



Effectiveness of gratitude journaling on psychological well - being among nursing students

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Article History:	Abstract
<p>Received on: 27 Jul 2023 Revised on: 02 Aug 2023 Accepted on: 23 Aug 2023</p> <p><i>Keywords:</i> <i>Psychological wellbeing,</i> <i>Gratitude journaling,</i> <i>Nursing students,</i> <i>Effectiveness,</i> <i>Gratitude Journaling,</i> <i>Psychological Well-being,</i> <i>Nursing Students.</i></p>	<p>Gratitude journaling has been successfully assessed to be effective on psychological well-being among nursing students at a selected college of Nursing in the Tiruvallur district using a quantitative research approach. This consists of a one-group pre-test and post-test design. Thirty nursing students were selected using purposive sampling techniques. A standardized 5 - point rating psychological wellbeing scale with 42 items developed by psychologist Carol D. Students' psychological wellbeing was assessed based on Ryffs (1989). Each item carries a score of 0-4 based on its classifications into six aspects, which are happiness, autonomy, environmental mastery, personal growth, positive relationships with others, purpose in life, and self-acceptance. A calculated "t" value of 7.12 was calculated pre and post-test, which was bigger than p value at the 0.001 level. Study results showed that psychological wellbeing before and after a test differs statistically significantly. Hence, gratitude journaling technique was significantly effective in improving the psychological wellbeing of the nursing students. Hence this study concluded that the psychological wellbeing can be improved by effective intervention aimed at creating awareness, enhancing coping skills, positive therapy and various methods to improve the psychological wellbeing among the nursing students</p>

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INTRODUCTION

There is a great deal of value in nursing students. It is important for nurses educators to identify the factors affecting stress among nursing students so that strategies can be developed to manage stress effectively. Find ways to improve the psychological wellbeing [1]

A nursing student's attitude and beliefs should be healthy, and she should be able to provide optimal care to her patients. Therefore, nursing educators around the world need to promote a positive lifestyle, positive behaviors, and positive beliefs in nursing students in order to help them be the best nurses they can be. Promoting physical, psychological, spiritual, and social

health of nursing students is also closely related to a healthy workplace. [2]

Psychological well-being (PWB) is the combination of subjective experience of feeling good and effective functioning. The positive and negative experiences are a part of life. Positive emotional experiences effectuates positive cognitions, positive behaviors, and increased cognitive capability and which consecutively enhance positive emotions. PWD is compromised when negative emotions are extreme or occurring over an extended period of time and interferes with an individual's ability to function in their daily life. The ability to manage the negative or painful emotional experiences are essential for lasting PWD [3].

Clinical practice, rotations, nightshifts, and heavy workloads during nursing studies cause nursing students to constantly shuffle their schedules. The chronic stress they experience leads to a high incidence of depression in nursing students, with some studies indicating that 38.7% of this population is depressed. [4-7]

In times of low psychological well-being, students use various coping strategies. Psychological well-being and mental health are significantly enhanced through gratitude journaling. Positive emotions are countered by gratitude. We are protected by it from senseless cynicism, entitlement, anger, and resignation. A regular journal keeps one prepared and strengthened to deal with the rough patches when they arise. It can enhance the personal relationship, develop instant confidence, and manage psychological wellbeing through gratitude journaling. [8]

OBJECTIVES

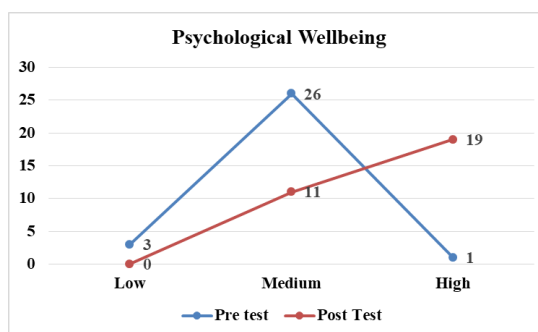
1. To assess the pre and post-test level of psychological well-being among nursing students.
2. To evaluate the effectiveness of Gratitude journaling on psychological well-being among Students in nursing.
3. Findings related to nursing students' psychological well-being from selected demographic variables.

RESEARCH METHODOLOGY

To examine the impact of gratitude journaling on students' psychological well-being, researchers used a quantitative research approach, a pre- and post-experimental design. The purposive sampling technique was used to select 30 nursing students. Ryff's psychological well-being scale, containing 42 items, was used to measure psychological well-being among nursing students. Scores range from 0-4 for each response. This means that 168 is the maximum possible score. Approximately seven items were assigned to each of the six domains. [9] A) Autonomy, b) Environmental mastery, c) Personal growth, d) Positive relationships, e) Purpose in life, and f) Self-acceptance are the four criteria. An additional method for promoting an optimistic psychological state is gratitude journaling. A gratitude journal has been proven to aid in reducing negative thoughts as well as lingering on negative experiences. This technique has to start within half an hour before the bedtime this process to be follow daily for one month combine it with daily thoughts with daily living. [10] Samples were assigned to write their three good things in their daily life and it was also daily monitored by the investigator. The samples were advised to personally read their diary writing before going to bed that could improve their psychological wellbeing. [11]

RESULTS

Frequency and percentage distribution of pretest and posttest of psychological wellbeing among nursing students



This figure depicts that, in pre test, only 1(3%) fall in this category of High level of psychological wellbeing and 3(10%) fall in this category of low level of psychological wellbeing and majority 26(86.6%) of them were fall in the category of medium level of psychological well being. But

when analyzing the post- test, results showed a significant difference between pretest and post-test level of psychological wellbeing. It shows that more than half of them 19(63.3%) were fall in the

category of high level of psychological wellbeing, 11 were reported in the medium level of psychological wellbeing and also no one experienced low level of psychological wellbeing.

