

# **Assessment of Assertive Behavior among Nursing Students in Technical Health Institute**

*Thesis*

Submitted in partial fulfillment of master degree  
in Psychiatric Mental Health Nursing

*By*

**Amira Awad Abouzied**

B.Cs Nursing

*Faculty of Nursing  
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**2016**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قالوا

سبحانك لا علم لنا  
إلا ما علمتنا إنك أنت  
العليم العظيم

صدق الله العظيم

سورة البقرة الآية: ٣٢



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Firstly, thanks to *Allah*, Who gave me the power to finish this work.

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 *Amira Awad Abouzied*





## *Dedication*

*This work is dedicated to the most  
important*

*Persons in my life.....*

*To My Mother, My father, My Sister, My husband,  
My Brothers, My Friends,*

*My Kids and All My Family Members for*

*Their:*

*Effort,*

*Encouragement,*

*Cooperation*

*&*

*Support*

*✍ Amira Awad*

## **List of Contents**

<i><b>Subject</b></i>	<i><b>Page No.</b></i>
<b>List of Abbreviations .....</b>	<b>i</b>
<b>List of Tables .....</b>	<b>ii</b>
<b>List of Figures .....</b>	
<b>Abstract .....</b>	<b>iv</b>
<b>Introduction .....</b>	<b>1</b>
<b>Aim of the Study .....</b>	<b>5</b>
<b>Review of Literature</b>	
Chapter (1) .....	6
Chapter (2) .....	15
<b>Subjects and Methods .....</b>	<b>40</b>
<b>Type of sample .....</b>	<b>41</b>
<b>Results .....</b>	<b>49</b>
<b>Discussion .....</b>	<b>78</b>
<b>Conclusion .....</b>	<b>94</b>
<b>Recommendations .....</b>	<b>95</b>
<b>Summary .....</b>	<b>97</b>
<b>References .....</b>	<b>102</b>
<b>Appendices .....</b>	<b>I</b>
<b>Protocol .....</b>	
<b>Arabic Summary .....</b>	<b>—</b>

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## **List of Abbreviations**

**ABIT** : Assertive behavior inventory tool

## List of Tables

<i>Table No.</i>	<i>Title</i>	<i>Page No.</i>
<b>Table (1):</b>	Socio demographic characteristics of nursing students under study N = (200).....	50
<b>Table (2):</b>	Socio demographic characteristics of families of nursing students.....	51
<b>Table (3):</b>	Distribution of nursing students' according to their knowledge about assertiveness .....	52
<b>Table (4):</b>	The relation between socio demographic characteristics of nursing students and their knowledge about assertiveness.....	54
<b>Table (5):</b>	The relation between socio demographic characteristics of families among nursing students and students' knowledge about assertiveness. ....	55
<b>Table (6):</b>	Distribution of nursing students' assertive behavior regarding to communication.....	56
<b>Table (7):</b>	Distribution of nursing students' assertive behavior regarding to conflict managment.....	58
<b>Table (8):</b>	Distribution of nursing students' assertive behavior regarding to self-confidence .....	60
<b>Table (9):</b>	Distribution of nursing students' assertive behavior regarding to Personal and professional rights and responsibilities.....	62
<b>Table (10):</b>	Distribution of assertivness among nursing students .....	64



## **List of Tables** *(Cont.)*

<i>Table No.</i>	<i>Title</i>	<i>Page No.</i>
<b>Table (11):</b>	Relation between socio demographic characterstics of nursing students and students' communication. ....	67
<b>Table (12):</b>	Relation between socio demographic characterstics of families of nursing students and students' communication. ....	68
<b>Table (13):</b>	Relation between socio demographic characterstics of nursing students and students' conflict managment. ....	69
<b>Table (14):</b>	Relation between socio demographic characterstics of families of nursing students and students' conflict managment. ....	70
<b>Table (15):</b>	Relation between socio demographic characterstics of nursing students and students' Self-confidence.....	71
<b>Table (16):</b>	Relation between socio demographic characterstics of of families of nursing students and students' Self-confidence.....	72
<b>Table (17):</b>	Relation between socio demographic characterstics of nursing students and Personal rights. ....	73
<b>Table (18):</b>	Relation between socio demographic characterstics of families of nursing students and Personal rights. ....	74
<b>Table (19):</b>	Relation between socio demographic characterstics of nursing students and ttheir assertive behavior .....	75

## **List of Tables** *(Cont.)*

<i>Table No.</i>	<i>Title</i>	<i>Page No.</i>
<b>Table (20):</b>	Relation between socio demographic characteristics of families of nursing students and their assertive behavior.....	76
<b>Table (21):</b>	Relationship between students' knowledge and their assertive behavior .....	77

