

**EXPLORING MENTAL HEALTH OF NURSING STUDENT: A CONCEPT
ANALYSIS**

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Paper Received: 25.08.2021 / **Paper Accepted:** 30.09.2021 / **Paper Published:** 04.10.2021**Corresponding Author:** Ma. Theresa Salinda; Email: msalinda@feu.edu.ph; doi:10.46360/globus.met.320212013**Abstract**

Background: Exploring the situations will help us to gain understanding in mental health issue and responding to it. Mental health is one major problem worldwide that need to be address and give immediate solutions. Provision of solution help people to grow, to explore, to accept, to help and respect others.

Purpose: This study aims to provide concept analysis in provision on the mental health of nursing students. The challenges, experiences that they battle in daily life as well the coping strategies in responding to mental health issues.

Methods: The method use is a case analysis. The eight steps of this method are: 1) Selecting a concept; 2) Determining the aims or purposes of analysis; 3) Identifying all uses of the concept; 4) Determining the defining attributes of the concept; 5) Constructing a model case; 6) Constructing borderline, contrary, invented, and illegitimate cases; 7) Identifying antecedents and consequences; and 8) Defining empirical references.

Results: the study present concept analysis through exploring the mental health of nursing students. Studies have discovered that people with higher psychological well-being are more likely to live healthier and longer lives.

Conclusion: Mental health is one of the major problem worldwide. It affects our daily life especially in solving problems, decision making and even affect our physical health as well. As the world battle on the mental health issues, different studies is conducted to find effective strategies and solutions in responding to an individual who experience mental toughness. The nursing students is the advocate of health and it is necessary to guide them in handling different situations that might occur so that they will be able to serve other people.

Keywords: Mental Health, Students, Challenges, Coping Mechanism.

Background

People made tough time in adopting different situations that will lead to stress and the capability to respond to the stimuli that brought by the situation. Problem arises that why people tend to explore, discover and learn from our experiences.

The World Health Organization (WHO) recognizes the importance of psychological well-being. It defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”. In 2018, it is estimated 792 million people worldwide living with mental or behavioral disorder (roughly 10.7% of the global population), 178 million were drug or alcohol dependent, 20 million were diagnosed with schizophrenia, and 264 million suffered from depression. (WHO, 2020).

Mental health such as depression, anxiety is some of people encounter. Decision making and problem solving is very tough in today’s situation. It affects the way we function in the community or society. Failures keep on dragging us and sometime it makes us feel anxious with no reason, we feel loneliness, worthless, neglect and others that affect the quality of life.

The nursing profession continues to be one of the largest healthcare professions around the world. The World Health Organization (2020) estimated a total number of 43.5 million health workers in the world where it is estimated that about 20.7 million among those are nurses and midwives. As the demand for the nursing profession rise, the number of people who study nursing education increases. It known that nurse is one of the advocate of mental health but many students in nursing field is experiencing stress especially as of today. In this

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situation, students may experience fatigue, headaches, lack of motivation, procrastination, and ineffective time management. (Badovinac, Grubic & Johri (2020).

Objective

The researchers aim to present concept analysis and approach for nursing student's experiences dealing with complicated situations, having hard time in adopting, decision making and solving problems in different situation in the society. The researcher wants to explore solution that will help people to have strength when problems might occur. Moreover, the researchers would like to instil hope and faith that they are not alone, they are love and they are worthy to live in the society.

Methods

This concept analysis was conducted using the Walker and Avant's (2010) eight-step method. This method was used because it is one of the easiest and understandable methods for concept analysis, particularly for beginners. The eight steps of this method are: 1) Selecting a concept; 2) Determining the aims or purposes of analysis; 3) Identifying all uses of the concept; 4) Determining the defining attributes of the concept; 5) Constructing a model case; 6) Constructing borderline, contrary, invented, and illegitimate cases; 7) Identifying antecedents and consequences; and 8) Defining empirical references (Walker and Avant, 2010).

Results

1. Uses of Concept

Psychological Well Being

Studies have discovered that people with higher psychological well-being are more likely to live healthier and longer lives. They are also more likely to enjoy a better quality of life. (Morrin, 2020). Nursing students are expected to tough but sometimes activities in schools can give pressure and stress to the students. The concept of this focuses not only on the emotions positively but on the contentment of nursing students like engagement, confidence and affection (Huppert, 2009). The concept explains the psychological sense which leads to development of the students like working toward goals.

