

REVIEW PAPER

The Concept of Self-Esteem in Nursing Education and its Impact on Professional Behavior

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Abstract

Introduction: Self-esteem is defined as the ability of a person to be able to evaluate himself and based on the results of this assessment to tread in his life, to cope with the challenges and achieves his goals.

Aim: is the review of the literature related to the effect of self-esteem in nursing education and practice of the nursing profession.

Methodology: Local and international literature was reviewed, including EU and WHO official publications, by using the appropriate keywords.

Results: The development of self-esteem is an ongoing process that begins in childhood. Contributing factors are the interaction with the family and the social environment, the school and work. The nursing students in their interaction with healthcare professionals are experiencing extreme anxiety and stress. Nurses with low self esteem come across with significant difficulties in communication with colleagues and patients. They have reduced empathy and efficacy. Unlike nurses with high self-esteem have better collaboration with colleagues and patients, and consequently, better performance at work?

Conclusions: The nursing education should aim at enhancing the self-esteem of students giving the appropriate theoretical knowledge and skills required to practice as a nurse, noting the real dimensions of the role of the nurse and the difficulties involved in the exercise. But first and foremost should give positive feedback that somebody can take providing comprehensive nursing care.

Key Words: self esteem, self concept, nursing profession, nursing education