

# A Survey of Resilience Across the Continuum in the Development of Nursing Experience

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College Honors Program: Senior Thesis Project

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# Goals of Thesis Project

- Study resilience within nursing
- Gather foundation of level of resilience of junior and senior BSN nursing students at Ramapo College
- Suggest implications for the future of nursing

# What is resilience?

- An individual's ability to move forward despite overcoming challenges, adversities, setbacks and unfortunate circumstances

# Why is it important in nursing?



- Nursing students...
  - Rigorous course loads
  - Clinical experiences
  - High expectations
  - Life-work-school balance
- New graduate nurses...
  - Feeling of being unprepared
  - Lack of confidence
  - Transition phase

# Why is it important in nursing?



- Practicing nurses...
  - Death and the process of dying
  - Drug addictions and withdrawals
  - Family dynamics
  - Abuse of children and elderly
  - Other social issues
  
- Nurse managers...
  - Budgeting
  - Scheduling
  - Intrapersonal staff conflicts

# Connor-Davidson Resilience Scale

- Tool created in early 2000s to quantify characteristic of resilience
- Used to effectively study resilience in the following populations:
  - United States general population
  - Undergraduate students
  - High school students
  - Primary care patients
  - Psychiatric outpatients
  - Patients with generalized anxiety
  - Patients with PTSD

# Methodology for Measuring Resilience in BSN Students at Ramapo

- Applied for IRB Approval
- Acquired rights to use the Connor-Davidson Resilience Scale in our study
- Created survey through Qualtrics
- Sent survey to targeted student population
- Interpreted results

# Connor-Davidson Resilience Scale: Questions

- 25 questions
- 0-4 likert scale ranging from “not true at all” to “true nearly all of the time”
- Resilience is total number out of 100, with the higher the score, the greater the resilience



# Connor-Davidson Resilience Scale: Questions

- I am able to adapt when changes occur
- I have at least one close and secure relationship that helps me when I am stressed.

# Connor-Davidson Resilience Scale: Questions

- When there are no clear solutions to my problems, sometimes fate or God can help.
- Past successes give me confidence in dealing with new challenges and difficulties.

# Connor-Davidson Resilience Scale: Questions

- During times of stress/crisis, I know where to turn to for help.
- I am not easily discouraged by failure.

# Connor-Davidson Resilience Scale: Questions

- I have a strong sense of purpose in life
- I feel in control of my life

# Demographics Questions

1. Which of the following choices best describes your class year in the nursing program?
  - a. Junior
  - b. Senior
2. Which of the following choices best describes your gender?
  - a. Male
  - b. Female
  - c. Other/Prefer Not to Say
3. Which of the following choices best describes your age?
  - a. 19-21 years old
  - b. 22-24 years old
  - c. 25 years old or older

# Discussion of Results

- 97 participants (46% total targeted population)
  - 85 female/10 male/2 other
  - 57 seniors/40 juniors
    - 58 between 19-21
    - 33 between 22-24
    - 6 25+
- Overall resilience score of total population: 73.15
- Lowest: 43
- Highest: 96

### Resilience Scores Based on Class Year

Average Resilience Score Juniors	70.18
Average Resilience Score Seniors	75.23

### Resilience Scores Based on Gender

Average Resilience Score Female	73.61
Average Resilience Score Male	69.83
Average Resilience Score “Other”	67.5



## Resilience Scores Based on Age

Average Resilience Score Ages 19-21	71.66
Average Resilience Score Ages 22-24	76.03
Average Resilience Score Ages 25 +	71.67

## Resilience Scores Based on Class Year & Gender

Average Resilience Score Male Juniors	60.4
Average Resilience Score Male Seniors	80.2
Average Resilience Score Female Juniors	71.82
Average Resilience Score Female Seniors	74.75
Average Resilience Score “Other” Juniors	67.5

# Implications for the Future of Nursing



- Targeted population has good resilience, but room for growth
- Creation of “Resilience Toolbox”
- Establish baselines of resilience in other nursing populations
- How to incorporate this into nursing undergraduate curriculum & daily living

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Any Questions?

