

The Correlation Between Self-Awareness and Psychological Well-Being on Caring Behavior

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ABSTRACT

Background: Nursing professional education aims to prepare learners to perform the functions and roles of nurses. Caring behavior is at the core of the nursing profession and is considered a fundamental indicator of the quality of nursing. Self-awareness related to the obligations and duties of being a nurse is the main indicator for a nurse to carry out caring behaviors. This self-awareness is expected to help students reach their potential and survive all academic and non-academic needs, thereby optimizing mental health. **Objective:** Knowing the relationship between self-awareness and psychological well-being with the caring behavior of Nurse professional students, Faculty of Health Sciences, University of Muhammadiyah Purwokerto. **Method:** This type of research is a quantitative research using the correlational study survey method with a cross-sectional time approach. Simple random sampling technique with a total of 59 students who are carrying out the practice of the Nurse profession by the criteria for inclusion and exclusion. The research instrument uses a questionnaire sheet. Data analysis using spearman-rank test. **Results:** The results showed that most of the Nurse professional students had high self-awareness (49.2%), a high level of psychological well-being (52.5%), and a high level of behavior caring (57.6%). There is a lack of self-awareness in the caring behavior of Nurse professional students with a p-value of 0.0001 ($p\text{-value} < \alpha$). There is psychological well-being with the caring behavior of Ners professional students with a p-value of 0.0001. **Conclusion:** Self-awareness and psychological well-being have a positive relationship with the caring behavior of students of the Nurse profession.

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1. INTRODUCTION

Today, the large healthcare industry is growing rapidly. The increasing demand for services in the community has encouraged hospitals to try to provide the best service (Nursalam, 2015). Nursing is the initial factor in the health paradigm which is a form of reliable health services (Budiono & Pertami, 2017). As nurses who care for all patients, nurses must be able to develop attitudes, behaviors and knowledge that support quality care. One of the attitudes and behaviors that nurses need to develop is caring behavior. Caring behavior needs to be taught because it is expected to make a significant contribution to patient care (Pratiwi et al., 2016). Caring

behavior is at the core of the profession from 2000 and is considered an important and fundamental indicator of quality in 2000 (Sumarni, 2020).

Caring is the main key to 2000 practice through an active or dynamic approach, so nurses must work more to increase their focus on clients (Resti et al., 2019). Be kind, smile, patient, able to speak easily understood language, speak soft words, touch, give hope, be by his side, able to give sympathy, willing to help, sincere, respect patient and family hope patient (McEwen & Wills, 2012). Nursing professional education is an advanced level of education after a bachelor of science degree. This professional education aims to prepare students to carry out the functions and roles of nurses (Widianingsih et al., 2019).

The student learning process takes place almost entirely in the field of good practice in hospitals, health centers, communities, nursing homes, giving students at this stage more opportunities to acquire scientific knowledge and skills, and preparing students for their practice. skills in the field of world knowledge (Wibowo, 2020).

Data on caring behavior has begun to increase globally, but there are still some countries that show less caring behavior towards nurses, according to the International Society for Human Care. 11% of nurses in Ireland have poor quality of care, 47% in Greece (Aiken, 2012). The results of the Citizens Report Card (CRC) survey of 23 hospitals (public and private) in five major cities in Indonesia found that 65.4% of patients complained that nurses were less friendly, lacked empathy and rarely smiled (Apriza, 2018).

Steinke & Huckstadt (2012) stated that there are ten factors of humane care or caring in the nurse-patient relationship who are cared for to improve and protect patients as individuals and affect patient recovery. Sumarni (2020) states that ten curative factors known as Watson's Ten Curative Factors, one of which is sensitivity to oneself (Self-Awareness). Self-awareness regarding the obligations and duties of being a nurse is the main indicator for a nurse to carry out caring behavior (Nursalam, 2015).

Self-awareness is not only about being sensitive to yourself and your emotions, but also being sensitive to your surroundings (Akbar et al., 2018). People with high self-awareness have a value system within themselves so that they can reflect on themselves, control themselves, and behave according to what they believe is positive (Riyadi & Hasanah, 2015). McQueen's research emphasizes that nurses are able to act and communicate in an appropriate and caring manner if they have good self-awareness. Vice versa, if the nurse's self-awareness is bad or even bad, the nurse will act and communicate emotionally without any awareness of caring for the patient (Mitayani, 2017).

