

“Factors Affecting on Academic Performance Among Nursing Students”.

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Abstract:

Academic performance is a critical aspect of nursing education, as it not only reflects the students' understanding of theoretical concepts but also their ability to apply those concepts in practical settings. Factors affecting academic performance among nursing students include various internal and external elements such as study habits, stress management, time management, physical and mental health, and the teaching-learning environment.

Aim:

The study aimed to assess factors affecting on academic performance among nursing students.

Methodology:

A quantitative, phenomenological research design was employed. A total of 141 nursing students were selected using simple random sampling. A self-structured rating scale assessed various domains including academic, psychological, social, environmental, health and lifestyle, and institutional support factors. Data were analysed using frequency and percentage distribution.

Results:

The findings revealed that several factors significantly influence nursing students' academic performance. A majority of students reported positive academic and institutional experiences, including access to clinical placements (68.79%), timely instructor feedback (65.25%), and supportive institutional environments (68.09%). Psychological factors such as confidence (72.34%) and motivation (65.25%) were also prominent. Social support, particularly from family (85.11%) and peers (64.54%), played a crucial role. Environmental factors like internet access (60.99%) and a quiet study environment (57.45%) were positively reported. Health and lifestyle habits, including time management (49.65%) and healthy living (57.45%), had a moderate effect.

Conclusion:

The study concludes that academic performance among nursing students is multifactorial. Academic, psychological, social, environmental, health, and institutional factors all play critical roles. Understanding these influences can help institutions and families provide more targeted support, improving academic outcomes and student retention in nursing education.

Keywords:

Nursing students, Academic performance, Influencing factors, Institutional support, psychological factors, Health and lifestyle.

Body of Research Article:

Introduction:

Students are the key assets of colleges & universities. The student's performance plays an important role in producing best quality graduates who will become great leaders and manpower for the country. Nursing as a healthcare profession is focused on the care of individuals, families, and communities so that they may attain, maintain, or recover optimal health and quality of life. There are various reasons for unsatisfactory academic performance among nursing

students such as lack of parental guidance, language barrier, academic factors, personal factors, college related factors etc.

Academic performance is the ability of students to cope with their studies as well as how various tasks assigned to them by their instructors are accomplished. It also includes the ability to study and remember facts and to be able to express such knowledge gained either verbally or in writing". The students' performance plays an important role in producing best quality graduates who will become great leaders and manpower for the country thus responsible for the country's economic and

social development. Academic performance is one of the major factors considered by employers in hiring workers especially for the fresh graduates. Thus, students have to put the greatest effort in their study to obtain good grades and to prepare themselves for future opportunities in their career at the same time to fulfil the employer's demand. Good academic performance is directly related to good entrance examinations and job opportunities so it has been always a matter of concern for both parents as well as students. Many studies were conducted by previous researchers have discussed about the different factors that affect students' academic performances. There are two types of factors that affect student academic performance which are internal and external factors. The internal factors come from the classroom environment such as class schedules, class size, student competence in English, learning facilities, English text books, class test result, homework, internet access, complexity of course material, exams system, environment of the class and others. While external classroom environment factors include family-related aspect, financial and work, personal problem, extracurricular activities and others".

In nursing students, severe academic pressure with high expectation and inability to handle situations psychologically and builds up high level of stress, more and more pressure is put on the young people to perform better and better in their academic areas. For some students, college does not adjust because it is abrupt change from the schools, whereas, for others separation from home is a source of lack of adjustment. Other potential sources of maladjustment include unclear assignments, uncomfortable class rooms and hostel environment.

Objective:

To assess the factors affecting on academic performance among the nursing students in selected nursing colleges.

Methodology-

1. **Research approach:** Quantitative research approach
2. **Research design:** Descriptive cross-sectional research design
3. **Sample:** Nursing students from a selected nursing college.
4. **Sample techniques:** Simple random sampling technique
5. **Sample size:** The sample for the present study was 50 samples

Tools used in the study:

Data were collected using a self-administered questionnaires divided into two sections. **Section I** Socio demographic variables such as age, gender, name of the course, Year of Study, are you doing part time job during the study, do you have any family members working in the nursing profession. **Section II** self-structured rating scale for factors affecting academic performances among nursing students.

Intervention:

No intervention was conducted in this study as it was a descriptive survey.

Methods of data collection:

Prior to data collection ethical clearance was obtain from the institutional ethical committee and permission was obtained from the college authority. The purpose of the study was explained to the participants and informed consent was obtain. The questionnaires was distributed to the nursing students and completed responses were collected for analysis.

Result:

Table shows the demographic profile of the respondents, details include age, gender, name of the course, year of the study, are you doing part time job, do you have any family members working in the nursing profession year. Evidently, there were more female (92.2%) than male (7.8%) respondents, with age of 18 to 20 (69.5%). A total of 141 students for ANM (30.5%), GNM (22.7%), B. Sc (46.8%) respondents were registered in the second year (42.6), while 36.9% for first year and 5.7% were registered in the third and 14.9% for others respectively. Majority 98.6% of the respondents were not doing any part time job. There were 82.3% of none of their parents are in the nursing field.

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Demographic variables details:

Demographic variables	Frequency	Percentage
1. Age	18-20	98
	21-23	38
	24-26	4
	27 and above	1
2. Gender	Male	11
	Female	130
	Other	0
3. Name of the course	ANM	43
	GNM	32
4. Year of Study	B.Sc. Nursing	66
	First Sem./ Year	52
	Second sem./ Year	60
	Third sem./ Year	8
	Fourth sem./ Year	0
	Others	21
5. Are you doing part time job during the study?	Yes	2
	No	139
6. Do you have any family members working in the nursing profession	Yes	4
	No	116

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Discussion:

The present study highlights that multiple interrelated factors significantly influence academic performance among nursing students, including academic, psychological, social, environmental, health, and institutional aspects. Similar findings were reported by Mashayekhi et al., who emphasized that effective academic support systems and structured learning environments improve student outcomes. Psychological factors such as stress, motivation, and confidence were found to play a crucial role, which is consistent with the findings of Ruz et al., indicating that high stress levels negatively affect academic achievement and may lead to burnout.

Furthermore, social support from family and peers was observed to positively influence students' academic success, aligning with previous studies that highlight the importance of a supportive learning environment. Environmental and institutional factors, including access to learning resources, internet facilities, and faculty support, were also found to

enhance academic performance, reinforcing the role of well-equipped institutions in student success. Overall, the study findings suggest that a holistic approach addressing both personal and academic needs is essential to improve the academic performance of nursing students.

Conclusion:

Depending on the results of this current study; it was concluded that: Results of this study underlined the importance of evaluating factors such as academic factor, psychological factor, social factor, environmental factor, health & lifestyle, institutional factor. These are the factors affect the academic performance of the nursing students. Thus, students should find solutions that improve their performance also, parents should help their children to improve academic performance by provide needed encouragement.

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