

A DESCRIPTIVE STUDY TO ASSESS THE ASSERTIVENESS SKILLS AMONG POST GRADUATE NURSING STUDENTS

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ABSTRACT

Assertiveness is an important behavior for today's professional nurse. As nurses move away from traditional subservient roles and perceived stereotypes, it is increasingly being recognized that a nurse needs to behave in an assertive manner. This study was conducted among post graduate nursing students in Matha College of Nursing, Manamadurai. The descriptive study design used and sample size was 30. The standardized assertiveness tool constructed by Lloyd S. R (2000) was selected. The study findings reveals that majority of post graduate nursing students had fairly assertiveness skills.

KEYWORDS: Assertiveness, Graduate Nursing Students

INTRODUCTON

As a member of the health care community, we interact with multiple health team members; we apply many of the components of therapeutic communication in relationships with colleagues. We do this to focus on accomplishing the work and goals of the clinical settings, to build teams, facilitate group process, collaborate, consult delegates, supervise and lead work teams. We need social, informational and therapeutic interactions for team members to build morale, accomplish goals, and strengthen working relationships. Everyone has interpersonal needs, these include feelings accepted, wanted and a part of the group as well as having ones own identify, privacy, power and control and affection. Skillful engagement, respect relationship and responding to people in a timely fashion. These can be gained and developed through the assertive behavior.

Assertiveness is defined as "it enable a person to act in his or her own best interest, to stand up for herself or himself without undue anxiety, to express honest feelings comfortably and to exercise personal rights without denying the rights of others"(Alberti & Simmons, 2002)

Assertiveness is considered healthy behavior for all people that, when present, mitigate against personal powerlessness and results in personal empowerment. Nursing has determined that assertive behavior among its practitioners in an invaluable component for successful professional practice

Assertiveness is necessary for effective nurse patient communication and it is suggested that its development may also aid the confidence of the progression as it develops. Assertive behavior may be encouraged through educational methods. It is preferable that nurses receive this educational preparation during their graduate programmes.

Assertiveness is the way of thinking and behaving that allows a person to stand up for his or her rights while respecting the rights of others. Assertive attitudes and behavior are at the heart of effective advocacy. People with an

assertive attitude recognize that each individual has rights. These rights not only include legal rights but also rights to individuality, to have and express personal references, feelings and opinions.

STATEMENT OF THE PROBLEM

A study to assess the assertiveness skills among post graduate nursing students at Matha College of Nursing, Manamadurai

OBJECTIVES

- To assess the level of assertiveness skills among the post graduate nursing students
- To determine the association between the levels of assertiveness skills among post graduate students and demographic variables

HYPOTHESIS

- There will be a significant association between the assertiveness skills and demographic variable among post graduate nursing students

RESEARCH METHODOLOGY

This study was conducted among post graduate nursing students in Matha College of Nursing, Manamadurai. Descriptive study design was used and sample size was 30. Demographic variables are age, sex, years of experience, marital status, religion and location. The standardized assertiveness tool constructed by Lloyd S. R (2000) was selected.

SCORING KEY

Table 1

60& above	Consistently assertive
45-59	Fairly assertive
30-44	Assertive in some situation
15- 29	Difficulty assertive

ANALYSIS AND INTERPRETATION OF THE DATA

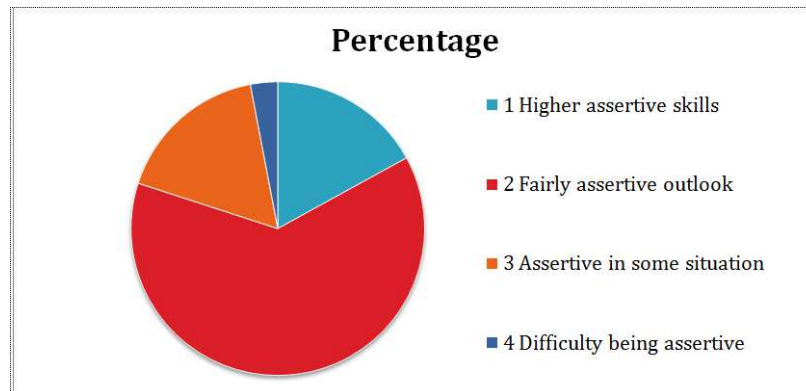
According to the level of assertiveness, 17% students have highly assertive skills, majority of the students (63%) have fairly assertive skills, 17% have assertive in some situation and only 3% students are difficulty being assertiveness.

Association between the level of assertiveness and demographic variables shows there is a significant relationship among student's sex, years of experience and marital status.

Distribution of sample according to the level of assertiveness among post graduate nursing students

Table 2

S. No	Level of Assertive Skills	Frequency	Percentage
1	Higher assertive skills	05	17
2	Fairly assertive outlook	19	63
3	Assertive in some situation	05	17
4	Difficulty being assertive	01	03



DISCUSSIONS

First objective of this study was found 17% students have highly assertive skills, majority of the students (63%) have fairly assertive skills, 17% have assertive in some situation and only 3% students are difficulty being assertiveness. Krangonoghu S et. al (2008) study on the level of self esteem and assertiveness of nursing students. It was found that the nursing students had the highest score on the RAS (36.29+/- 25.33)

The second objective of the study was to determine the significant association between the levels of nursing students shows the sex (8.86), year of experience (12.716), marital status (6.657)

IMPLICATIONS

Nursing Practice

- Nursing personnel are at the best position to identifying assertiveness skills in other areas of nursing service
- Information thus obtained can be used in planning interventional strategies specific to graduate students needs

Nursing Education

- Prepare nurses with the potential for imparting information effectively use assertive skills
- Nursing personnel need to be equipped with adequate knowledge regarding the assertiveness skills

Nursing Administration

- Nursing administration should organize in service education program for graduate students and encourage them to use assertiveness effectively
- These findings will help the administrators to plan in service education programmes regarding assertiveness skills

Nursing Research

- This study also brings about the fact that more studies need to be done at different settings and age groups
- This study can be a baseline for the future studies to build upon

Recommendations

- A similar study can be conducted by using large samples
- Comparative study can be conducted among under graduate and post graduate nursing students
- A similar study can be conducted among staff nurses working in various settings
- Study can be conducted among nursing faculty

CONCLUSIONS

Assertiveness is necessary for effective nurse patient communication and it is suggested that its development may also aid the confidence of the progression as it develops. Assertive behavior may be encouraged through educational methods. It is preferable that nurses receive this educational preparation during their graduate programmes

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