Experiences in Daily Routine

People have different experiences in life that they will be able to apply in their life. Sometimes that experience will serve as positive or negative. Positive in the sense that this will make them stronger and mold them to become better person. On the other hand if we choose the path of failure or negative where in this is the time when it affects

our daily activities. Or if our mind is pre occupied negativity this will lead to stress and may affect the quality of life. Struggles will lay off our aspirations that might lead to depression.

Our mental health can be influenced by our family, our relationships and how we see ourselves. (MHF, 2020). There are factors affecting this interaction that are not controlled by us as individuals and instead come from our environment

Fear

Each of us has felt afraid, and we can all recognize fear in man. (Adolphs, 2012). We often to fears sometimes with no reason. We are afraid of failing in the class, afraid of being abandoned, afraid to be left and other factors. When there is the thing that we are feared off that affects our behaviour in responding situations. According mental health foundation, Fear is one of the most powerful emotions. It has a very strong effect on your mind and body. There are situations or things that makes are afraid and it challenges us on how brave are we to face those problems or situations.

New Roles and Function of Nursing Student

It is necessary for us to have distinct roles in coping our mental stress. On how to reach out other especially who are battling with same issue that base on experiences. The way we function needs to have commitment and perseverance to reach the helpless, oppress and the neglected one. We can help people in our own way. To give hope, to give happiness and help the needy.

2. Critical Attributes

The critical attributes are the core of concept analysis is to determine the defining attributes of the concept, i.e. a group of attributes which have the strongest relationship with the concept and allows analyser to obtain a deep insight. These attributes differentiate the intended concept from similar or related concepts (Walker and Avant, 2010).

Spiritual Values

It gives us meaning of our life when we organize the values, the relationships, and the meaning. Increased focus on spiritual healing as a precursor to emotional and physical healing.

Our spiritual values will lead us to be a good person, on how will be able to overcome such difficulties in life. Having faith I God will serve as a weapon with those challenges that try to pull us down. It is necessary for us to have that wisdom and courage in our life. (Osteen, 2020)

Positive Roles and Function of Nursing Student

There are factors that affect Among others, this include income and wealth, family and household structure, social support and isolation, education, occupation, discrimination, neighbourhood conditions, and social institutions. (MHF, 2020). Student's experiences challenges in the society, engagement will help to understand people's perspective that promote personal development or professional development as student nurse

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Engagement with Others

Having positive relationship will help you reach out other people. This about on promoting strong relationship treating other with respect. Social connections and good mental health will promote healthy relationships and good mental health can contribute to lower rates of anxiety and depression, higher self-esteem, greater empathy, and more trusting and cooperative relationships.

3. Model Case

A model case is a "real life" example of the use of the concept that includes all the critical attributes (Walker and Avant 1995). Example of this case "Carla is 1st year nursing student, she often spend on the library, and she came from broken family and almost every day family member quarrel and she felt burden and stress in her life. She spends most of the time in the library or in the chapel because she wants to find peace. She stated "I encounter hardship, it even tests my faith, I feel hopeless, I feel meaningless. This are only taught that I experience in every day. I wonder when this end will". Despite so many challenges she still very positive about life that someday she will become a registered nurse, serve other people and earn money to support her family. She dreams that their family will have understanding and strong faith in God. She believes that experiences will serve as foundation to solve problems and on how to handle situations.

We should remember that there is Always God who will protect us. He will never abandon us despite our mistakes in life. Sometimes due to our experience we tend to questions God why those situations is so difficult to battle. We are looking of that happiness and peace of mind but sometimes it

hard to achieve. Always remember that there is ultimate God who prepared something for us. Those difficulties that we are experiencing is just a test on how patient we are, on how strong our faith with God (Osteen, 2020).

4. Borderline Case

Borderline cases contain some of critical attributes of the concept being examined but not all of them (walker and Avant, 1995). The following is an example of boarder line case Trisha is a second year nursing student, her mom works abroad and her father mostly focus on the business and felt her parents never love her. She often shows her grudge by skipping school and always late in the submission of the requirements. She neglects going to church as well. She feels abandoned and unhappy most of the time until one day she met someone who inspire her. She saw how a street vendor trying to sell vegetable even in a heavy rain to support her child needs. She sudden realizes the importance of love and hard work for parents to support their children. It opens her eyes also that there are so many people needs helps, and she must do something. Small act of kindness will change some one lives. That why she promises to become responsible student and start appreciating people who love and support her.

