

# THE INFLUENCE OF SPIRITUAL SELF-CARE PRACTICES AND RESILIENCE ON HEALTH AND WELL-BEING FOR NURSING STUDENTS: THE STATE OF NURSING

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# Research Team

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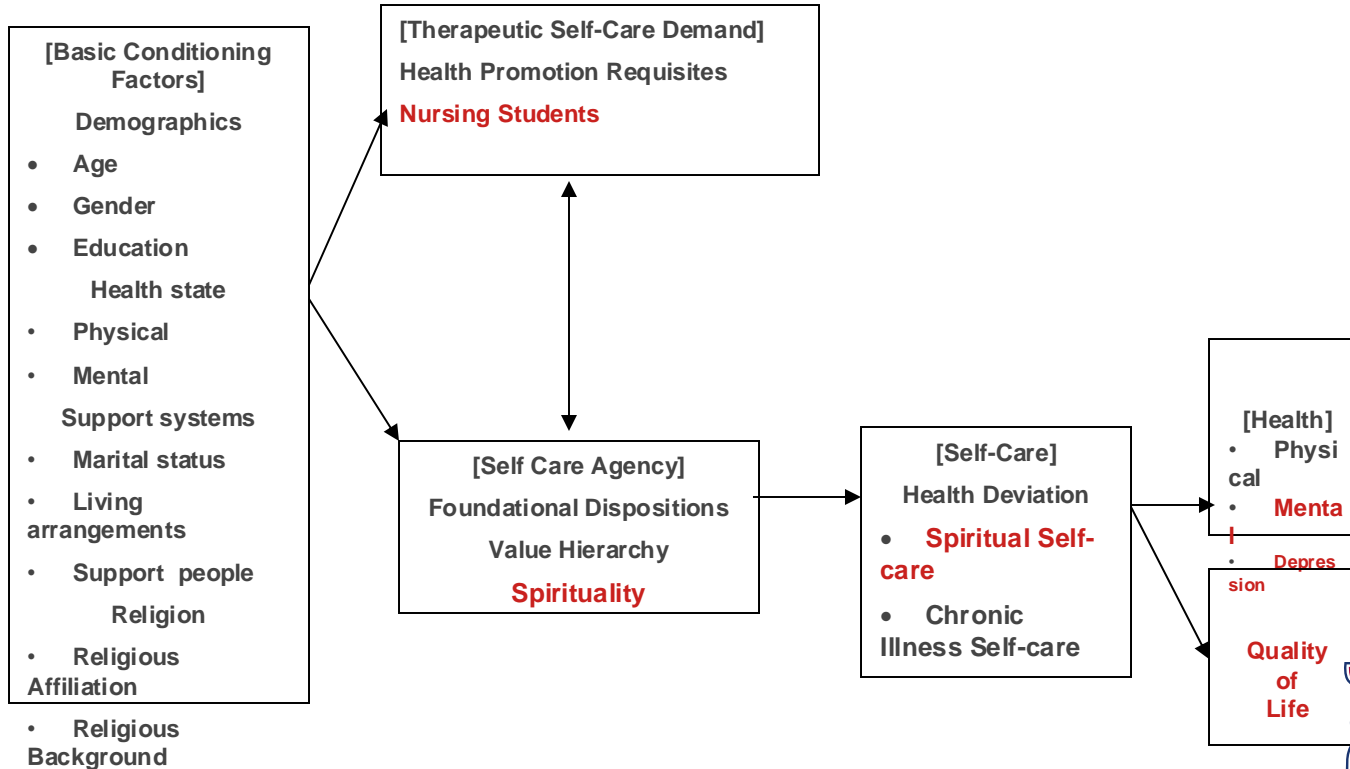
# Phenomenon

- What is it?
- Why is it important?
- Life changing
- Three quick examples
- Do you have one?
- State of Nursing ?Who What Where and Why?
- Retention and State of Global Shortage of Nurses
- Divide and Lose or Unite and Lead

# Purpose of the Study

- The purpose of this study is to examine the influence of spiritual self-care practices, resilience, and stress on perceived well-being of nursing students.

# White's Theory of Spirituality and Spiritual Self-Care



# Spirituality

- Spirituality is beliefs that people hold related to their subjective sense of existential connectedness, including beliefs reflecting relationships with others, acknowledging a higher power, and recognizing an individual's place in the world that lead to spiritual practices (White, 2016).
- Spiritual self-care is spiritually-based practices used to promote personal development and well-being.

# Comparison of Spirituality and Spiritual Self-care Practices

- Although spiritual beliefs and spiritual practices are frequently mentioned and used interchangeably in the literature, they are distinct concepts (White, Peters, & Schim, 2011).
  - Spiritual beliefs are primarily within cognitive (thought) and affective (feeling) domains.
  - Spiritual practices are primarily within the psychomotor (behavioral) domain.



# Spiritual Self-care Practices

- Spiritual self-care are practices that influence the mind-body-spirit connections
- Engaging in self-care and spiritual self-care activities can have a positive effect on quality of life.

# Resilience

- Resilience is the ability to demonstrate recovery from an altered state that requires adjustments (Garcia-Dia, DiNapoli, Garcia-Ona, Jakubowski, & O'Flaherty, 2013). Some altered states can be illness, disease, forms of depression and stress. The act of demonstrating resilience is associated with an adjustment that occurs naturally.
- Resilience represents personal qualities that enable an individual to thrive in the midst of adversity (Connor & Davidson, 2003).

