

Impact of Life Skill on Academic Performance Among Nursing Students

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How to cite this article:

Kavitha B., Selin Rose, Abhay Benedict, *et al.* Impact of Life Skill on Academic Performance Among Nursing Students. *Int J Practical Nurs.* 2024; 12(1):13-17.

Abstract

Life skills are a set of human skills acquired via teaching or direct experience that are used to handle problems and questions commonly encountered in daily human life. Given this, a study was undertaken to assess the impact of life skills on the academic performance of nursing students studying at selected colleges, in Thrissur. The main objectives were to assess the existing life skills among nursing students, to assess the academic performance of the nursing students, to find out the relationship between life skills and academic performance among the nursing students, and to find out the association between life skills among the nursing students with their selected demographic variables. A correlational research design was used and the sample was 170 B.Sc. Nursing students. A total enumerative sampling technique was used. The data was collected using a Demographic profile, academic performance, and structured life skill assessment questionnaire. The study findings revealed that out of 170 students, 93 (55%) students had high levels of life skills whereas 77 (45%) students had moderate levels of life skills. No students had a low level of life skills. The in-depth analysis pinpointed that out of 170 students, 112 students (7%) had distinction, 112 students had first class, 6 students had second class and 40 students failed in the university exam. A positive correlation of 0.241 was noted between the level of life skill and academic performance among nursing students at the level of 0.05 level of significance this depicted that level of life skill is directly proportional to academic performance.

Keywords: Life skill; Academic performance; Nursing students.

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Received on: 07.02.2024

Accepted on: 09.04.2024

INTRODUCTION

Background of the Problem

Life skills are the abilities that help to promote mental well-being and competence in young people as they face the realities of life. When it comes to life and soft skills, nursing is a field that demands plenty.¹ The undergraduate



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nursing program is a challenging one and places high demands both professionally and personally on students.² Nursing students have to manage their time and also look for sources in order to accomplish their assignments; a challenging job to handle. Failure in such conditions would lead to poor chances of academic success.³ Academic activities and performance are the focal points of life of a student. Good and sustained academic performance is the goal and the acquisition of life skills has an influence on the academic performance of the nursing student.⁴ Life skills empower the nurse to develop and enhance a caring attitude in the nursing of patients. It also enables the nurse to listen beyond what the patient is saying and make informed decisions.⁵

A cross-sectional study was conducted at PSG College of Nursing, Coimbatore to assess the effectiveness of study skills on academic performance among nursing students. The finding highlighted that 58 students (76%) preferred only one learning style (single modal) and 18 students preferred to use multiple learning styles (multimodal). A significant association between life skills and academic performance was also found.⁶

In general, life skills help nursing students to improve their academic performance and to cope with stress. Thus researchers decided to conduct a study to assess the impact of life skills on the academic performance of the students.

Statement of the Problem

A study to assess the impact of life skills on academic performance of nursing students studying at selected colleges, Thrissur.

OBJECTIVES

1. To assess the existing life skills among nursing students
2. To assess the academic performance of the nursing students
3. To find out relationship between life skills and academic performance among the nursing students
4. To find out the association between life skills among the nursing students with their selected demographic variables

Hypothesis

At 0.05 level of Significance

H₁: There will be significant relationship between life skill and academic performance among nursing students.

H₂: There will be significant association between life skills of nursing students with their selected demographic variables.

Research Approach

Since the researcher aimed to assess the impact of life skills on academic performance among nursing students, the research approach adopted study was "Quantitative Approach".

Research Design

"Correlational research design" was adopted in this study since the impact of life skills on academic performance among nursing students was studied.

Setting of the study

The study was conducted at Aswini College of Nursing, Nadathara, Thrissur.

Sample and Sample size

The sample selected in this study was 2nd year, 3rd year and 4th year students studying in Aswini College of Nursing, Thrissur. Sample size is 170 nursing students in Aswini College of Nursing, Thrissur.

Criteria for Sample Selection

Following criteria were adopted for selection of the sample for this study.

Inclusion Criteria:

- BSc Nursing students from 2nd to 4th year.
- Students who are willing to participate in this study.

Exclusion Criteria:

- Who were leave on the day of data collection.
- 3rd year students those who are conducting this study.
- First semester students who have different evaluation criteria.

Sampling Techniques

Total enumerative sampling Technique was adopted in the study for selecting the sample in order to achieve the objective formulated.

Tools and Instruments

For the present study following tools are used:

Section A: Demographic profile of nursing students:

The demographic profile consists of age, gender, marital status, type of family, number of siblings, birth order, place at stay, monthly income of family, place of residence, educational status of the father, educational status of the mother, father's occupation, mother's occupation, part time activity / part time job, already participated life skill programs, hobbies/interest, year of study, medium of instructions of high school and number of supplementary exams in previous years.

Section B: Academic Performance of Nursing Students

Academic performance of nursing students is the mark scored by the student in university examination which conducted by KUHS at the end of each academic.

Section C: Structured Questionnaire on life skill.

Questionnaire consist of 45 questions on life skills categories under self-awareness, empathy, critical thinking, creative thinking, decision making, problem solving, effective communication, interpersonal relationship, coping with stress and coping with emotions. Each questions have 4 alternative such as 'Not at all', 'sometimes', 'most of the times', and 'always.'

