

Abstract

Original Article

## Comparison of the Self Esteem and Communication Skills at the 1st and Senior Year Nursing Students

**Eylem Pasli Gurdogan, PhD, MSN, RN**

Assistant Professor, Department of Nursing, Trakya University Faculty of Health Sciences, Edirne, Turkey

**Esin Çetinkaya Uslusoy, PhD, MSN, RN**

Assistant Professor, Department of Nursing, Süleyman Demirel University Faculty of Health Sciences, Isparta, Turkey

**Seda Kurt, MSN, RN**

Lecturer, Department of Nursing, Trakya University Faculty of Health Sciences, Edirne, Turkey

**Kübra Yasak, RN**

Research Assistant, Dokuz Eylül University, Nursing Faculty, Izmir, Turkey.

**Correspondence:** Eylem Pasli Gurdogan, Assistant Professor, Department of Nursing, Trakya University Faculty of Health Sciences, Edirne, Turkey E-mail. e.gurdogan@gmail.com

### Abstract

**Background:** Education process of nursing profession is an important component of formation process of self-esteem. In this process the students absorb knowledge, attitudes, value and skills that are important elements for nursing profession in time. Within this process, it is expected that the students can have self-confidence at a high level, express themselves and communicate effectively and defend their decision.

**Objectives:** This study was carried out to determine relationship between self-esteem and communication skills and factors affecting self-esteem and communication skills of 1st and senior-year students at School of Nursing.

**Design:** This study is a cross-sectional and descriptive design.

**Settings:** This study took place at a Turkish university

**Participants:** Freshman and senior-year students studying at School of Nursing of Health Science Faculty in Turkey were included in the scope of this study. The sample included 217 students (137 freshman and 80 senior-year students) selected using convenience sampling.

**Methods:** The participants completed three survey forms: the Communication Skills Evaluation Scale, the Coopersmith Self-Esteem Inventory, and a survey designed to identify their demographics. Before completing the forms, they signed informed consent forms and were informed about the objectives of the study. Each interview lasted 15 to 25 minutes.

**Results:** The results show that the students consider themselves to have good communication skills. More than half have high self-esteem. A positive correlation is evident between the students' perceptions of communication skills and self-esteem.

**Conclusions:** Training sessions should be organized to improve self-esteem and communication skills of nurses and nursing students and should cover coping skills, psycho-educational instruction on assertiveness training, scenarios based on communication problems, intergroup discussions, drama training, activities of student clubs, and regular social activities.

**Key words:** Nursing student, self-esteem, communication skills, curriculum