

# Contemplative Practices, Self-Efficacy and NCLEX Success

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## INTRODUCTION

Despite program completion, not all graduates are successful on the National Council Licensure Exam (NCLEX- RN). Previous research indicates a relationship between self-efficacy and NCLEX-RN success. Contemplative practices have been used to increase self-efficacy. **The purpose of this study was to explore the relationships between contemplative practices, self-efficacy and NCLEX-RN success**

## METHODS

**Participants:** Senior Nursing Students enrolled in an NCLEX Success course (N = 41)

**Methods:** Brief contemplative activities including meditation, guided imagery, writing affirmation pages, journaling, and storytelling were added to an NCLEX success course.

**Measures included:**  
 Student evaluation of contemplative exercises  
 General Self-Efficacy Scale (at the beginning and end of the semester)  
 NCLEX-RN Success



## FINDINGS

Paired *t* test results

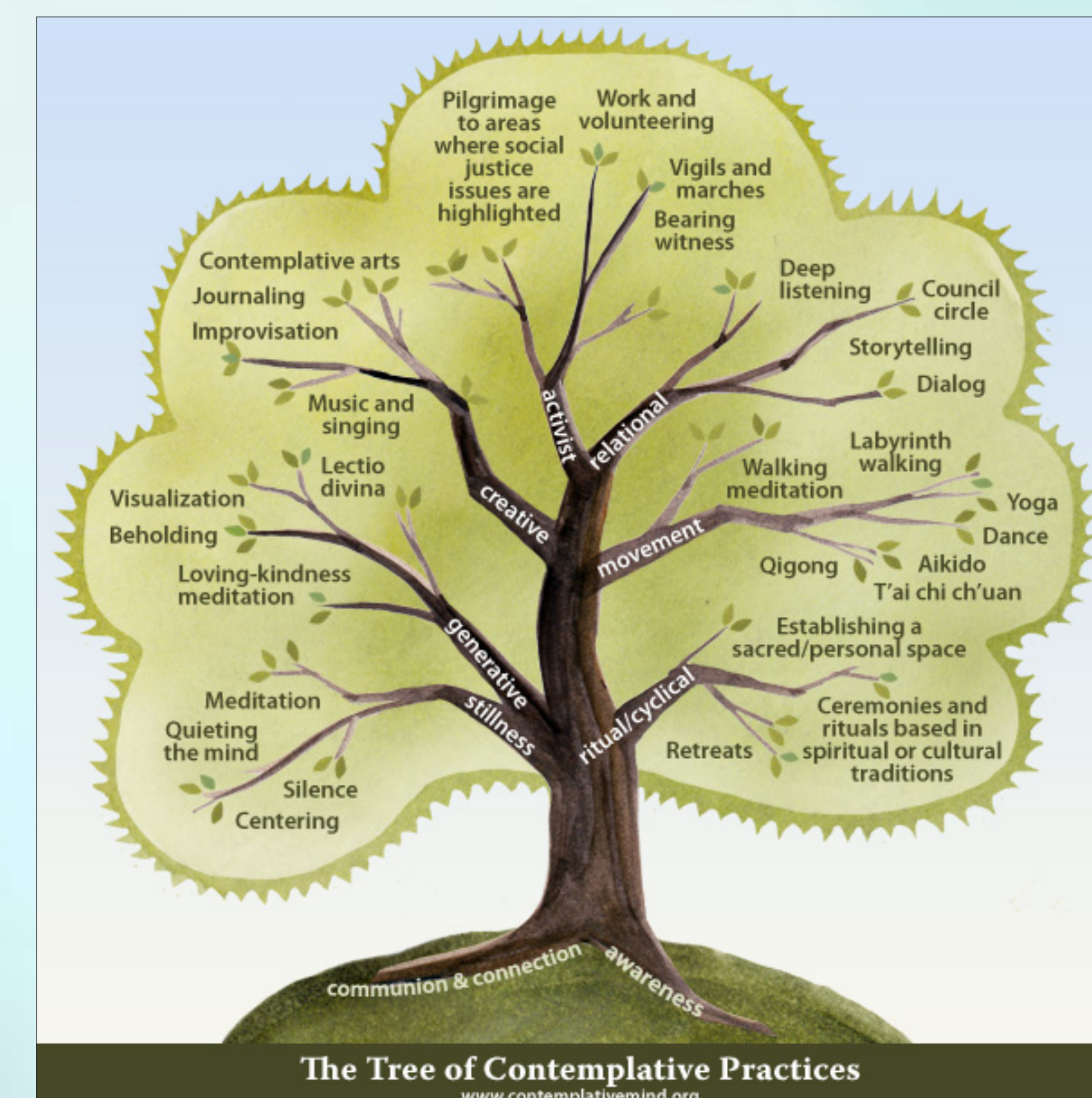
| Outcome       | Start of semester |      | End of Semester |      | 95% CI      | <i>t</i> | df |
|---------------|-------------------|------|-----------------|------|-------------|----------|----|
|               | M                 | SD   | M               | SD   |             |          |    |
| Self-Efficacy | 30.94             | 3.83 | 33.63           | 2.59 | -3.83 -1.55 | 4.80008* | 31 |

\**p* < 0.0001

There was a statistically significant difference in self-efficacy scores at the beginning and at the end of the course.

