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Commentary

Nurses role in promotion of self-esteem

Bushra Mushtaq^{1,*}, Javid Ahmad Mir², Onaisa Aaliah Mushtaq³

¹Dept. of Nursing Education, AMCN & MT, Islamic University of Science & Technology, Awantipora, Jammu & Kashmir, India

²Jamia Hamdard University, New Delhi, India

³Dept. of Nursing Education, MMINRS, SKIMS Soura, Srinagar, Jammu & Kashmir, India



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ABSTRACT

In the hospital setting when the client is admitted in the hospital, there is change in recognition, in hospital he is no more for instance head of the family, head of department, even he feels his entire identity gets changed as now he is mainly recognized by his / her bed no. rather than actual name.

Here the professional nurse can address client's confidence, morale and ensuring feelings of empowerment. Nurse working in the hospital has to respect the values of the person, his beliefs. The nurse has to set goals for the client in entire stay at hospital and has to help the client in attainment of the goals, all these actions can increase sense of worth and self-acceptance of the client.

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1. Introduction

Self –esteem can be defined as the degree of respect and regard for oneself and the amount of the worth one places in their abilities and judgments.^{1–3}

Self-esteem is one of the important aspects which one wants to achieve before self-actualization according to Maslow. Developing a positive self-esteem is important for personal identity and self-concept.

Developing of self-esteem enables individual to successfully adapt to various demanding situations and crises which occur. The individual's adaptation to these events can be impaired if he or she possesses low self-esteem. Self-esteem development is progressive through the life span of an individual.^{4–8}

Nurse can play an important role in boosting self-esteem. Clients with the self-esteem problems may have many manifestations like: Loss of appetite, Over eating, Sleep disturbances, Hypersomnia, Poor posture, Withdrawal from

the activities etc. which a nurse can assess.^{9,10} Clients sometimes easily direct their statements which reflect their self-esteem levels but for the clients who experience trauma or abuse keep feelings and fears buried and here the nurse has a challenging role to play.^{11,12}

Various general interventions which a nurse can implement for various clients in different situations:

1. Nurse has to be supportive, accepting and respectful without invading the client's personal space.
2. Nurse has to convey an accepting attitude and encourage client to express self openly.
3. Assess content of negative self-talk which will help to focus on psycho-therapy with the client.
4. Nurse should provide an open environment and trusting relationship in order to facilitate client's ability to deal with current situation.
5. Focus should be laid on positive attributes if self –esteem is to be enhanced by encouraging discussions of past accomplishments and offer support in undertaking new tasks.

* Corresponding author.

E-mail address: bushra.mushtaq77@gmail.com (B. Mushtaq).

6. Nurse should encourage client to express anger which may help client come to terms with unresolved issues related to the loss.
7. Nurse should discuss and assist client with planning for the future.

2. Conclusion

Nurse has a significant role in promotion of self-esteem. Nurses working in hospital or teaching side can help in promotion of self-esteem by continuously motivating the individuals. Nurse can assess the levels of self-esteem and the can adopt various strategies for enhancing it.

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4. Conflict of Interest

None.

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Author biography

Bushra Mushtaq, Faculty

Javaid Ahmad Mir, PhD Nursing Scholar

Onaisa Aaliah Mushtaq, P.G Scholar

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