# Resilience

- Resilience is manifested in an individual who encounters adversity and is able to adapt in one's mind, body, and spirit (Connor & Davidson, 2003; Richardson, 2002).
- Richardson's resilience theory refers to this balance as a "biopsychospiritual balance" (Connor & Davidson, 2003, p. 76).
- Resilience is a result of energy and derives from a "belief in God or a Creative force" (Richardson, 2002, p. 314).

# Depression

- The *Diagnostic and Statistical Manual of Mental Disorders* (DSM-V; American Psychiatric Association [APA], 2013) conceptually defined depression *as a period in which there is either depressed mood or loss of interest or pleasure and at least four other symptoms, such as problems with sleep, eating, energy, concentration, and self-image that reflect a change in functioning that lasts for two weeks or longer.*

# Depression

- Nursing students often show signs of stress from practicing in clinical settings, interacting with clinical instructors and nursing staff, being insecure about their clinical skills, lacking mastery of nursing knowledge, providing care for dying patients, and fearing failure.
- Mild levels of stress can have a positive effect on students by offering alternative solutions to problems, and increasing motivation, high stress levels can lead to depression.

# Quality of Life

- Quality of life is an individually defined and perceived state.
- For the purpose of the present study, quality of life is defined by the World Health Organization [WHO], as “an individual’s perception of their position in life in the context of the culture and value system in which they live and in relation to their goals, expectations, standards, and concerns” (WHOQOL, 1994, p. 28).

# Quality of Life

- Quality of life is a multidimensional concept that encompasses physical, emotional, and social effects on the individual's perception of daily life.
- Brink, Grankvist, Karlson and Halberg (2005) noted that quality of life is not observable, but instead should be evaluated using factors considered important by the researcher that can be used to explain, understand, and provide benefits from the study results.

# Methodology

- A nonexperimental, correlational research design was used to examine the relationship between quality of life and spiritual self-care practices, depression, and resilience among nursing students.



# Participants

- 126 nursing students enrolled in a BSN program at a private university located in an urban area participated in the study.
- Students ranged in age from 20 to 54 years of age, with a mean of 27.91 (SD = 6.53).
- The majority of students were female (n = 112, 88.9%).
- Most students were single (n = 83, 65.9%) and had no children.

# Participants

- The majority of students were working (n = 73, 57.1%)
  - 19 (15.1%) were working full-time
  - 53 (42.1%) were working part-time
- All but one student lived off-campus.

# Instruments

- Five instruments were used to obtain data from the students:
  - World Health Organization Quality of Life – BREF (WHO, 1994)
  - Patient Health Questionnaire (Löwe, Unützer, Callahan, Perkins, & Kroenke (2004)
  - White's Spiritual Self-Care Practice Scale (White, 2010)
  - Connor-Davidson Resilience Scale (2003)
  - Researcher-developed Demographic Survey

# Variables in the study

- Dependent variables
  - Subscales measuring quality of life
    - Physical health
    - Psychological
    - Social relationships
    - Environmental

# Variables in the Study

- Independent variables
  - Spiritual self-care practices
    - Personal self-care practices
    - Spiritual practices
    - Physical spiritual practices
    - Interpersonal spiritual practices
  - Depression

# Variables in the Study

- Independent variables
  - Resilience
    - Notion of personal competence
    - Trust in one's instincts
    - Positive acceptance of change
    - Control
    - Spiritual relationships

# Statistical Analyses

- Stepwise multiple linear regression analyses were used to determine which of the independent variables could be used to predict each of the subscales measuring quality of life among nursing students

# Findings

- Quality of Life – Physical Health
  - Two independent variables entered the stepwise multiple linear regression equation accounting for 41% of the variance in physical health
    - Depression (-)
    - Personal self-care practices (+)
  - Nursing students with lower levels of depression and higher levels of personal self-care practices were more likely to have higher quality of life in regards to physical health



# Findings

- Quality of life – Psychological
  - Four variables entered the stepwise multiple linear regression equation accounting for 68.4% of the variance in psychological
    - Depression (-)
    - Interpersonal self-care practices (+)
    - Control (+)
    - Spiritual practices (+)
  - Nursing students who had lower depression and higher levels of interpersonal self-care practices, control, and spiritual practices tended to have higher quality of life - psychological.

# Findings

- Quality of life – Social Relationships
  - Two independent variables entered the stepwise multiple linear regression equation, accounting for 40.6% of the variation in quality of life – social relationships
    - Depression (-)
    - Interpersonal self-care practices (+)
  - Nursing students who had lower levels of depression and higher levels of interpersonal self-care practices were more likely to have higher quality of life for social relationships.

# Findings

- Quality of life – Environmental
  - Two independent variables entered the stepwise multiple linear regression equation, accounting for 43.5% of the variance in quality of life – environmental
    - Depression (-)
    - Personal self-care practices (+)
  - Nursing students with lower levels of depression and higher levels of personal self-care practices were more likely to have higher quality of life – environmental.

# Conclusions

- Depression among nursing students appears to be a factor that is affecting quality of life in a negative direction.
- Spiritual self-care practices appears to be influencing quality of life, with students who use spiritual self-care practices having a more positive quality of life.
- Resilience tends to affect nursing students' psychological quality of life in a positive direction.

# Limitations

- Study was limited to nursing students in a private university located in an urban area.
- Data were collected during the summer semester.
- The majority of students were enrolled in an accelerated program (2<sup>nd</sup> degree option).

# Recommendations

- As depression entered into the stepwise multiple linear regression equation as a statistically significant predictor of quality of life, programs should be implemented to help decrease the stress associated with being in the nursing program.
- As spiritual self-care practices was a positive predictor of quality of life, introduce some of the self-care practices to students in programs designed to relieve the stress.





Questions