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Relationship between perceived stress, psychological wellbeing and emotional competence among baccalaureate nursing students: An Egyptian sample

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Introduction: Nursing education is acknowledged as one of the stressful and emotionally demanding profession. Stress among nursing students is an inevitable issue that might lead to poor psychological wellbeing. Having a good emotional competence helps university nursing students to decrease their stress and enhance their psychological well-being.

Aim: This study was aimed to determine the relationship between the perceived stress, psychological wellbeing and emotional competence among baccalaureate nursing students.

Design: A descriptive correlational research design was used in this study. Baccalaureate nursing students who were enrolled at Psychiatric Nursing and Mental Health course were the study subjects. Their number amounted to 135 students. Four tools were used namely; Bio-socio demographic data structured interview schedule, Ryff's Psychological Wellbeing (RPWB) scale, The Emotional Skills/Competence questionnaire and Perceived Stress Scale (PSS).

Results: Showed a positive significant relation between the students' psychological well-being and their Emotional competence and there is a negative significant correlation between them and students' perceived stress. It can be concluded that nursing students have high level of stress and their emotional skills/competence in addition to their psychological well-being can help them to decrease their level of stress. Implementation of emotional hygiene program, to teach the nursing students to care for their own emotions and didn't leave them injured or untreated is recommended.

Biography

Heba Shafik Ibrahim has completed her PhD at the age of 40 years from Alexandria University. She was the director of psychological counselling center in College of Nursing Damanhour University. Now she is an assistant professor of Psychiatric Nursing and Mental Health, co-chair for faculty enhancement unit in the college of Nursing at King Saud bin Abdullaziz University for Health Sciences. She has published 6 papers in reputed journals and conferences.

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