

# Perceived adequacy of social support in relation to self-esteem among nursing students

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## Background

Social support can be described as the level in which that support from social relationship is available according to a person believes from significant others, family members and peers (Allen & Finkelstein, 2003, Schaefer, et al., 1981), it includes motivation, giving information, reassurance, emotional concern, and direction (Wang, X., 2016).

Self-esteem, can be known as a general value that a person places on him or herself and should be distinguished from appraisals of specific traits or abilities. Global self-esteem is considered as a factor that affect mental and physical health, professional aspiration, job satisfaction, and educational success according to the identified psychiatrists, psychologists, sociologists and educators (Baumeister, et al., 2003).

Overall, social support and self-esteem are correlating concepts that serve as a buffer against improve mental health problems at the college years (Mattanah et al., 2010) as well as, interrelated with feelings of well-being (Wodka & Barakat, 2007) and positive attitudes (Papikononou, 2007).

## Methods

Quantitative exploratory, cross sectional and correlative design.

### • Sample:

The population of this study were included the nursing students. A representative purposive sample from all nurse's student enrolled either in under or post-graduate at King Saud University, N=200.

### • Tools:

Two instruments were included in the survey to measure the variables of the study.

- The Multidimensional Scale of Perceived Social Support (MSPSS)

- Self-Esteem Scale (SES)

• The Questionnaire:

The questionnaire consists three main parts:

- Part one: includes of socio-demographic data of the participants members.

- Part two: Perceived social support consists of (12) items, with seven level Likert scale has been used (Very Strongly Disagree - Strongly Disagree - Mildly Disagree - Neutral - Mildly Agree - Strongly Agree - Very Strongly Agree), divided into three sub-dimensions divided into three sub-dimensions:

1.1 First dimension: The source of the social support is "Family" consists of (4) items.

1.2 Second dimension: The source of the social support is "Friends" consists of (4) items.

1.3 Third dimension: The source of the social support is "Significant others" consists of (4) items.

- Part three: Global self-esteem consists of (10) items, with four level Likert scale (Strongly Disagree– Disagree–Agree - Strongly Agree).

• Data collection:

All the necessary official approval was obtained before starting collecting data. Participants was recruited after revising registered names of student from college authority. During that, the data was collected through a survey questionnaire which takes about 5-10 minutes to complete it. Furthermore, the researcher briefly discussed the purpose of the study, informed consent, confidentiality, anonymity.

## Objectives

The purpose of this study is to investigate the relationship between perceived adequacy of social support and global self-esteem among college nursing students.

The aims of this study were as follow:

- To assess the perceived adequacy of social support of family, friends and significant others, on studied nursing college students.
- To measure global self-esteem by measuring both positive and negative feeling about self, on nursing college students.
- To explore the relationship between perceived adequacy of social support and global self-esteem among nursing college students.

## Results

• Socio-demographic data of the participants members

The figure shows that (58%) of the sample are 20-24 years old; while (23%) are 25- 28; and (19%) are 29-35 years old. Besides that, out of the 200 participants 64.5% of the sample study in the bachelor's degree stage, while 35.5% of the sample study at the master degree stage.

• What are the social support as perceived by studied college students? "The perceived of social support as Family" was high from the point of view of the participants, as the general arithmetic of the first dimension was (5.80) with a (1.460) standard deviation.

• What are results of measuring global self-esteem of studied college students?

The result shows that " Global self-esteem " was low from the point of view of the participants, as the general average arithmetic of the second axis was (2.59).

• Is there a correlation between perceived social support and global self-esteem of studied college student's personal characteristics?

The result indicate that there is a statistically significant correlation at the significance level of (0.05), between the perceived social support and the total score for global self-esteem among the participants.

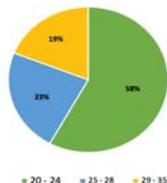


Figure 2: This figure is socio-demographic data of the participant members showing that the age of majority which represent (58%) of the sample is 20-24 years old; while (23%) is 25- 28; and (19%) are 29-35 years old.

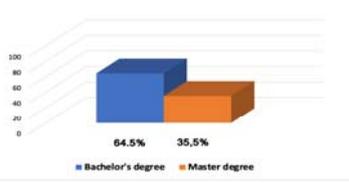


Figure 3: This figure is study degree showing that, out of the 200 participants 64.5% of the sample study in the bachelor's degree stage, while 35.5% of the sample study at the master's degree stage.

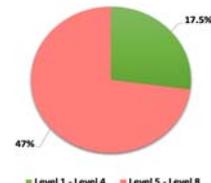


Figure 5: This figure is academic levels of bachelor's degree showing that out of the 200 participants, 64.5% of the sample study in the bachelor's degree stage, so we can say that (47%) are studying at level 5 - level 8; (17.5%) are at level 1 - level 4.

## Discussion

The nursing students perceived that social support as family was the highest support to the participants. It indicate the Saudi culture considered families as an essential support system providing students with closeness, guidance, love, and advices (Long, D. E., 2005). Other studies in study Saudi Arabia, reported half of nursing students (58%) received strong family support (Alluqmani, S. A., 2018). In Australian, nursing students significant main social support was from family (Lo., 2002).

Moreover, the global self-esteem was low, from the point of view of the participants. However, our result differ with the study conducted by Shrestha, et al., (2018) in Nepal, among 198 of nursing students who found that the majority of nursing students had high self-esteem. Furthermore, there is a statistically significant correlation between perceived social support and self-esteem among the participants. Other researchers, Lipschitz- Elhawi and Ltzhaky (2005), Teoh and Nur Afiqah (2010) showed a positive relationship between perceived social support and self-esteem.

## Conclusions

The study aim was to explore how perceived adequacy of social support factors would have impact on people global self-esteem levels. Also, to explore the relationship between global self-esteem and perceived adequacy of social support factors would likewise enable family, educators, and mental health professionals to arrange an appropriate intervention techniques to assist the individual with lower level of self-esteem. While uses those questionnaires of Multidimensional Scale of Perceived Social Support and Rosenberg Self Esteem Scale, because most study use it. As well as, the first time to study the relationship between perceived adequacy of social support and self-esteem among nursing students in Saudi Arabia. Moreover, there was three main findings which is: the perceived of social support as family was the highest support to the students, the global self-esteem was low, and significant correlation between the perceived social support and global self-esteem.

In this study, it was hypothesized that there is a positive relationship between perceived adequacy of social support and global self-esteem among college students. Moreover, this study draws attention to the responses of the participants about the perceived of social support particularly from family and friends was high. As well as, the present study revealed that there is a correlation between perceived social support and self-esteem, which is emphasized the hypothesize of this study.

## How to improve ?

- Further research is needed to explore the more complex nature of the balance between support from adults (family) and peers, as each may provide different support functions that would alter the perception of perceived social support, which may lead to higher or lower self-esteem.
- The nursing curricula should include some aspects about enhance of self-esteem, besides the importance of influence of self-esteem on the aspects of personality.
- For future studies, replicating this research in other cultures would be helpful in enhancing the generalizability of the findings, as well as to discover the factors may influence on both high and low self-esteem.
- A longitudinal study to measure changes in self - esteem from younger children in primary school to older children in secondary school would help to improve our understanding of what is happening in early adolescents and how they perceive social support.

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