Assessment the Level of Psychological Resilience among Senior Undergraduate Nursing Students

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Abstract

Background: Psychological resilience is one of the most important concepts related to the lives of individuals, as the challenges and pressures of life are tangible in all societies, and these challenges and pressures increase due to the nature of the current situation in every society, including the Iraqi society, due to a large number of social and psychological requirements. This study aimed to assess the level of psychological resilience among undergraduate senior nursing students and to determine the difference in psychological resilience among nursing students' gender, age, residency, marital status, and socioeconomic status.

Method: A descriptive study and non-probability purposive sampling was conducted from December 2022 to May 2023. The participants were (289) undergraduate senior nursing students at four nursing colleges (the University of Baghdad, the University of Kufa, the University of Babylon, and the University of Karbala) participated in this. The data collection method is a self-reported questionnaire. The instruments used were two axes; the first was a demographic questionnaire, and the second was the Connor-Davidson Resilience Scale (CD-RISK). The descriptive and inferential statistical analysis collected and analyzed data.

Results: The results reveal that most participants, as reported among (65.4%) of participants (M ± SD=60.32 ± 9.115), The highest mean level was observed in all dimensions of psychological resilience except the domains of optimism, which showed a moderate level with (M ± SD=2.29 ± .67). The finding reveals no significant association between psychological resilience with (age) at P value=.200, (religion) at p-value= .331 and (economic status) at p-value= .622.

Conclusions: The study indicated that most students had high psychological resilience; the overall average reveals a psychological resilience level that is highly significant across all categories except the domains of optimism, and the study concluded that no significant association between senior students' socio-demographic status regarding age, socioeconomic status, and religion with psychological resilience; nevertheless, there was a strong correlation in the domains of residency, gender, and marital status.

Recommendations: The Ministry of Higher Education and Scientific Research should emphasize psychological resilience because of its direct impact on young people and university students, particularly their problems and obstacles.

Keywords: Psychological resilience • Senior nursing students

Introduction

Psychological resilience is one of the most important concepts related to individuals' lives, as life's challenges and pressures are tangible in all societies. These challenges and pressures increase due to the nature of the current situation in every society, including the Iraqi society, due to many social and psychological requirements, especially for university students. Because there are many influences and pressures, and whenever a problem is resolved, the current research, considering the burdens and pressures of life, constitutes a great challenge for all members of society, in particular students of nursing colleges, as they suffer from pressures and challenges such as death, critical cases, and long working times, which causes a burden that is difficult to cope with, especially new students who are about to be appointed in the field of work [1].

Resilience in psychology is one of the topics that has attracted the attention of researchers and thinkers in the field of psychology, as it refers to the individual's thoughts and his tendency to persistence and maintain his calmness and self-balance when exposed to pressures or tense situations, as well as his ability to agree and positively confront these pressures effectively and those situations he is exposed to. It has, just as psychological resilience is an inseparable characteristic of life and a latent strength God Almighty created in man. It cannot become an advantage unless the individual activates and practices it. Many studies dealt with psychological resilience and its relationship to some variables, such as positive feelings, successful compatibility with stress burnout, and other variables [2].

In the literature, several definitions of resilience employ various vocabulary, but none has found a description that applies to everyone [3].

Psychological resilience is the individual's ability to endure, anticipate, and recover from external pressures and shocks, whether physical, emotional, or economic, or related to disasters and crises, and to maintain the basic functions of the individual to overcome these crises [4].

Resilience has changed over time, according to many definitions. Resilience, according to the American Psychological Association (APA), is the "process of adjusting well in the face of adversity, trauma, tragedy, danger, or severe causes of stress, such as family and interpersonal problems, serious health problems, or employment and financial stressors" [5].

Psychological resilience is defined as the ability to manage things in

circumstances difficult, threatening, or even adversity situations with an effective and successful approach, the ability to mobilize mental and skill energies in order to act well in circumstances that impose obstacles to success and threaten its results, as psychologically resilient people are distinguished by their steadfastness Face adversity and get out of it positively [6].

As the profession of nursing protects people's health throughout their lives. Depending on their specialty, nurses have a variety of duties, but their primary responsibility is to assist those who require medical care [7].

Furthermore, the university student, in the current circumstances that our dear country is going through in general, and university student in particular, and the extent of the psychological problems that they suffer from, as well as nervousness, all stem from the various pressures of life that lead them at continuous times to the speed of their anger. They have increased cases of introversion and depression, which in turn leads them to failure Cognitive and academic failure as a result of all the obstacles around them, as the university stage is a turning point in various fields, including the psychological, mental, social and psychological fields that help them interact with others [8].