RESULT AND DISCUSSION

Section A: Description of Demographic variable of Samples

Out of 170 students, 134(79%) students were in the age group of 20-22 years, 156(92%) students were female and 151(89%) students belong to nuclear family. It was Surprisingly noted that 95(56%) students live in rural area, and 5(3%) students were doing a part-time job. Based on number of siblings, 8(4%) students have no siblings, 144(85%) students have 1-2 siblings, 17(10%) students have 3-4 siblings and Regarding birth order, 85(50%) students were first born, 72(42%) students were second born. 79(46%) students were day scholars, and 89(53%) students were hostelers out of 170 students only. Regarding hobbies/interests, 97(57%) students are interested in listening to music and 24(14%) students had undergone life skill programme before. In relation to year of study, 60(36%) students belong

to second year, 51(30%) students belong to third year, and 59(35%) students belong to fourth year. Out of 170 students, 30(18%) students' medium of instruction in high school was Malayalam, and 140(82%) students' medium of instruction in high school was English.

Section B: Description of B.Sc. Nursing students according to their level of life skill. N=170

Level of Life Skill	Frequency <i>f</i>	Percentage %
Mild Life skill	-	-
Moderate life skill	77	45%
High life skill	93	55%

The findings revealed that out of 170 students, 93 (55%, Table: 4) students had a high level of life skills whereas 77 (45%, Table: 4) students had a moderate level of life skills. No students had a low level of life skills.

Our study findings correlate with a cross-sectional survey done to assess life skills among the adolescent. Descriptive design was used in the study. A total of 122 students from the 6th to 8th class were taken. The findings showed that 72% of participants had average of life skills. Study concluded that life skills training could enhance the life skills of the adolescents.⁷

Section C: Description of B.Sc. Nursing students according to their academic performance.

Out of 170 students, 112 students (7%) had Distinction whereas 112 students (66%) had first class, 6 students (4%) had second class, 40 students (23%) were failed in the University exams.

Section D: Description of relationship between life skill and academic performance of B.Sc. Nursing students

Study Variables	
Life skill	-
Academic performance	0.241*

The study findings highlights that there is a positive correlation between life skill and the academic performance of Nursing students which is calculated as 0.241(table:6) at a 0.05 level of significance. This depicts that life skill is influencing the academic performance of Nursing students. The study analysis depicts that majority of the students have moderate life skill. And hence are more likely to face hurdles in their academic performance.

The study findings are similar to the study was done to assess the effectiveness of study skills on academic performance among nursing students. A cross-sectional study was conducted at PSG College

of Nursing, Coimbatore to assess the effectiveness of study skills on academic performance among nursing students. The finding highlighted that 58 students (76%) preferred only one learning style (single modal) and 18 students preferred to use multiple learning styles (multimodal). A significant association between life skills and academic performance was also found.⁶

Section E: Description of association between Level of life skill of B.Sc Nursing students with their selected demographic variables.

The data analysis revealed that there is a significant association between the life skills among Nursing students and their selected demographic variables such as hobbies ($\chi^2=25.84^*$), whether attended a life skill program ($\chi^2=11.8^*$), number of the supplementary exam ($\chi^2=19.4^*$), medium of instruction ($\chi^2=4.6^*$) and part-time job ($\chi^2=5.15^*$).

Nursing Implication

Numerous implications can be drawn from the present study for Nursing practice, Nursing education, Nursing Administration and Nursing research.

Nursing Education

- The findings of the current study emphasizes that life skill educational programs should be arranged for Nursing students in order to improve their knowledge regarding life skills.
- The literature review indicates that, higher the level of life skill, higher the academic performance, so life skills should be included in Nursing curriculum, which will help the students to overcome the challenges of their academic and personal lives effectively and efficiently.

Nursing Practice

- The level of life skill among Nursing staff can increase the quality of care and patient satisfaction.
- The staff nurse should work on improving his/her level of life skill to help better working force.
- The nurse can make use of their life skill and its source for making important decisions and in day-to-day problem solving.
- Improvement of life skills and reinforcement could help in increasing the well-being of

nurses.

- Life skill can increase the tolerance and compassion of a staff nurse, so that it can enhance their quality of nursing care given to the patient.

Nursing Administration

- The administrator could arrange life skill acquisition programmes as a part of In-Service Education which could enhance knowledge regarding coping mechanisms and stress management among nurses.

Nursing Research

- The current study findings can be published in national and international journals to create awareness.
- The nurse researcher can conduct research on various aspect of life skill to generate more data.
- The extended research on knowledge and attitude towards life skill among Nursing students will help to improve the knowledge.
- The present study can be used as secondary source of review of literature for further studies.

Limitations

- Since the study had adopted a quantitative approach and the tool of the study was structured, thus free response of the samples were restricted.
- Limited time period of data collection.
- First-year students were excluded as their grading system was different from other years.

CONCLUSION

Life skills are the abilities that help to promote mental wellbeing and competence in people and aid them in gearing up for a relatively hassle-free life. Life skills are crucial to everyone but particularly to students who are preparing themselves for careers in demanding areas like health care. The present study reveals that majority (67%) students had a moderate level of life skill. Thus, the findings insist that the level of life skill should be enhanced through proper and consistent training programme.

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