



## Assessment of self-efficacy among nursing students studying in SGT University, Gurugram, Haryana

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### ABSTRACT

*Self-efficacy is a key process to follow and achieve desired goals by an individual. It is defined as people's reliance in facing big challenges and passing through the difficulties. Level of self-efficacy among students is an important factor in assessing student's success and progress. It can help in magnifying their performance, social relations, career choices, etc. Self-efficacy is of utmost importance to student nurses and clinical nurses as nurses with low self-efficacy will not take required steps for their patients<sup>2</sup>. The present study investigates the self-efficacy level of nursing students pursuing different courses like General Nursing and Midwifery, BSc. Nursing, Post BSc nursing, MSC nursing programs in Sgt University, Gurugram, Haryana, India. General self-efficacy scale (GSE) was used in the present study. GSE scale consists of 10 items with unidirectional 4-point (1to4) option for each item. Internet Google form is filled by 380 nursing students studying in Sgt University, Gurugram, Haryana. Results showed that maximum number of participants are from age group 19-21 years (42.9%) most of them were female (73.2%) and belongs to BSc Nursing programme (66.8%). It is seen that maximum study participants are enrolled in 1<sup>st</sup> year of nursing programme (37.4%). It has been found that 56.32 % of students have shown higher level of self-efficacy level and (43.68%) of study participants were having low self-efficacy. There is significant association between gender and self-efficacy among nursing students i.e. (0.004). Significant association was also seen between year of course and self-efficacy i.e. (0.039). Income of the family has also shown significant association with self-efficacy i.e. (0.026). Residence of study participants was also found significant with self-efficacy i.e. (0.004). Occupation of father has also been found significant with self-efficacy of study participants i.e. (0.007). The findings will help in generating future programmes, activities, mentorship programme etc. for the needy students in future to increase their self-efficacy level.*

**Keywords:** Nursing students, self-efficacy, GSE scale.

Received 12.10.2022

Revised 23.10.2022

Accepted 21.11.2022

### INTRODUCTION

Self-efficacy defines a person's ability to achieve success in his goals. It is the capability of a person to perform better role in his or her life. Self-efficacy is a very important indicator tool to forecast performance of nursing student's performance [1]. It is of utmost importance to student nurses and clinical nurses as nurses with low self-efficacy level will not be able to take required steps for their patients [2]. Increase in self-efficacy results in independence and confidence [3]. Evidences have shown that a strong sense of practicing self -efficacy has resulted in job satisfaction and has increased intention to stay in the profession [4, 5]. A person with greater self-efficacy shows ability to cope up well with difficult situations, whereas a person with lesser self-efficacy fails in doing so [6, 7]. Self-efficacy concept is the main component in Albert Bandura's work on social cognitive theory. It is defined as individual's self confidence in facing various big challenges and passing through the difficulties which may directly affect one's professional identity [6]. Performance of students pursuing nursing can easily be predicted through the presence of level of self-efficacy among students. It has an important role in generating future nurses with qualities like confidence, competence, commitment towards their profession[3]. The following study was taken in view to identify level of self-efficacy among nursing students. The study was conducted in July 2022 in Nursing department, Sgt University, Gurugram, Haryana.

## SIGNIFICANCE OF THE STUDY

Self-efficacy plays a very important role for nursing students and clinical nurses. People with greater self-efficacy have been seen with great success in their profession. This helps in building confidence to work independently.<sup>3</sup> Therefore, various studies are conducted in view to check the level of self-efficacy among nursing students. Yinghua Zhou, Qiaoli, Weizhang (2020) conducted a descriptive study on "undergraduate students of nursing, knowledge, attitude and self-efficacy related to palliative care". Sample size was 187 undergraduate nursing students were selected by convenience sampling method. Tools were Demographic questionnaire, Chinese version of palliative care quiz for nursing, Chinese version of death attitude profile revised, Chinese version of from melt attitude towards care of dying patient Scale, Chinese version of palliative care self-efficacy scale. Result show that out of 187 students 92% were not religious, 4.8% of nursing student experienced severe illness before and 11.8% has experience death of significant other 47% of students were found to be willing to care for dying patients and 77% wants to understand more about palliative care education [9].