Every individual has own characteristics, we may experiences challenges in life. It is difficult for us responds. But when we find to overcome these, it will lead us to gain experiences and help us to personal growth. (Ryff, 2004). Personal growth is something which the participants to develop and accept new experiences, and will be able to recognizes improvement in behavior and self in any situations. (Diener, 2000)

5. Antecedent

Antecedents are events which happen before the intended concept (Walker and Avant, 2010). The antecedents of the concept of social circumstances and behaviours.

Social Circumstance

Socio comic status is one determinant in mental health. Financial is one of the reasons why we have a lot of stress. This involve on supporting the needs of family. Studying nursing is somewhat expensive. There are so many materials that need to buy and even books. Some situations like now a days you are only appreciated when you are in the high society. You can attend exclusive school and you do can anything. When you are poor you need to work part time in order to have extra income. Social circumstance is one factor that might affect mental health of the student.

Behaviours

Societal attitudes toward severe mental illness lead to lost opportunities for education, employment, and housing. (Holmes, 2016). The loss of self-esteem, diminished self-efficacy, and a hesitancy to participate in society at large. Sometimes students over react to a situation. They feel like nothing to look forward. They was not able to become enthusiastic and feel scared most of the time. The loss of self-efficacy is encounter to some of the students; the feeling of low self-esteem might affect their productivity or may affect the daily activities. This is the situations which are really hard to battle. Having right behaviours in responding those situations is sometimes hard to deal. It needs a lot of strength to overcome those situations. It also affects the interpersonal relations to others. (Holmes, 2016).

6. Consequences

Consequences of a concept are events that happen due to its presence (Walker and Avant, 2010). The consequences of cultural competence include consequences related to coping strategies.

Coping Strategies

Coping strategies focused on the problem that it need to be address. This include positive re-evaluation, positive approach, problem solving, and seeking social support.(tsaras,2018).dealing with stressful situations have a serious effect on their psychological mood in order for to cope up we propose the following solution like engagement to activities, physically, mentally and emotionally like coping mechanism of nutrition, exercise and meditation. Coping mechanism takes time and patience, but it can enormously impact how you feel. Rest and relaxation (Harvard health, 2020). In order for to the healthy it is necessary for us to take care for our body. Alexander Pope thought so: "Strength of mind is exercise, not rest." Plato agreed: "Exercise would cure a guilty conscience." Regular aerobic exercise will bring remarkable changes to your body, your metabolism, your heart, and your spirits. It has a unique capacity to exhilarate and relax, to provide stimulation and calm, to counter depression and dissipate stress (Harvard medical school, 2020). Giving your body the nutrition it needs is a positive step you can take every day toward combating stress. With the correct nutrition, you are better prepared to face the challenges of the day. (Collingwood,2020).

Personal Growth

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something which the participants to develop and accept new experiences, and will be able to recognizes improvement in behavior and self in any situations. (Diener, 2000).

Affective Component

Pertains to affective component (high positive affect and low negative affect) and a cognitive component (satisfaction with life). It is proposed that an individual experiences happiness when positive affect and satisfaction with life are both high (Carruthers & Hood, 2004). If they are negative, reduce levels of, leading, in turn, to poor health outcomes.

7. Empirical Referent

Empirical referents are classes or categories of actual phenomena that by their existence demonstrate the occurrence of the concept itself'' (Walker & Avant, 2011, p. 168). The empirical referents are the attributes which provide indirect evidence that demonstrates occurrence of the concept in a practice setting (Walker & Avant, 2011). Empirical referents shown (a) student engagement; (b) problem solving; (c) guidelines to promote positive outlook. The study showed the importance of mental health, the developing and testing interventions to improve student nurses' attitudes, knowledge, and skills. Health teaching plays major important role in the society, self-managing and enthusiasm toward improving one's health.

Conclusion

Mental health is one of the major problems worldwide. It affects our daily life especially in solving problems, decision making and even affect our physical health as well. As the world battle on the mental health issues, different studies are conducted to find effective strategies and solutions in responding to an individual who experience mental toughness. The nursing students are the advocate of health and it is necessary to guide them in handling different situations that might occur so that they will be able to serve other people. Having social strong supports from family, friends, community and others will serve as strength to surpass our problems but above all we must always lean to God and offer everything our hopes, plans and dreams. Having strong faith and courage in the journey of life.

Conflict of Interest

The authors declare there are no significant competing financial, professional, or personal interests that might have influenced the performance or presentation of the work described in this manuscript.

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