Table 1: Dimension wise Frequency and percentage distribution of Pre & posttest level of psychological wellbeing among nursing students.

S.No	Six Dimension of PWB	PRE TEST						POST TEST					
		LOW		MEDIUM		HIGH		LOW		MEDIUM		HIGH	
		N	%	N	%	N	%	N	%	N	%	N	%
1	Autonomy	9	30	18	60	3	10	1	3.3	16	53.3	13	43.4
2	Environmental Mastery	11	36.6	15	50	4	13.4	0	0	19	63.4	11	36.6
3	Purpose in life	8	26.6	19	63.4	3	10	0	0	14	46.6	16	53.4
4	Self Acceptance	13	43.3	12	40	5	16.7	0	0	17	56.6	13	43.4
5	Personal growth	11	36.6	17	56.6	2	6.8	1	3.3	15	50	14	46.7
6	Positive relation with others	10	33.4	17	56.6	3	10	2	6.8	12	40	16	53.2

This table revealed that the dimension wise psychological well being of the nursing students, in pre test Minority of the samples had high level in autonomy (3), Environmental mastery (4), Having a sense of purpose in life (3), accepting yourself (5), growing personally (2) and relating well to others (16) (3). Minimum of the samples had Medium and low level in autonomy (18,9), Environmental mastery (15,11), Purpose in life (19,8), Self acceptance (12,13), personal growth (17,11) and positive relations with others (10,17) respectively. [12]

Whereas in post test, very minimum of the samples had low level of psychological well being in autonomy (1), personal growth (1) and positive relations with others (2). Majority of the samples had medium and high level in autonomy (16,13), Environmental mastery (19,11), Purpose in life (14,16), Self acceptance (17,13), personal growth (15,14) and positive relations with others (12,16) respectively. Therefore, the high level of psychological wellbeing of the students proves the effectiveness of Gratitude Journaling.

Table 2: An analysis of nursing students' psychological wellbeing prior to and after the test

Group	Pretest	Pretest	Posttest	Posttest	Mean diff	Paired 't' value
	Mean	SD	Mean	SD		
Experimental	146.8	12.1	162.4	12.74	15.6	t=7.12 P<0.001, S***

***p<0.001, S-Significant, NS-not significant

Analysis of the data revealed that A mean difference of 15.6% in effectiveness is found between pre and post scores based on the mean and standard deviation (146.8+/-12.1) and (162.4+/-12.74) in the aspect of the level of psychological wellbeing.

Also illustrated in the table, the calculated t value for the pre- and post-tests was 7.12, which was higher than the p value at the 0.001 level. The difference in psychological wellbeing pre- and post-treatment is statistically significant. The psychological wellbeing of participants increased significantly as a result of gratitude journaling.

DISCUSSION

The psychological wellbeing of nursing students has been little studied compared to that of their non-nursing student counterparts despite many studies exploring various aspects of nursing students' mental and psychological health in various countries. The researcher also noticed that even in developed and developing countries, only few studies have focused on the effects of Gratitude Journaling [13]

In the aspect of psychological wellbeing, it was determined that 146.8 and 162.4 were the mean and standard deviation of the pre- and post-test scores, respectively.

As a result of this, the calculation of 't' values at the pre and post tests was 7.12, which is larger than the p value at the 0.001 level. Thus, the differences between pre and post psychological wellbeing are statistically significant. The psychological benefits of gratitude journaling were significant, therefore. [14]

University students during COVID-19 reported improved mental well-being when gratitude interventions were implemented by Michael T. Geier and Jermaine Morris (2022). An assessment of participants' mental well-being prior to and after 10 weekly gratitude reflection journals (N = 47) was conducted and a statistical comparison was made with our control group (N = 40) of participants. In the case of the gratitude intervention, there was a significant difference between the treatment and control groups in terms of well-being (Cohen's d = 0.74). The treatment group was significantly better (Cohen's d = 0.35), and the control group would be significantly worse (Cohen's d = 0.41). Even during a crisis like the COVID-19 pandemic, gratitude interventions can improve university students' mental well-being [15]. In the event of a

pandemic or other temporary mental challenges by university students, gratitude interventions seem appropriate for improving mental well-being. [16]

Based on the findings, gratitude levels and psychological well-being differ significantly before and after testing. According to the study, Gratitude Journaling enhanced psychological wellbeing. Therefore, H01 states that "Psychological well-being levels among nursing students were not significantly different between pretest and posttest" was rejected.

CONCLUSION

This psychological wellbeing can be improved by effective intervention aimed at creating awareness, enhancing coping skills, positive therapy and various methods to improve the psychological wellbeing among the nursing students.

NURSING IMPLICATIONS

Increasing rewarding life events and controlling their own lives are important factors contributing to the students' success. In terms of leading a happy life and improving one's health, Gratitude Journaling is the best method. Gratitude Journaling can be added by nurses to mental health teams to promote students' wellbeing.

Nursing practice

There are many students who are dealing with stress and adjusting to their new surroundings, which is not evident during hospitalization. In addition to other psychoeducation and therapies practiced by the nurse in the day-to-day activities, the nurse is responsible for assessing the psychological well-being of the students who receive care in the hospital. Students need to be motivated by their nurse to lead a healthy lifestyle every day.

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