

Original Article

The Resilience Levels of First-Year Medical, Dentistry, Pharmacy and Health Sciences Students

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Abstract

Background: Health professionals are always at risk of periods in which workload, adverse events, bullying, abuse and violence, imposed organizational change, emotional demands and the lack of supportive relationships. These problems affect their psychological health negatively and therefore resiliency programmes are needed during university education.

Aim: To determine the resilience levels of first-year medical, dentistry, pharmacy and health sciences students.

Methodology: The universe of study included 429 students starting an education at Dentistry, Pharmacy, Health Sciences and Medicine Faculties of Hacettepe University in 2008-2009 Academic Year. The sample for study wasn't selected, all students who constituted the universe were tried to be reached and 342 students (80%) were reached. Data were collected by Questionnaire Form and Resilience Scale. One way variance analysis, Mann Whitney U Test and Kruskal Wallis Test were used in statistical assessment.

Results: The resilience average scores of all students were found as 143.00 (101.00-233.00). Being high of the resilience average scores of students who were male and had low parental education ($p < 0.05$), being low of its of students who had illness, thus had been treated and lied at hospital ($p < 0.05$) was determined. On the other hand, other descriptive characteristics of students didn't affect on the averages of students' resilience average scores ($p > 0.05$).

Conclusion: Students studying in health sciences are strengthened through strategies and mentorship programmes. These programmes should include positive and nurturing Professional relationships, positivity, emotional insight, life balance, spirituality and personal reflection. In this sense resilience can be strengthened and developed in students.

Key words: Resilience, students, medical, dentistry, pharmacy, health sciences.