As well as nurses and nursing students are exposed to various stressful situations, including patient suffering, death, and interaction with patient relatives. These situations might have an impact on their mental health and capacity to give care. This worry about making mistakes in the clinical setting is a significant cause of tension for those studying nursing, who frequently find clinical education difficult [9].

Thus, the importance of psychological resilience is highlighted through dealing with stress effectively and using the lessons they gain from adversity as a guide for dealing with similar circumstances; resilient nurses would tend to find the good in difficult circumstances [10].

Consequently, those who lack resilience are more likely to feel overwhelmed or powerless and to turn to harmful coping mechanisms such as isolation, avoidance, and self-medication [11].

Materials and Methodology

Design of the study

A descriptive design was used to achieve the purposes of the current study to determine the level of psychological resilience among Undergraduate Senior Nursing Students. This study started from December/2022 to May 2023.

Ethical considerations

This is a valuable section of the study. It concerned the ethical considerations for scientific research in initiating the sample collection process. Approvals were obtained to conduct the research, starting with the ethical committee in the College of Nursing, University of Baghdad, as well as approvals to collect the sample from the colleges of nursing, according to official directives as well as all study participants have been informed that the study results will be only for this study. Notify all participants that everyone here has the right to refuse participation.

Settings of the study

The study targeted senior nursing students. It was carried out at the College of the Nursing / University of Baghdad, College of Nursing /University of Kufa, College of the Nursing /University of Babylon, and College of the Nursing / University of Karbala.

Sample of the study

The method is used a non-probability purposive/judgmental sampling. The sample size was (337) students (male and female) from four colleges of nursing; the total number of participants in the study was (289) and excluded those who refused to patriciate n=13, and (35) pilot study.

Study instrument

Part I: Students' Demographic Questionnaire

This part contains demographic information of students who took part in the research. Which consists of (6) items, including age, gender, marital status, residency status, religion, and monthly family income.

Part II: The Connor-Davidson Resilience Scale (CD-RISK)

Where the scale is formed in its original form. It consists of (25) items spread over (4) dimensions, which are hardiness, which consists of (7) items, the dimension of optimism, which consists of (7) items; and purpose, which consists of (5) items, and the dimension of resourcefulness, which consist of (6) items.

Validity of the questionnaire

The validity of the face and the content was determined through the use of a team of experts [12].The panel of (14) experts from various fields who assessed the clarity and adequacy of its items; Professors and instructors from the College of Nursing (University of Baghdad, University of Kufa, University of Babylon, and University of Karbala), as well as psychiatrists from psychiatric educational hospitals (Ibn Rushd Teaching Hospital for Psychiatry), as well as faculty members from the Technical Medical Institute / Baghdad.

Reliability of the Questionnaire

Reliability is the primary criteria for evaluating the instrument quality and sufficiency. It additionally considers the degree of consistency with the instrument measures of distribution that are supported to be measured, and the most popular and practical measure for internal consistency is Cronbach's alpha [13]. Where was the correlation coefficient for the current study is R=0.931 for Psychological Resilience Questionnaire? The alpha correlation coefficient was applied to determine the present study instrument's reliability by applying a statistical package for the social science program (IBM SPSS) version 24.0.

Pilot study

A convenient sampling of (35) individuals were selected from senior nursing students among studied sampling populations, to measure the appropriateness of the pre-questionnaire, was conducted for the period of 28th December 2022 to 6th January 2023.In addition, the purposes of the pilot study were to determine the study instrument's internal consistency reliability and content validity [14].

Data collection

The data was collected from 16th February 2023 to 9th March 2023; the researcher collected data from senior students at nursing colleges in Baghdad and some other cities for the current study using a self-administered questionnaire as a data collection tool.

Statistical data analysis

Descriptive statistical data analysis: Frequency, percent, mean of scores, mean, standard deviation, total scores and ranges.

Inferential statistical data analysis: T-test, one-way Analysis of Variance (ANOVA), and Spearman correlation coefficient.

Result

Table 1 reveals that senior nursing students are in the age group of (21 years-23) years, as reported among (73.4%); the average age is referred to as "23.39 years ± 3.54 years". The gender variable shows that (67.8 %) of nursing students are males. Regarding marital status, less than a quarter of nursing students are married (20.4%), and most remain unmarried (76.5%). While the religion it was, the majority of them were Muslims (98. 6%).While the residency status, most of them lived with their families (80.3%). Concerning socioeconomic status for nursing students, (53.3%) of them associated with enough socioeconomic status.

Table 2 shows that nursing students show high psychological resilience, as reported among 65.4% of them (M ± SD= 60.32 ± 9.115).

Figure 1 shows that 65.4% of nurses are associated with high psychological resilience.

