



EVALUATING THE LEVEL OF CONTENTMENT AMONG NURSING STUDENTS AT NURSING INSTITUTES, KARACHI, PAKISTAN

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ABSTRACT

Background: Life contentment denotes the measure to which an individual finds joy in their life, encompassing introspective reflections and constituting an element of overall happiness and self-well-being.

Objective: To evaluate the level of contentment among generic BSN students.

Methodology: The cross-sectional research study was conducted at two nursing institutes of Karachi, Pakistan from November 2024 to January 2025. The sample size was calculated by using Open Epi version 3.0 by taking the mean of 19.03 with a standard deviation 4.94 from a previous study. A convenient sample technique was used to collect the data from 103 respondents by using a validated questionnaire, CLASS after approval from the designated nursing institutes. All the 18



years above generic BSN students were included, while all the nursing interns and Post- RN BSN students were excluded.

Results: As contentment has a significant impact on their path to become future nurses, encouraging happiness is an essential part of nursing students' education and growth. Results of this study showed that (13.6 %) of the participants had a low degree of contentment, (40.77%) had average level of contentment while (45.63%) reported a high degree of contentment.

Conclusion: Majority of the study participants reported high degree of contentment. The findings provided valuable insights into the well-being and contentment of nursing students.

KEYWORDS: Nursing students, Contentment with life, Well-being, Satisfaction, Academic life, psychological well-being

Introduction

Maintaining health is essential because it guarantees that your body works properly, allowing you to perform daily duties with ease and enhancing your ability to attain goals and enjoy life in general (1). By influencing the occurrence and frequency of both happy and negative emotions throughout time, contentment plays a critical role in determining a person's quality of life and eventually makes a substantial contribution to total life satisfaction (2). The degree to which a person likes their life, including thoughtful reflections on it, is known as life contentment. It is a component of total pleasure and self-well-being (3). The vital and substantial influence of the positive emotion of contentment is closely related to the preservation of health (4, 5). Assessing student happiness is widely acknowledged as a crucial quality indicator in higher education, with contentment typically representing students' assessments of their individual accomplishments and overall learning experience (6). According to a study, conducted in 2024, stated that all nursing students frequently observed intense workloads and challenging curricula. Due to this it is essential to uphold their emotional health and a sense of contentment throughout their complete educational development(7). As it has a significant impact on their path to become future nurses, encouraging happiness is an essential part of nursing students' education and growth (8). One aspect of one's total well-being is the subjective experience of pleasant and/or negative emotions, which indicates their level of contentment in life. This phenomena is associated with the pursuit of important goals,



the accomplishment of which or the process of achieving them can be a source of fulfillment (9, 10). It is possible to view student satisfaction as a transient state of mind that reflects students' subjective assessments of how well or poorly their expectations were met during a certain educational experience(11). By encouraging deliberate decision-making, improved self-control, a good attitude, efficient stress management, and confident self-talk, emotional intelligence can improve a person's life and lead to meaningful achievement and fulfillment in day-to-day activities (12). Nursing students facing stress due to clinical placements, prolong clinical hours ,social and personal reasons (13).Clinical placements for nurses is a place where nurses apply theoretical knowledge into practice (14). Studies have proven that expertise in clinical practices enhances the satisfaction, self-confidence, and knowledge of nursing students (15). Researchers have previously examined the factors that impact nursing students' career decisions as well as what they want to gain from their schooling (16). Historically, particular laws, procedures, and health policies incorporated into larger legal frameworks have governed the organization and regulation of nursing practice (17, 18). If nurses have high level of contentment to their lives they will give better care to the patients vis versa if students nurses have enough level of contentment to the life the will achieve good academic performance and better clinical skills, purpose of this study was to measure the level of contentment t among nursing students at private institute of nursing in Karachi, Pakistan.

Methods

In the current study, the cross-sectional design was used to evaluate the level of contentment among Generic Bachelor of Science in Nursing (GBSN) Students at two nursing institutes (1 public and 1 private). All the 18 years above, GBSN students who are currently enrolled for BS degree program were included while Post-RN BSN students, Nursing Interns, and passed out students were excluded from this study. The sample size was calculated by using OpenEpi version 3.0 by taking mean of 19.03 with standard deviation 4.94 from a previous study (19), 95% confidence level 5% margin of error, the calculated sample size was 94 by applying a 10% increase, thus final sample size was increased to 103 participants. After approval form the head of the institutes and signing the written informed consent data was collected by using a validated questionnaire,



CLASS while the scale alpha reliability coefficient was 0.87 and convenient sample technique was employed. The study questionnaire has been modified into three sections. Section A involved demographic details as gender, age, type of institute, years of study, section B consist of questions regarding Mode of transportation, Clinical environment safety, academic stress, and use of social media and in the Section C study participants were asked to assess a series of statements using a 7-point Likert scale ranged from “strongly Disagree to Strongly Agree”. The data was analyzed by SPSS version 26.0. Frequency and percentages were calculated for demographic data and total contentment score was calculated to get final score of contentment Total score = 35, categorized as Low contentment = 7 to 12, Average contentment = 13 to 23 and contentment =34 to 35. The study duration was three months from November, 2024 to January, 2025. The confidentiality and anonymity were maintain throughout data collection process.