The passing out students of nursing have ample of scope to grow professionally with higher self-efficacy. The pedagogy in the nursing education is more of practical and skill based demanding higher level of self-efficacy among the students particularly while delivering services in the healthcare system. In view of the above the present study was undertaken to find out the self-efficacy scores among nursing students studying in SGT University, Gurugram, Haryana.

## OBJECTIVES OF THE STUDY

1. To assess the level of self-efficacy among nursing students studying in SGT University, Gurugram, Haryana.
2. To determine the association between demographic variables and level of self-efficacy among nursing students in SGT University, Gurugram, Haryana.

## MATERIAL AND METHODS

Descriptive survey method was used for the study. Quantitative approach was adopted to find the differences in the self-efficacy mean score and levels.

### Sample of the study

For collecting the required data all the G.N.M, BSc. Nursing, Post B.Sc. Nursing, M.Sc. nursing students of SGT University, Gurugram, Haryana, were contacted through an Internet Google form. Total 380 students responded to the survey. The study was conducted during the academic year 2022 -23 in the month of July.

### Tools used for the data collection

General self-efficacy scale (GSE) scale was adopted in the study. In the present study the self-efficacy total score of 10 items had been considered as a basis for defining self-efficacy among students. According to the scale points the total score ranges from 10 to 40.

## RESULTS

The data analysed on the basis of objective formulated in study.

**Table 1. Frequency and Percentage distribution of selected demographic variables.**

N = 380

S. No.	Demographic variables	Frequency	Percentage
1.	<b>Age</b>		
	A] 17years - 19years	103	27.1
	B] 19years - 21years	163	42.9
	C] 21years - 23years	90	23.7
	D] Above 23 years	24	6.3
2.	<b>Gender</b>		
	A] Male	102	26.8
	B] Female	278	73.2
3	<b>Education</b>		
	A] GNM	85	22.4
	B] BSc. Nursing	254	66.8
	C] Post BSc. Nursing	31	8.2
	D] MSc. Nursing	10	2.6

4.	<b>Year of Course</b>		
	A] 1 <sup>st</sup> year	142	37.4
	B] 2 <sup>nd</sup> year	126	33.2
	C] 3 <sup>rd</sup> year	87	22.9
	D] 4 <sup>th</sup> year	25	6.6
5.	<b>Family Income</b>		
	A] <30,000/month	103	27.1
	B] 30,000-50,000/month	122	32.1
	C] 50,000-70,000/month	86	22.6
	D] 70,000-1,00,000/month	69	18.2
6.	<b>Place of Residence</b>		
	A] Rural	148	38.9
	B] Urban	177	46.6
	C] Semi- Urban	55	14.5
7.	<b>Education Status of Father</b>		
	A] Primary	51	13.4
	B] Secondary	134	35.3
	C] Graduate	141	37.1
	D] Post -Graduate	42	11.1
	E] Other	12	3.2
8.	<b>Education Status of Mother</b>		
	A] Primary	83	21.8
	B] Secondary	145	38.2
	C] Graduate	105	27.6
	D] Post Graduate	23	6.1
	E] Other	24	6.3
9.	<b>Occupation of Father</b>		
	A] Govt. Employee	102	26.8
	B] Private	139	36.6
	C] Business	103	27.1
	D] Unemployed	36	9.5
10.	<b>Occupation of Mother</b>		
	A] Govt. Employee	34	8.9
	B] Private	39	10.3
	C] Business	16	4.2
	D] Unemployed	291	76.6
11.	<b>No. of Sibling</b>		
	A] 1	159	41.8
	B] 2	123	32.4
	C] 3	63	16.6
	D] 4	35	9.2