Table 3 shows that there is no significant difference reported in the overall score of psychological resilience among nursing students 'age at p-value= .200. There is a significant difference reported in an overall score of Psychological resilience concerning nursing student's gender at p-value ≤ .001, and there is the significant difference has reported in an overall score of Psychological resilience concerning nursing students'marital status at p-value=.036, and there is no significant difference has reported in an overall score of psychological

Table 1. Distribution of undergraduate Senior Nursing students according to their Socio-demographic Characteristics.

List	Characteristics		f	%
1	Age M ± SD= 23.39 ± 3.5467	20-18	8	2.8
		23-21	212	73.4
		24-More than	69	23.8
		Total	289	100
2	Gender	Female	93	32.2
		Male	196	67.8
		Total	289	100
3	Marital status	Single	221	76.5
		Married	59	20.4
		Divorced	7	2.4
		Widowed	2	0.7
		Total	289	100
4	Religion	Islam	285	98.6
		Other religions	4	1.4
		Total	289	100
5	Residency status	University accommodation	26	9
		Private accommodation	31	10.7
		With family	232	80.3
		Total	289	100
6	Socioeconomic status	Not enough	30	10.4
		Hardly enough	105	36.3
		Enough	154	53.3
		Total	289	100

f: Frequency, %: Percentage, M: Mean, SD: Standard Deviation

Table 2. Overall assessment of psychological resilience among undergraduate senior nursing students.

Psychological Resilience	f	%	M	SD
Low	13	4.5		
Moderate	87	30.1	60.32	9.115
High	189	65.4		
Total	289	100		

f: Frequency, %: Percentage
M: Mean for a total score, SD: Standard Deviation for a total score
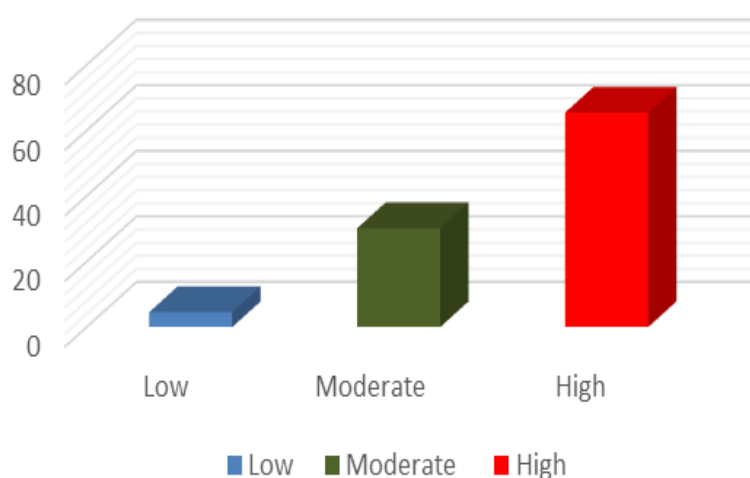Low=25-41.66, Moderate=41.67-58.33, High=58.34-75

Figure 1. Level of psychological resilience among undergraduate senior nursing students (N=289).

resilience about nursing students' religion at p-value=.331, and there is a significant difference in an overall score of psychological resilience regarding nursing students' residency status at p-value= .022, and no significant difference has reported in an overall score of psychological resilience regarding nursing students' economic status at p-value= .622.

Table 3. Relationship between psychological resilience with socio-demographic variables of undergraduate students (N=289)

		Psychological Resilience				
	Correlation coefficient	Hardiness	Optimism	Resourcefulness	Purpose	Overall
Age	Spearman	0.124	0.012	0.053	0.057	0.076
	Sig. (2-tailed)	0.035	0.839	0.373	0.337	0.2
Gender	Point biserial	-0.168	-0.21	-0.2	-0.187	-0.22
	Sig. (2-tailed)	0.004	<.001	<.001	0.001	<.001
Marital status	Spearman	0.144	0.119	0.063	0.065	0.123
	Sig. (2-tailed)	0.014	0.042	0.284	0.27	0.036
Religion	Spearman	0.095	0.105	-0.048	0.04	0.057
	Sig. (2-tailed)	0.107	0.075	0.42	0.496	0.331
Residency status	Spearman	-0.062	-0.154	-0.175	-0.09	-0.135
	Sig. (2-tailed)	0.294	0.009	0.003	0.126	0.022
Economic status	Spearman	-0.064	-0.061	0.035	0.05	-0.029
	Sig. (2-tailed)	0.278	0.299	0.551	0.393	0.622

Correlation is significant at the 0.05 level (2-tailed)
** Correlation is significant at the 0.01 level (2-tailed)

Discussion

Part I: Distribution of undergraduate senior nursing students according to their Socio-demographic

