A Concept Analysis of Resilience in Undergraduate Nursing Students

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BACKGROUND & SIGNIFICANCE

- Success of undergraduate students is important to improve the nursing shortage.
- Resilience is associated with academic success.
- Identification of the components of this concept allows nursing educators to consider both instructional practices and mentorship opportunities to build resilience and ultimately increase students’ success.

PURPOSE

The purpose of this concept analysis was to clarify the concept of resilience, specifically in undergraduate nursing students.

METHODS

Walker and Avant’s eight step method for concept analysis

USES OF THE CONCEPT

- Defined in physics as the capability of a material to absorb energy without compromise or deformity
- Resilience development allows nurses to have resources to address environmental stressors
- Occupational therapy students who overcame stress developed professional resilience.

DEFINING ATTRIBUTES

- Rebounding when faced with adversity
- The ability to cope in a stressful situation

MODEL CASE

Resilience is demonstrated as the student rebounds from a failure and copes in a stressful situation.

ANTCEDEANTS

- Stress
- High Stakes Assessment
- A Rigorous Curriculum

CONSEQUENCES

- Success: Progression, graduation, and smoother transition to practice
- Lower levels of academic burnout

EMPIRICAL REFERENTS

- Tools or scales to measure resilience
- Defining attributes:
  - Ability to rebound when faced with adversity
  - Ability to cope in a stressful situation

REFERENCES


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