## **List of Figures**

<i>Figure No.</i>	<i>Title</i>	<i>Page No.</i>
<b>Figure (1):</b>	Level right and wrong answer of students with questions related to assertiveness.....	53
<b>Figure (2):</b>	Total knowledge among nursing students about assertiveness .....	53
<b>Figure (3):</b>	Total score nursing students communication, conflict management, self-confidence and identifying personal rights .....	65
<b>Figure (4):</b>	Total score nursing students assertive behavior .....	66

## ABSTRACT

**The aim** of this study was to assess assertive behavior among nursing students in technical health institute. **Subjects and methods:** this study was conducted at Imbaba Technical Institute of health. A convenience sample of 200 nursing students from Technical health institute who agree to participate in the study in first year and second year. Two tools were used: first tool interviewing questionnaire sheet, it consisted of two parts I) student socio-demographic data, II) students' knowledge about assertiveness, second tool: Assertive Behavior Inventory Tool (ABIT), structured scale developed by the researchers to assess the level of assertive behavior among nursing students. **Results:** the main findings of this study revealed that the mean score and standard deviation for age ( $17.2 \pm 1.9361$ ) respectively.. Nursing students have low communication skills and a moderate conflict management. They have a moderate self-confidence and personal rights. Nursing students have a moderate knowledge about their assertive behavior and a moderate assertiveness. **Conclusion:** It was concluded that there was statistical significant relation between socio-demographic characteristics among students and their knowledge about assertiveness. Moreover there was a positive correlation between students' knowledge about assertiveness and their assertive behavior. **Recommendations:** Students assertive behavior can be improved by implementing classes that focus primarily on assertiveness skills and training, more simulation exercises throughout the program, and more clinical time rather than classroom learning. Role play and role model are important in facing stress and being assertiveness. Conducting further research on the impact of learning styles on students' patient communication is also recommended.

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**Key words:** Assertive behavior – Nursing students.

## Introduction

**T**oday's nursing students are the nucleus of the professional nurses of tomorrow, who will interact with their colleagues and other health care professionals on a daily basis and provide the care for patients, their families and society in the area of health and education in the future. The importance of the assertion skills is considered the key to enhance personal competence and satisfying relationships (*Hamoud et al., 2011*).

In order to ensure competent and safe practice for nursing students to be individuals with high assertive skills. Nursing students in high institutes face pressures that are much different than those they faced in high school. Nursing students have increased responsibilities for all parts of their lives, including being assertive when necessary. Personal and emotional problems of nursing students may be manifested as global psychological distress, anxiety, low self-confidence, conflict (**Wintre and Yaff, 2010**).

One of the definitions of assertive behavior is as a self-confident behavior that helps people in communicating their needs, wants and feelings without hurting those of others (*Kilkus, 2008*). Assertiveness can improve confidence by fostering positive and fulfilling relationships, thus releasing positive energy towards others and greatly reducing one's fear

and anxiety. The extent to which a person asserts themselves therefor plays a major role in determining a person's level of self-confidence (*Timmins & McCabe, 2005*).

Assertiveness can be a useful tool in the management of rudeness, hostility, threats or insults in a peaceful manner as it is a balanced way of communicating with others that ensures that people are not left with the idea that one is open to pressure or manipulation (*Davies, 2009*). Sometimes people are not comfortable with assertive people so that can cause conflict. This kind of conflict inducing behavior can also be due to a lack of proper education and training in assertiveness (*Perkins, 2007*).

Nurses in many countries are generally unaware of their personal and professional rights; they also lack confidence and self-esteem and this creates a barrier to the possibility of their being assertive. They tend to be concerned with what other people will think about their behavior and this, along with socialization, influences their assertiveness (*Noe, 2010*).

Assertiveness is a skill that involves speaking and acting with power while maintaining respect for others. Instead of passively giving up power or aggressively demanding it, assertiveness enables youth to positively and authentically influence others. This skill is particularly helpful when youth are faced with situations of potential

conflict. Similar to other social skills, assertiveness is best learned through modeling and practice (*Wesley, Mark & Mattaini, 2008*).

“Assertiveness is all about being present in a relationship, how to express ideas and stand up for self at work and in relationships (*Tartakovsky, 2012*). In other words assertiveness is the ability to express one's feelings and rights, respecting the feelings and rights of others (*Pipas and Jaradat, 2010*).

Assertive behavior, helps to feel good about self, others and leads to the development of mutual respect with others, it increases self-esteem and helps to achieve their goals, and it minimizes hurting and alienating others people and reduce anxiety. Although assertive behavior protects from being taken advantage by others and enables to make decision and free choices in life, and express both non verbally, a wide range of feelings and thoughts, both negative and positive (*Burres, 2008*).

Assertive behavior helps to identify problems, facilitate problem solving and decision making. It is specific to the situation and can be differentiated from non- assertive or passive and aggressive behavior in which participants respond in a certain manner regardless of the situation (*Clark, 2009*).