If students have good awareness, they will be aware and give enough attention without judging their own experience inside and outside. This state of awareness is expected to help students reach their potential and survive all academic and non-academic needs, thereby optimizing their mental health (Awaliyah & Listiyandini, 2017). Suarni et al., (2018) research on the study of the relationship between psychological factors and nurse performance has shown this state of consciousness is expected to help students reach their potential and survive all academic and non-academic needs, thereby optimizing their mental health that psychological factors are related with motivation, attitude, cognition and job satisfaction and impact on the performance of the nurse group.

The findings of Firmansyah et al., (2019) showed that nurses' caring behavior related to psychological aspects was mostly in the sufficient category (60.6%). Positive relationships with others are an integral part of psychological well-being and are designed to increase the ability to love others. People in this dimension are said to be high or good, and are characterized by warm, satisfying, and trusting relationships with others, as well as strong feelings and empathy for others. At the same time, people who are called low or lacking in this space are characterized by little connection with others, difficulty to be enthusiastic, and reluctance to relate to others (Eva et al, 2020).

The relationship between Self Awareness and Psychological Well Being with Caring Behavior in general shows that students with low self-awareness tend to show moderate caring behavior (6.7%), students with moderate self-awareness tend to show moderate caring behavior (25.5%), and students with high self-awareness tend to show high caring behavior (39%). From the results of research conducted using a temporal cross-sectional approach, namely a single-pass approach, observation, or data collection for research, the self-awareness of students of the Nursing profession, Faculty of Health Sciences, University of Muhammadiyah Purwokerto, is mostly high (49.2%) and most of them have psychological well-being a student of the Nursing profession, Faculty of Health Sciences, University of Muhammadiyah Purwokerto at a high level (52.5%). In addition, the caring behavior of 10 Nursing Profession Students, Faculty of Health Sciences, University of Muhammadiyah Purwokerto, showed that 3 students had poor caring behavior, 3 students had moderate caring behavior and 4 other students had good caring behavior.

2. RESEARCH METHOD

This type of research method uses quantitative research with survey methods. through a single-pass approach, observation or research data collection. This study examines the relationship between the level of self-awareness of nursing students, psychological well-being and caring behavior. while this study simultaneously

measures self-esteem, psychological well-being, and caring behavior. The population of this study were all students of the Nursing Profession Program, Faculty of Health Sciences, University of Muhammadiyah Purwokerto for the 2021/2022 academic year. Class XVII has 141 students. Researchers conducted an ethical test at the Faculty of Health Sciences, University of Muhammadiyah Purwokerto. The researcher then asked permission to conduct research from the Academic Section of the Faculty of Health Sciences, University of Muhammadiyah Purwokerto. After the proposal was received and approved, the researcher then asked permission from professional student representatives to be interviewed using the consent form, after which the researcher conducted an online survey using the Google form. The researcher then distributed the questionnaires. The data used in the survey is primary data, ie. H. Information that researchers receive directly from respondents.

3. RESULT AND DISCUSSIONS

3.1. Table 1. Distribution of Respondent Characteristics Based on Age and Gender of Nursing Profession Students, Faculty of Health Sciences, Muhammadiyah University, Purwokerto.

Variable	Means \pm SD	Min-Max
Age	22.56 \pm 0.534	22-24
	n	%
Gender		
1. Female	49	83.1
2. Male	10	16.9
Total	59	100

Based on table 1 above, it is known s that most of the respondents have an average age of 22.56 years with a standard deviation of 0.534 and an age range of 22-24 years and have a female gender as many as 49 respondents (83.1%).

3.2. Table 2. Frequency Distribution of Self-Efficacy, Motivation and Independence of the Elderly in the Elderly Social Service Institution of Sudagaran

Variable	n	%
Self awareness		
Low	4	6.7
Moderate	26	44.1
High	29	49.2
Psychological well being		
Moderate	26	47.5
High	29	52.5
Caring		
Moderate	25	42.4
High	34	57.6

Based on the data table 2 above, it shows that the results of the study show that most respondents have high caring behavior of 34 respondents (57.6%) and most have psychological well-being at a high level of 31 respondents (52.5%).

3.3. Table 3. Relationship between efficacy, motivation and level of independence

Variable	Caring behaviour (%)		p-value
	Moderate	High	
Self Awareness			
Low	6.7	0	0,0001
Moderate	25.5	18.6	
High	10	39	
Psychological Well Being			
Moderate	32.2%	15.3%	0.0001
High	10.2%	42.3%	

Based on table 3, it shows that the results of the Spearman-rank calculation of the relationship between self-awareness and psychological well-being with the caring behavior of nursing professional students at the University of Muhammadiyah Purwokerto, p value 0.0001 & 0.0001 < α (0.05) which means it is significant

and H_a is accepted. This means that there is a relationship between self-awareness and psychological well-being with the caring behavior of nursing students at the Muhammadiyah University of Purwokerto.

students with low self-awareness mostly have moderate caring behavior (6.7%), students with moderate self-awareness mostly have moderate caring behavior (25.5%) and students with high self-awareness mostly have high caring behavior. (39%). that students with moderate psychological well-being mostly have moderate caring behavior (32.2%) and students with high psychological well being mostly have high caring behavior (42.3%).

