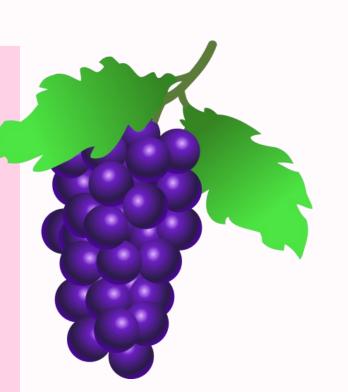


Self-Transcendence and Well-Being of Japanese Undergraduate Nursing Students: A Cross-Sectional Study

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BACKGROUND

- •Young people between ages 18 and 25 have gone through the transition from adolescence to adulthood, referred to as the "emerging adulthood" characterized by individual's exploration and construction of self-identity.
- •Undergraduate nursing students may experience more challenges and difficulties due to the academic rigor of nursing curriculum.
- •Self-transcendence has been acknowledged as an important attribute of human development, in which a person will have an enhanced awareness of the environment and an orientation toward broadened perspectives about life.
- •Reed's self-transcendence theory has been tested in many different populations and demonstrates its effectiveness and applicability.
- •The theory may be also applicable to Japanese nursing students. It is hypothesized that undergraduate nursing students may demonstrate a higher level of self-transcendence and well-being as they go through a nursing education program.

PURPOSE

- •To assess the level of self-transcendence (in both psychosocial and spiritual aspects) of undergraduate nursing students including freshmen, sophomores, juniors, and seniors.
- To examine factors that affect their process of self-transcendence and well-being.



METHODS

Design

• A cross-sectional non-experimental descriptive study was used in this research.

Subjects

- A convenience sample of 238 undergraduate nursing students were recruited from a private nursing university located in southern Japan.
- The participants were all females consisting of 84 freshmen (29.7%), 79 sophomores (27.9%), 25 juniors (8.8%), and 95 seniors (33.6%).

Instruments

- The level of psychosocial self-transcendence was assessed by Japanese Self-Transcendence Scale (JSTS), and the level of spiritual self-transcendence was assessed by Japanese Spiritual Perspective Scale (JSPS).
- Well-being was assessed by the Japanese translated version of Rosenberg Self-Esteem Scale and Identity Status Scale.
- Japanese version of Wong and Low Emotional Intelligence Scale (JWEIS) was used for examining the level of emotional intelligence.

• Analyses

- Descriptive statistics
- Analyses of variance (ANOVAs)
- Pearson correlations

Procedures

 An approval of IRB was obtained prior to conducting this study.

RESULTS

•The results of ranges, means, and standard deviations (SD) of self-transcendence among freshman, sophomore, junior, and senior nursing students were shown in the Table below.

	Psychosocial Self-Transcendence		Spiritual Self-Transcendence	
	Range	Mean (SD)	Range	Mean (SD)
Freshmen	1.7—3.8	2.8 (.46)	1.6—5.3	3.2 (.73)
Sophomore	1.8-3.9	2.8 (.43)	1.5—5.4	3.1 (.82)
Junior	1.9-3.6	2.6 (.40)	1.5—4.2	3.1 (.72)
Senior	1.8—3.8	2.8 (.37)	2.1—5.1	3.4 (.68)

The result of ANOVAs between years of university and self-transcendence variables did not show any significance.

•The results of correlational analyses (Pearson's correlations) among self-transcendence, well-being variables, and a personal factor were shown in the Table below.

	Psychosocial Self-Transcendence	Spiritual Self-Transcendence
Well-Being		
Self-Esteem	.41**	.15*
Identity Status	.28 **	.37**
A Personal Factor		
Emotional Intelligence	.50**	.20**

**p<.01 *p<.05

CONCLUSIONS

- •Although nursing students in junior year demonstrated the lowest levels on both self-transcendence variables, there were no significant differences among freshmen, sophomore, junior, and senior nursing students.
- Psychosocial self-transcendence had a medium and strong correlation with self-esteem and emotional intelligence respectively, while spiritual self-transcendence had a medium correlation with identity status.
- •The findings implied that self-transcendence have a salutary effect on personal development and that emotional intelligence would be a key personal factor in the process of self-transcendence in Japanese nursing students.
- Unequal number of students in each college year possibly influenced the results of this study. Therefore, further study will be needed.