

ORIGINAL PAPER

Intensification of Renal Nurses' Self-Esteem: A Pilot Study

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Abstract

Introduction: Renal nurses should have counselling and communication skills with patients, to deal with stressful situations at work. A prerequisite for the acquisition of these skills is renal nurses' self-knowledge. This study aims to present the effectiveness of an ongoing training program to renal nurses related to self-esteem.

Methodology: A quasi experimental research, which has a theoretical background from the Rational-Emotive Behaviour Therapy of A. Ellis and from the transformative learning of J. Mezirow. The program attended 31 renal nurses working in district hospitals.

Results: During evaluation of the training activity it was quite successful at the cognitive effect that occurred to the participants. In emotional and in behavioural level, almost 80% of participants improved their attitude towards the absurd ideas that formed their self-esteem by 90%.

Conclusion: All who attended the program improved their attitude regarding their absurd ideas-beliefs, something that reduced person's self-esteem, making further negative consequences for their psychosomatic health.

Key words: Psychosomatic Health-Wellness, Self-concept, Self-esteem, Interpersonal Communication, Consulting Psychology.