3.4 Relationship of Self Awareness with Caring Behavior of Nurse Profession Students

The results of the study that students with low self-awareness mostly have moderate caring behaviour (6.7%), students with moderate self-awareness mostly have moderate caring behaviour (25.5%) and students with high self-awareness mostly have high caring behaviour. (39%). The results of the spearman-rank test obtained a p-value of 0.0001 ($p\text{-value} <$) and a rho value of 0.469 which means that there is a relationship between self-awareness and caring behaviour of nursing profession students where the strength of the relationship is weak and the direction of the relationship is positive.

Self awareness is not only sensitivity to oneself and emotions, but also to the environment and circumstances (Akbar et al., 2018). People with high self-esteem have a value system within them that allows people to reflect on themselves, control themselves, and act in ways they perceive as positive. (Riyadi & Hasanah, 2015). McQueen's research emphasizes that when nurses have good self-awareness, they are able to act and communicate appropriately and attentively. Conversely, if nurses have low or even low self-awareness, nurses will act and communicate emotionally without any awareness of caring for patients (Mitayani, 2017). Self-awareness related to the obligations and duties of being a nurse is the main indicator for a nurse to carry out caring behaviour (Nursalam, 2015).

3.3 Relationship of Psychological Well Being with Caring Behavior of Nurse Profession Students

The results of the study on students with moderate psychological well-being mostly have moderate caring behavior (32.2%) and students with high psychological well-being mostly have high caring behavior (42.3%). The results of the spearman-rank test obtained a p-value of 0.0001 ($p\text{-value} <$) and a rho value of 0.469 which means that there is a relationship between psychological wellbeing and caring behavior of nursing professional students where the strength of the relationship is weak and the direction of the relationship is positive.

Positive relationships with others are an integral part of mental health and are thought to enhance the ability to love others. People on this dimension are considered tall or kind, with warm, satisfying, and trusting relationships with others, and strong feelings and empathy for others. At the same time, people who are characterized as low or poor in this area are characterized by poor relationships with others, difficulty being enthusiastic, and reluctance to associate with others. (Eva et al, 2020). Nurses with good psychological well-being avoid boredom because they are able to see positively what is happening in their lives. This is supported by the results of research studies conducted by several experts such as Kholifah et al., which show individuals with high psychological well-being have low levels of saturation. This is also supported by the results of research conducted by Prabowo which shows the level of mental health that describes an individual's ability to accept whatever one's circumstances are. Also, research conducted by Simanullang and Ratnaningsih (2018) shows the results that as many as 65.9% of nurses have high psychological well-being, which will describe a feeling of pleasure that nurses have when carrying out their duties, so that it will make it easier for nurses to improve their abilities.

4. CONCLUSION

Based on the research that has been done, the research results obtained are: For each characteristic of the nursing profession students at the Faculty of Health Sciences, University of Muhammadiyah Purwokerto, most of the respondents had an average age of 22.56 years and were female (83.1%). The level of self-awareness of students in the nursing profession at the Faculty of Health Sciences, University of Muhammadiyah Purwokerto is mostly high (49.2%) and most of them have the psychological well-being of students in the nursing profession at the Faculty of Health Sciences, University of Muhammadiyah Purwokerto at a high level (52.5%). And the caring behavior of students in the nursing profession at the Faculty of Health, University of Muhammadiyah Purwokerto, is mostly high (57.6%). And the relationship between self-awareness and caring behavior of nursing students at the Faculty of Health Sciences, University of Muhammadiyah Purwokerto with a p value of 0.0001 ($p\text{ value} <$) and an rho value of 0.469. There is a relationship between psychological well-being and the caring behavior of students in the nursing profession at the Faculty of Health Sciences, University of Muhammadiyah Purwokerto with a p-value of 0. So that from the findings of existing research it can be shown that in preparing students who will practice nursing in hospitals, they do not only develop student practical skills

but also pay attention to soft skills such as self-awareness and psychological well-being in order to increase student readiness before doing practice.

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