

ASSESSMENT OF SELF-ESTEEM LEVEL AMONG PATIENTS SUBJECTED TO EXTERNAL FIXATOR

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Abstract– *Self-esteem is a term used in psychology to reflect a person's overall evaluation or appraisal of his or her own worth. Self-esteem encompasses emotions and beliefs. Behavior may reflect self-esteem. In the mid 1960s Morris Rosenberg and the social-learning theorists defined self-esteem in terms of a stable sense of personal worth or worthiness. Building Self-esteem is essential for everyone's emotional health. People with a steady and stable sense of self-worth are better able to take care of themselves in the face of negative emotions and can handle stress. They're well-adjusted, and they feel better in general. Low self-esteem is a factor of anxiety and depression which makes it more difficult to find recovery and move on with their lives. The Coopersmith Self-Esteem Inventory (1981) feature among the most widely used systems for measuring self-esteem. The Coopersmith Inventory uses a 50-question battery over a variety of topics and asks subjects whether they rate someone as similar or dissimilar to themselves. A patient with external fixator will have a low self esteem which may be due to various reasons.*

I. INTRODUCTION - NEED FOR THE STUDY

Discovering new and better ways to build a strong sense of self-esteem may be pivotal in overcoming these emotional disorders and reducing the havoc they wreak on an individual's life. So it is important to know the level of self-esteem in patients with external fixation to implement the necessary care.

The researcher felt that there is an altered self-esteem among patients subjected with external fixator. That is the key behind this research work.

1.1 Statement of the problem

Assessment of self-esteem level among patients subjected to external fixators at SRU.

1.2 Objectives

- To assess the self-esteem of patients subjected with external fixators.
- To associate the self-esteem with the selected demographic variables.

1.3 Methodology

- Research design – descriptive in nature.

- Sample - patients with external fixator.
- Sample size – 30
- Setting of the study – Orthopedics' ward of Sri Ramachandra Hospital (SRH) Porur, Chennai – 116.
- Sampling technique used was non probability convenient sampling.
- Tool used in this study is Coopersmith Self-Esteem Inventory.

II. FINDINGS

The patient's response to the various topics in the Coopersmith Self- Esteem Inventory questionnaire were collected and statistically analyzed.

The findings of the study are, out of 30 patients 22 (73.3%) was male in age group of 30 – 40 (40%), their residence belong to rural area (55%). 14 patients (46.6%) were doing private job and monthly income is above Rs.10, 000/- (58%). The study shows that the self-esteem among the well educated have low self esteem of 12.5%, high income group also have low self-esteem of 8.7%, female have average self esteem of 88.7% and patients without formal education had above average self-esteem of 54.7%.

Table 1: Percentage Distribution of the Level of Self-Esteem Among Patient With External Fixators.

S.No	Level of self-esteem	Frequency	Percentage
1.	Above average self esteem	4	12.5%
2.	Some what above average self-esteem	8	26.6%
3.	Average self-esteem	4	12.5%
4.	Somewhat below average	9	30%
5.	Below average self-esteem	5	16.6%

Distribution of Age among patients

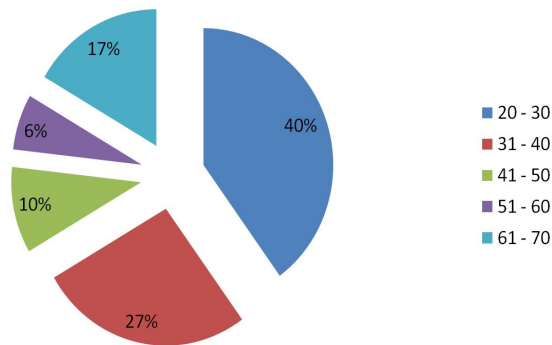


Fig 1 : Percentage

Distribution of Gender among patients

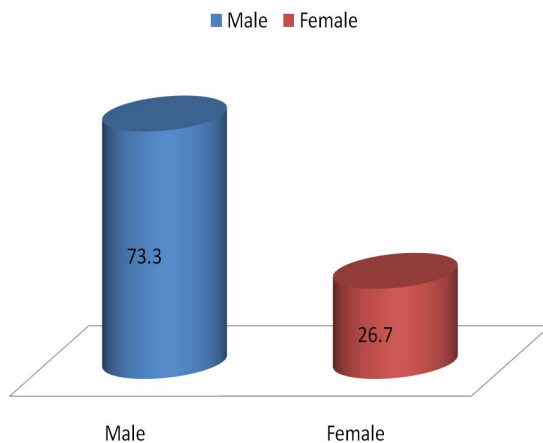


Fig 2: Percentage

III. CONCLUSION

The Self-esteem becomes important not only to the patient but also to the care giver or the nurse working with the patient with external fixation. Self-esteem becomes a major factor in planning and implementing the nursing care. The self esteem level in the various patient populations makes it evident that it varies drastically among individual patient and cannot be standardized. It can be concluded from the above study that the self esteem assessment helps us to identify the problem faced by the patients of different background and facilitates the nurse to have psychological concern along with the routine nursing care among patients with external fixation.

IV. IMPLICATIONS

- Nursing care can be more focused in better care of the patients with altered self-esteem.
- Self-esteem varies with different variables on patients undergoing same surgery.

V. RECOMMENDATIONS

- Replication of this study in larger samples may strengthen the findings.
- The same study on different patient population will throw more light for better understanding of patients.

Reference

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