Abstract

THESIS: Self-concept: Implications for promoting self-care within the nursing curriculum.

STUDENT: Brenda K. Best

DEGREE: Master of Science – Nursing

COLLEGE: Ball State University

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Self-concept is an important element in linking healthy behaviors and health promotion information. Self-care should be encouraged among nursing students so the development of self-concept is achieved that is aligned with valuing personal health. The college years are important years for encouraging healthy lifestyle behaviors. Nursing students need to be aware of the importance of self-care and its relevance to being a healthcare professional. The purpose of this study is to explore the relationship between nursing students’ self-concepts and being healthy, popular, conventional and deviant and how self-concepts relate to healthy behavior and attitudes toward health promotion messages. A mixture of theoretical frameworks will be explored including Erikson’s self-care, Pender’s Health Promotion, Newman’s Health as Expanding Consciousness and Orem’s Self-Care. The instruments used will be the Health-Promoting Lifestyle Profile questionnaire, analyses of journal that will reflect on food choices, sleep/rest, relaxation techniques or recreational activities, exercise and healthy behaviors. The study will be conducted among college nursing students during a hospital clinical rotation with a sample of thirty. Participation will be voluntary. Responses will be confidential. No risks are foreseeable. Benefits include the identification of behaviors that can be modified to
promote healthy lifestyle habits.