Results

Table 1 illustrates the demographic details including age, gender, type of institute and education level. Among all participants, 57.56% (n=59) of the study respondents predominantly made up the 18-24 age range, 24.28% (n=25) were aged 25-30, 11.65% (n=12) were aged between 31 and 35 and only 6.51% (n=7) respondents were above 35 years of age. Regarding type of institute, the majority 54.36.0% (n=56) of participants attended private institutions whereas 45.64% (n=47) were from public institutions. With respect to gender demographics, 60.19% (n=62) were male, while 39.81% (n=41) were female study participants. In the context of education year, 35.72% (n=35) of respondents were 38.83% (n=40) from the first year, 29.13 (n=30) of the students were from second year, 19.42% (n=20) of the total sample were from third year and 12.62% (n=13) were in the fourth year.



Table 1 Demographic Characteristic of the participants (n=103)

Variables	f (%)
Age	
18-24	59 (57.56)
25-30	25 (24.28)
31-35	12 (11.65)
Above 35	7 (6.51)
Gender	
Male	62 (60.19)
Female	41 (39.81)
Type of Institute	
Public	47(45.64)
Private	56 (54.36)
Education Year	
1 st year	40 (38.83)
2 nd year	30 (29.13)
3 rd year	20 (19.42)
4 th year	13 (12.62)

Table 2 Satisfaction level among Generic Nursing Students

Table 2 results revealed the degree of contentment, 13.6% (n=14) of the participants had low degree of contentment, 40.77% (n=42) had average level of contentment while rest of the participants 47 (45.63%) reported had a high degree of contentment.



Table 2 Satisfaction level among Generic Nursing Students

Degree of Contentment's	f (%)
Low Contentment	14 (13.6)
Average Contentment	42 (40.77)
High Contentment	47 (45.63)
Total	103

Discussion

When examined at the individual level, life Contentment —that is, ones own self, surroundings, and financial status, among many other variables, some of which are temporary and minor—may be regarded as a highly variable number. Numerous indicators of life Contentment and personal well-being have been developed in quite various methods. The most basic method is for a person to rate his or her own level of happiness, contentment with this or that aspect of life, or life in general, using a predetermined scale (20).In the current study the level of Contentment was measured among nursing students, The majority of participants (57.56 %) belonged to the 18-24 years age group, a smaller proportion (6.51 %) were above 35 years of age and rest of participants aged between 25 to 35 years, divergent closely with the findings of a study Yasir et al., 2023 reported (51 %) aged between 25 to 45 years (21).In this study (60.19 %) participants were male , (52.0%) belonged to private institute while (38.83%) of participants were from 1st years of education but contrasts sharply with results of study where all the participants were female and belonged to public sector institute (22).In the present research (45.63 %) of students reported high level of contentment to life similarly reflect comparable to the results of a study reported that nurses believe their thoughts and efforts are important. They are happy with how much work they have been given. Since the institution communicates well with them, they are well aware of what is expected of them (23).However (45.63 %) of the participants reported low level of contentment to life , the results are dissimilar to the study where nurses contentment to the life was significantly reported with ($p < .001$) (24). One important measure of the quality of hospital care is the extent



to which patients are satisfied with the nursing staff. A satisfied patient is more likely to refer other people to the hospital for care. Understanding the elements that influence nursing home patient satisfaction is essential to guaranteeing the appropriate levels of service improvement and it is possible if nurses who are providing care to the patients are its self-satisfied and have high level of contentment to the life (25). Happiness is intimately linked to the environment because children are spending most of their time in their school, which is highly helping to their happiness and well-being, Happier students are more satisfied in their life, suffer less absences and good academic performance (26).

Conclusion

The study found no significant age disparities based on gender or years of schooling. The majority of individuals reported high levels of life contentment. The findings underscore the role of demographic factors and provide valuable. Overall, the results highlight the importance of understanding the various influences on the student's mental health and levels of life contentment.

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