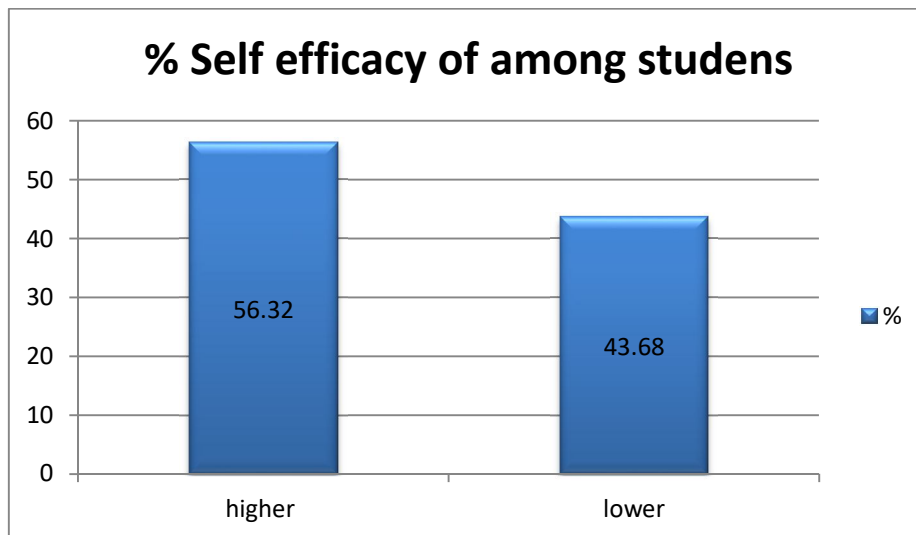
Table 1 depicts that majority of study participants belongs to age group 19-21 years of age (42.9%), (6.3%) participants belong to age group 23 and above. (73.2%) were female and (26.8%) were male. Most of the subjects were from B.Sc. Nursing (66.8%) 1<sup>st</sup> year students of nursing have shown highest participation (37.4%). Most of the participants were having family income between 30000-50000/month i.e. (32.1%) and (18.2%) participants were having monthly income between 70000-100000/month. (46.6%) subject's place of residence is urban and (14.5%) subjects reside in semi urban area. Majority of participant's father's education is graduation (37.1%) and mothers' education is at secondary level (38.2%). (36.6%) of study subjects' fathers are working in private sector and (9.5%) are unemployed. (76.6%) subject's mothers are unemployed and (8.9%) of subjects' mothers are working as a government employee. Mostly subjects are having 1 sibling (41.8%) and (9.2%) are having 4 siblings in the family.

**Table 2 showing overall item wise self-efficacy mean values and SDN = 380**

Item no.	Item	Mean	SD
1	I can always manage to solve difficult problems if i try hard enough	3.03	0.88
2	If someone opposes me, I can find the means and ways to get what I want.	2.84	0.9
3	It is easy for me to stick to my aims and accomplish my goals.	2.82	0.93
4	I am confident that I could deal efficiently with unexpected events.	2.83	0.9
5	Thanks to my resourcefulness, I know how to handle unforeseen situation.	2.85	0.89
6	I can solve most problems if I invest the necessary effort.	3.11	0.92
7	I can remain calm when facing difficulties because I can rely on my coping abilities.	2.93	0.87
8	When I am confronted with a problem, I can usually find several solutions.	2.85	0.87
9	If I am in trouble, I can usually think of a solution.	3.05	0.92
10	I can usually handle whatever comes my way.	3.02	0.87

Table 2 describes that overall mean of items is above 2.82. The mean score of item 6 “I can solve most problems if I invest necessary effort “was highest (3.11) with the lowest mean (2.82) in item 3 i.e. “ It is easy for me to stick to my aims and accomplish my goals) among all ten items. Item 3 “It is easy for me to stick to my aims and accomplish my goals” has the highest standard deviation (0.93) with the lowest standard deviation (0.87) in item 7 “I can remain calm when facing difficulties because I can rely on my coping abilities”;8” When I am confronted with a problem, I can usually find several solutions”;10” I can usually handle whatever comes my way “among all items.

**Graph 1 showing self-efficacy of study participants on General self-efficacy scaleN = 380**



Graph 1 is depicting that (56.32%) of participants were having high level of self-efficacy and (43.68%) of study participants were having low level of self-efficacy among the nursing students participated in the study conducted in SGT University, Gurugram, Haryana.