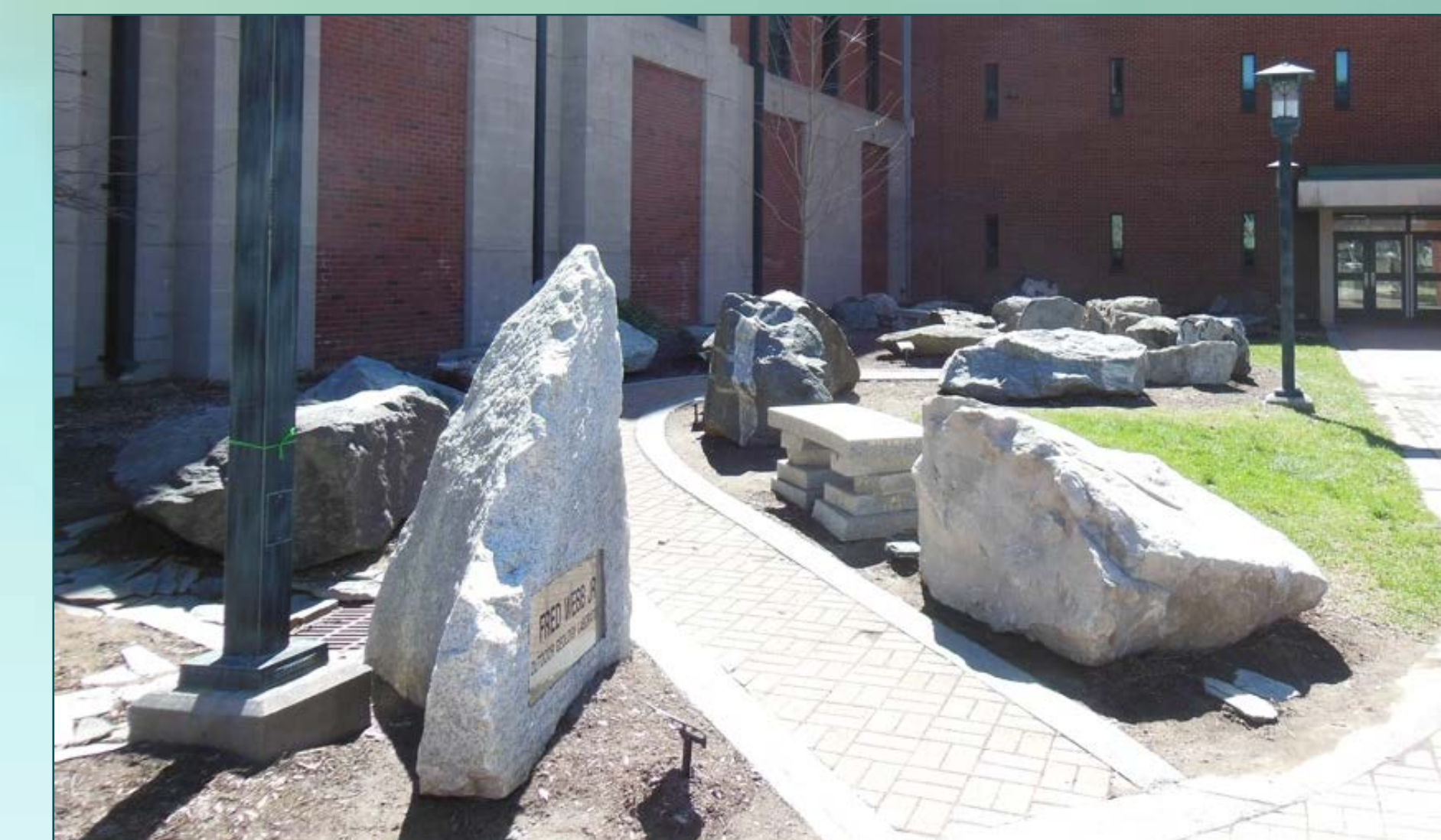
**NCLEX-RN pass rate 95%**  
**10% increase** from previous year

| Activity                   | Felt Was Beneficial | Will Use in the Future |
|----------------------------|---------------------|------------------------|
| Meditation/ Guided Imagery | 86%                 | 86.5%                  |
| Affirmation Page           | 87%                 | 66%                    |
| Journaling                 | 50%                 | 35%                    |



## DISCUSSION

- Contemplative activities contributed to increased self-efficacy.
- NCLEX-RN pass rates improved and increased self-efficacy was likely one of the factors impacting scores.
- Students found the contemplative activities beneficial and plan to continue to use some of these practices.
- Contemplative activities can reduce stress and promote well-being and were valuable to students during the program and may be helpful for future use.



## REFERENCES

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