

The relationship between assertiveness skills and depression among undergraduate nursing

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Abstract

Nursing students are major part in the health care system when finishing their degree. It is important to highlight the factors that affect their achievements and future careers as nurses to enable them to provide holistic, professional care with appropriate communication with patients and their families as well as the multidisciplinary team in the hospital.

Aim of the study is to identify the relationship between assertiveness skills and depression among undergraduate nursing students.

Methodology: A quantitative cross sectional study design was conducted in king Saud bin Abdulaziz university for health sciences , college of nursing , with a sample size of 179 nursing students using a valid and reliable scales: Rathus assertiveness schedule (Cronbach's $\alpha=0.82$), Becks depression inventory(Cronbach's $\alpha=0.92$)

Results: The highest frequency in age group is between 20 and 22 which represent 68% from the total population. 41.8% of studied sample have no depression whereas 30.6% show mild mood disturbance and 27.6% shows borderline clinical depression. 46.9% were assertive. Regarding the correlation between Becks depression inventory and Rathus assertiveness schedule their was a positive significant relation were p value = .039.

Conclusion by increasing assertiveness skills among nursing students, levels of depression will probably decrease. Our study showed that as the students progress through their academic levels, there assertiveness skills increase as well.

Biography:

Sawsan Kamal El Galad is an Assistant professor of Psychiatric Nursing and Mental Health, King Saud bin Abdulaziz University for Health Sciences: 19/10/2015 up till now. She has 20 Years of Experience in Nursing teaching: 20 years. Her academic qualifications: (degrees obtained, name of university, dates, study area, grade as BNSc Faculty of Nursing, University of Alexandria, June 1998, Nursing, MNSc Faculty of Nursing, University of Alexandria, August 2007, Psychiatric Nursing and Mental Health, received excellent degree, again DNSc Faculty of Nursing, University of Alexandria, April 2013, Psychiatric Nursing and Mental Health.

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