**Table 3 Describing association of self-efficacy with selected demographic variables. N = 380**

S. No.	Demographic variables	Frequency	Self-Efficacy		Chi-Square	df	P-value
			Lower	Higher			
1.	<b>Age</b>						
	A] 17years - 19years	103	40	63	3.536	3	.316
	<b>B] 19years - 21years</b>	163	73	90			
	C] 21years - 23years	90	37	53			
	D] Above 23 years	24	6	18			
2.	<b>Gender</b>						
	A] Male	102	53	49	8.352	1	.004*
	B] Female	278	97	176			
3	<b>Education</b>						
	A] GNM	85	27	58	6.826	3	.078
	B] B.Sc. Nursing	254	110	144			
	C] Post B.Sc. Nursing	31	16	15			
	D] M.Sc. Nursing	10	2	8			
4.	<b>Year of Course</b>						
	A] 1 <sup>st</sup> year	142	48	94	8.367	3	.039*
	B] 2 <sup>nd</sup> year	126	59	66			
	C] 3 <sup>rd</sup> year	87	33	54			
	D] 4 <sup>th</sup> year	25	15	11			
5.	<b>Family Income</b>						
	A] <30,000/month	103	47	56	9.303	3	.026*
	B] 30,000-50,000/month	122	59	63			
	C] 50,000-70,000/month	86	27	59			
	D] 70,000-1,00,000/month	69	22	47			
6.	<b>Place of Residence</b>						
	A] Rural	148	76	72	11.204	2	.004*
	B] Urban	177	60	117			
	C] Semi- Urban	55	19	36			
7.	<b>Education Status of Father</b>						
	A] Primary	51	22	28	.628	4	.960
	B] Secondary	134	55	79			
	C] Graduate	141	55	87			
	D] Post -Graduate	42	17	24			
	E] Other	12	6	7			
8.	<b>Education Status of Mother</b>						
	A] Primary	83	36	47	5.864	4	.210
	B] Secondary	145	68	77			
	C] Graduate	105	35	70			
	D] Post Graduate	23	8	14			
	E] Other	24	8	17			
9.	<b>Occupation of Father</b>						
	A] Govt. Employee	102	34	68	12.095	3	.007*

	B]Private	139	66	73			
	C]Business	103	34	69			
	D]Unemployed	36	21	15			
10.	<b>Occupation of Mother</b>						
	A]Govt. Employee	34	13	21	6.716	3	.082
	B]Private	39	10	28			
	C]Business	16	4	13			
	D]Unemployed	291	128	163			
11.	<b>No. of Sibling</b>						
	A]1	159	64	94	.567	3	.904
	B] 2	123	48	75			
	C]3	63	27	37			
	D]4	35	16	19			

Table 2 showed that there is significant association between gender and self-efficacy among nursing students i.e. (0.004). Significant association was also seen between year of course and self-efficacy i.e. (0.039). Income of the family has also shown significant association with self-efficacy i.e. (0.026). Residence of study participants was also found significant with self-efficacy i.e. (0.004). Occupation of father has also been found significant with self-efficacy of study participants i.e. (0.007).

## DISCUSSION

Self-efficacy is very important factor in assessing the confidence, competence and commitment towards the profession. It helps in generating future nurses with great amount of courage, consistency and commitment and thus resulting in more confident professional nurses. In the present study it is found that (56.32%) of the study participants are having high self-efficacy and (43.68%) of the study participants are having low self-efficacy. Nearly same findings were found in study conducted by Athira Vishwam, College of Nursing, JIPMER, Dhanvantri Nagar, Gorimedu, Pondicherry India [10, 11]. For that study Cross sectional survey design was used and the nursing students of College of Nursing JIPMER were selected as population of the study. 341 participants participated and GSE scale was used to collect data. The study concluded that 53.7% of students of nursing were having high level of self-efficacy and 49.92% of nursing students were having low self-efficacy level. Similar findings are seen in a study done by G. Chiranjeevi Reddy, K. Pushpandham, in Fashion and Lifestyle Accessory Design Department, India. It is found from the study that overall mean value is above 3, which indicates that student self-efficacy mean level are above average in all the individual item. The mean score of item number 1 (3.60), the mean score of item number 9 and 10 is (3.09), (3.05) respectively.

## CONCLUSION

Self-efficacy is considered as person belief in self to succeed in life. The level of self-efficacy plays a major role in converting one's competency into capability in any assigned task. In order to achieve success a good level of self-efficacy provides a person with good assessment of knowledge to deal with inevitable obstacles and circumstances. The study reveals that there is significance of self-efficacy among nursing students. Nursing students in SGT University have shown higher self-efficacy (56.32%) and lower self-efficacy is seen in (43.68%).

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#### **CITATION OF THIS ARTICLE**

Poonam Ahlawat, Arti Mishra, Ruchika Duggal Choudhary, Neha, Aman, Rohit Ekka, Rahul, Varsha- Assessment of self-efficacy among nursing students studying in SGT University, Gurugram, Haryana . Bull. Env.Pharmacol. Life Sci., Spl Issue [4]: 2022: 674-680