

Theme 1: Students and Wellbeing

OP2

Assertiveness and its associated factors among undergraduate Nursing students, Faculty of Allied Health Sciences, University of Jaffna

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Introduction and Objectives: Assertiveness is a social communication skill and a personality trait. Assertiveness is the ability, to be honest, direct, and appropriate expression of opinions, feelings, attitudes, and rights without undue anxiety. Assertive nurses can communicate their feelings or ideas with confidence without violating the rights or feelings of others. This study aimed to assess the assertiveness and its influencing factors among undergraduate nursing students, Faculty of Allied Health Sciences, University of Jaffna.

Methods: A descriptive cross-sectional study among 162 nursing students was conducted at the Faculty of Allied Health Sciences, University of Jaffna. Data collection was done using a self-administered questionnaire via google forms. Data was analyzed based on the objectives. Descriptive statistics were performed to describe the level of assertiveness. Associations between assertiveness and its influencing factors were obtained by using ANOVA, t-test, and Pearson product-moment correlation.

Results: Total 154 participants were given their consent to participate in the study (response rate=95%). The mean age of the participants was 24.19 (SD=1.28). More than half of the participants were female (60.4%). The majority of them were (56.5%) Buddhist. Most of the participants (31.8%) were studying in the fourth year. The mean level of Assertiveness of the study participants was found to be 71.59 (SD=7.08) out of 100. The mean level of assertiveness among males and females was 72.6 (SD=7.21) and 71.0 (SD=6.59), respectively. The first-year students had a low mean (69.1, (SD=6.15)) level of assertiveness than fourth-year students (76.0, SD=5.69)). The mean assertiveness of Buddhists and Muslims was 56.5(SD=6.85) and 75.42(SD=6.80), respectively. The level of assertiveness had significant association with age ($p=0.006$, $r=+0.222$), religion ($p=0.031$, $f=3.040$), year of study ($p=0.001$, $f=6.092$) and fathers' education ($p=0.004$, $t=-2.931$). Further following factors were not associated with the level of assertiveness: gender, mothers' education, mothers' and fathers' occupation, number of siblings and monthly family income.

Conclusion: The level of assertiveness among undergraduate nursing students seems adequate, and it showed association with some of their personal factors such as age, religion, year of study and fathers' education. The level of assertiveness seems to be increasing with age and year of study. Males and females may have equal levels of assertiveness. These factors need to be considered while planning assertiveness training programs among the nursing students in the Faculty of Allied Health Sciences.

Keywords: Assertiveness, Influencing factors, Undergraduate nursing student