or difficult situations, and on improving their concept of nursing as a profession.

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- Further studies about self-awareness in nursing are needed as a trend toward professionalism. This studies focus on:
 - * Nurses personal values and beliefs which directly affect their interaction with patients.
 - * Relation between self-awareness and quality of care.
 - * Awareness nurse's satisfaction.
 - * Relation between awareness of nurse's personal need and therapeutic use of self.

 - Periodic workshop for nurses, working in different settings can help them in their work. The workshop is to be included:-
 - * Means of developing empathy to help nurses perceive actual response of patients.
 - * Practice self-introspection to help nurses to become authentic, to be authentic is to be the self that nurse truly is by understanding her needs and values that guiding her behavior.
 - * Used self-sharing as a method to increase self-awareness without exposure to a sense of vulnerability.
 - *Used workshop with student and her father to understand how increase self esteem in their children from childhood.

