

Psychosocial Development of Baccalaureate Nursing Students with Examination of Self Injurious Behavior



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Demographic Data



☞ Total participants 38 Caucasian Females

☞ Ages:

18 years	10	26%
19 years	6	16%
20 years	7	18%
21 years	6	16%
22 years	5	13%
23 years	1	3%
24 years	2	5%
40 - 45 years	1	3%

☞ Freshmen	12	32%
☞ Sophomore	8	21%
☞ Junior	5	13%
☞ Senior	13	34%

Method



- ❧ Qualitative methodology & self administered quantitative research instrument
- ❧ Purposive sample
- ❧ Undergraduate student enrolled in a bachelor of science in nursing program, 18 years of age; self-identified as having practiced self injurious behavior at least once.
- ❧ Recruitment Process

Data Collection & Analysis

- ❧ Web-based survey
 - ❧ Measures of Psychosocial Development
 - ❧ Qualitative questions
 - ❧ to explore and describe the experience of self-injury as told by participants themselves
- ❧ Statistical Analyses of MPD responses of group
- ❧ Major themes and patterns - converted to the language of conceptual science and synthesized into a general structure of the meaning of the experience

Measures of Psychosocial Development



- ❧ Self report inventory which assesses degree of psychosocial development and adjustment
- ❧ Erikson's 8 stages
- ❧ 112 questions that can be completed in 15 - 20 minutes by most adult respondents.

Findings



❧ Levels of Psychosocial Development

❧ Stage 1 – Trust versus Mistrust

❧ P1 – Trust

❧ N1 – Mistrust

❧ Stage 2 – Autonomy versus Shame and Doubt

❧ P2 – Autonomy

❧ N2 – Shame and Doubt

Levels of Psychosocial Development



❧ Stage 3 – Initiative versus Guilt

❧ P3 – Initiative

❧ N3 – Guilt

❧ Stage 4 – Industry versus Inferiority

❧ P4 – Industry

❧ N4 – Inferiority

Levels of Psychosocial Development



❧ Stage 5 – Identity versus Identity Confusion

❧ P5 – Identity

❧ N5 – Identity Confusion

❧ Stage 6 – Intimacy versus Isolation

❧ P6 – Intimacy

❧ N6 – Isolation

Levels of Psychosocial Development



∞ Stage 7 – Generativity versus Stagnation

∞ P7 – Generativity

∞ N7 – Stagnation

∞ Stage 8 – Ego Integrity versus Ego Dispair

∞ P8 – Ego Integrity

∞ N8 – Ego Dispair

Self-Injury



Qualitative

- 34% (13 of 38) - Participated in self-injurious behavior
- 66% (25 of 38) - No self-injurious behavior
- 29% (11 of 38) - More than one episode

First Experience



- ❧ 11 -18 years of age
- ❧ Angry
- ❧ Overwhelmed
- ❧ Depressed
- ❧ Alone

Method

- ❧ Cutting (knife, scissors, razor blade, butter/steak knife, apple slicer)
- ❧ Clawing at wrists, biting, picking at skin, hair, eye lashes
- ❧ Safety pins
- ❧ Burning
- ❧ Throw-up
- ❧ Hit solid objects

Thoughts, Feelings, Situations



- ❧ Guilt
- ❧ Habit
- ❧ Anxious; Depressed
- ❧ Hopeless, Lonely, Sad
- ❧ Anger; Frustration
- ❧ Emotional pain
- ❧ Stress
- ❧ Unhappy

Suicide

- ❧ Ideation
- ❧ Overdose
- ❧ Wrist cutting

Important Elements in Life



☞ Currently

- ☞ Family, friends, school, significant other
- ☞ Education - Becoming a nurse
- ☞ Life
- ☞ Being happy & occupied
- ☞ Having more money; independence

☞ Hopes & Dreams

- ☞ Marriage & children
- ☞ Satisfying career - Be a good nurse
- ☞ Advanced Education
- ☞ To help others; Leave a positive mark on others/community
- ☞ Being happy & occupied

What Nursing Faculty Need to Know



- ❧ It can be anyone.
- ❧ It is more common than professors think – good at covering it up
- ❧ Do not be judgmental. Empathize. School is stressful. Self-injury is an outlet to emotional pain. Make environment less stressful; less intimidating;
- ❧ Help students learn to handle the stress in the major and career
- ❧ People who cut are not bad people – they need help