

ORIGINAL PAPER

Effects of the Sports Activities of Female Nursing Students on their Problem-Solving Skills and Academic Achievement

Tulay Basak, RN, PhD

Gulhane Military Medical Academy, School of Nursing, Ankara, Turkey

Gulsah Kok, RN, PhD

Gulhane Military Medical Academy, School of Nursing, Ankara, Turkey

Vesile Unver, RN, PhD

Gulhane Military Medical Academy, School of Nursing, Ankara, Turkey

Duygu Cevirmez, Nursing Student

Gulhane Military Medical Academy, School of Nursing, Ankara, Turkey

Correspondence: Tulay Basak, Gulhane Military Medical Academy, School of Nursing, Ankara/Turkey Email: tbasak@gata.edu.tr

Abstract

Background: Participation in sports are known to have many benefits for the students. It has been correlated with positive developmental indicators, including improved self-esteem, self confidence, cognitive development, social development, goal attainment, problem-solving and academic performance.

Objective: The study aims to identify the effects of sports on the student female nurses' problem-solving skills and academic achievement.

Methodology The study was designed and carried out as a descriptive and cross-sectional investigation. A total of 363 nursing students who volunteered to take part in the study at a Nursing School in Turkey participated. The data were collected through the use of a data collection form and the problem solving inventory. Independent samples t-test were used to describe and compare the mean scores of the students who do and students who don't do sports.

Results: The mean age of the participants was 20.5 ± 1.23 years. Regarding participation in sports, 14.3% of the participants formerly dealt with sports, while 32.0% currently participate in sports. The general academic mean scores of the students who are doing and not doing sports were 81.17 ± 5.10 and 80.66 ± 5.77 , respectively. However, this difference was not statistically significant ($p > 0.05$). The mean scores of the students who do and do not do sports had significantly differences at four dimensions of the problem solving inventory: "evaluative" ($p < 0.05$), "planned" ($p < 0.05$), "considering" ($p < 0.01$), and "self-confident" ($p < 0.05$).

Conclusion: This study found that students practice the following approaches toward the problem-solving process: considering, evaluation, self-confidence and planning. Well-developed problem-solving skills are significant for school nurses for efficient and high-quality health care services.

Key Words: sports, nursing students, problem-solving, self-esteem, academic performance