

Loneliness and Self-esteem among Nursing College Students at Basra University

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ABSTRACT

Background: Loneliness is a key component of research into the psychological process of human moods and behaviors in the context of forming and maintaining social relationships. Following the collegiate adjustment period, self-esteem was found to be a strong predictor of loneliness.

Aim: The purpose of this study was to determine the level of loneliness and self-esteem among nursing college students. In addition, the researchers wanted to see if there was a link between loneliness and self-esteem among nursing college students.

Methodology: A descriptive cross-sectional study was conducted at College of Nursing University of Basra. Non probability (purposive sample) sample of 195 students in Nursing College of Basra University from different grade. Scales were adopted and changed after an exhaustive assessment of relevant literature using a questionnaire prepared by the researcher & use the statistical program (SPSS) to analyze the results.

Results: The results demonstrate that students had Moderate level and self-esteem is Moderate level. The findings revealed that there was a significant negative relation between self-esteem and loneliness.

Conclusion: There was moderate level of loneliness and self-esteem among students. There was a negative relation between loneliness and self-esteem as high level of self-esteem leads to decreasing loneliness among students.

Recommendation: Establishing Counseling center or psychiatric clinic at faculty of nursing to identify the students with psychological problems at early stage.

Keywords: Loneliness, Self-esteem, Nursing, Students

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