Characteristics

According to the Table 1, these results were 289 people in our sample, whose ages ranged from 18 to 24 and older. The results show that students are spread across various age groups, but the majority of them are between the ages of 21 and 23 were percentage (74.3%). This is because the students who participated in the morning study should have been between 19 years and 22 years old for their level of college, and the other exceptions are because of individual differences in how they reached or failed to reach the study's objectives before, during, or after it [15]. Compared to other studies, we discover that a study conducted in Iran by Areshtanab et al. (2022) had comparable results regarding the mean age of participants, ranging from 20 years to 23 years. As for gender, our statistics indicate that most participants are males (67.8 %). This finding did not agree with Areshtanab et al., (2022), who reported in their study that the participants of students were majority females (64.4%). While accepted with study showed that male nurses who were between the ages of 21 and 30 made up the biggest percentage of the study sample (62.9%) [16], which they made up 68.6% of. As for marital status showed that the highest or three-quarters of participants are single (76.5 %) which is expected given that the student community's financial resources are limited or scarce [17]. This is consistent with the normal distribution of students according to their marital status. Otherwise, another study disagreed with our result on the marital status of a study conducted in Birjand [18], which showed a high percentage age of married participants estimated at (72.5%). As shown by their religion, most of them (98.6 %) were Muslims. While in comparison, a study conducted at the University of Punjab in Lahore revealed that all participants were Muslims [19]. Regarding the variable of residency status, the current survey revealed that 80.3% were living with their families, 10.7% were living in private accommodation, and 9.0% were living in university housing. Compared to other research of a similar nature, the study which indicated that the majority of them were resident at students' homes about (78.9%) of them [20]. Regarding the socioeconomic status of the participants, 53.3% of them had sufficient socioeconomic standing; However, we must take into consideration with the exception of a few students from middle-class households in the Middle Region, the majority of students come from low-income homes, however, it is important to keep in mind that the majority of Iraqi citizens, like those in any developing country, live on a low or moderate income. The study's income status may be misleading because Iraqi society is conservative when asked about their income [21]. This is consistent with the findings of Areshtanab et al. (2022), which indicated that 54.6% of participants had an income equal to their expenses their marital status [22].

Part II: Assessment of psychological resilience among undergraduate senior nursing students

According to Table 2, the results reveal that most participants show a high level of psychological resilience, as reported among 65.4% of participants (M ±

SD= 60.32 ± 9.115). The high psychological resilience of the research sample individuals indicates varying proportions; this is a good indicator that calls for optimism, as it contributes to predicting the aspect of psychological and social safety in the life of a significant segment, which is the segment of the university student responsible for leading society soon. As perhaps this high level of psychological resilience is attributed to the nature of the age and educational level of the students since they are university students and possess knowledge and life experience that contributed to the crystallization of their personality, which reflected positively in increasing their self-confidence and strengthened their psychological level and their ability to psychological resilience [1]. The findings are similar to the study conducted at Tabriz University of Medical Sciences Nursing and Midwifery Faculty in Iran, which positively impacts psychological resilience (M ± SD= 95.51 ± 14.11).

Part III: Relationship between psychological resilience with socio-demographic variables of undergraduate students (N=289)

According to the Table 3, the results reveal no significant difference in total domains of psychological resilience with participants' demographic data about (age) at P value=.200. As for another study conducted and discovered no statistically significant association between age and resilience. While the above table showed results about a score of Psychological resilience concerning nursing students' religion, no significant difference has been reported in the overall score at p-value= .331. This result is consistent with the results of the Iranian study, which states that there is no significant correlation between Psychological resilience concerning nursing students' religion at p-value =0.10. Also, it turns out to be a relationship between psychological resilience and socioeconomic status among nursing students; no significant difference has been reported in the overall score at p-value=.622., According to the Table 3, Compared with other studies conducted with the same variables and almost the same sample, the result was consistent with the current study in a study conducted in Tabriz; there was no significant relationship between psychological resilience and the socioeconomic status of nursing students [9].

Conclusions

According to the findings of the study, the researchers reached the following conclusion:

- The study indicated that most students had high psychological resilience.

- The overall average reveals a psychological resilience level that is highly significant across all categories.

- The study concluded no significant association between senior students' socio-demographic status, such as age, religion, and socioeconomic position, with psychological resilience; nevertheless, there was a strong correlation in the domains of gender, residency status, and marital status.

Recommendations

Based on the findings and conclusions of the current study, the researcher recommends the following:

• The Ministry of Higher Education and Scientific Research should emphasize psychological resilience because of its direct impact on young people and university students, particularly their problems and obstacles.

• Undertaking comparable investigations of variables, but on a larger scale, by performing comparative research between different areas or study levels and for more than one college.

• Investing in the university environment to develop psychological resilience, through seminars and internal and external workshops to develop the skills and experiences of students, particularly nursing students, due to difficulty and challenges of this profession.

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