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Original Article

Assertiveness and Anxiety in Midwifery & Nursing Students

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Abstract:

Background & Objective: High levels of assertiveness and low levels of anxiety are important factors that result in suitable communication. They also increase intellectual abilities, abstract thought, power & autonomy, and personal well-being among nursing and midwifery students. The aim of this study was to determine the relationship between assertiveness and anxiety among midwifery and nursing students.

Methods & Materials: In this correlational, cross-sectional study, 173 nursing students (68 males & 105 females) were recruited using census and rational methods. Seventy seven midwifery students were also recruited using census method. Data were collected using a self-report tool including "personal information form", "Trait Spilberger Anxiety", and "Assertion Inventory" (AI) of Gambrill & Richey. Data were analyzed using descriptive and inferential statistical methods.

Results: Results showed that more than half of the nursing and midwifery students (59.5% and 59.7%, respectively) had moderate assertiveness. Also, 43.3% and 36.4% of them had moderate and high levels of anxiety. Pearson correlation test revealed that assertiveness and anxiety had negative correlations in nursing ($r=-0.51$, $P<0.001$) and midwifery ($r=-0.449$, $P<0.001$) students. Some demographic variables had significant correlations with assertiveness and anxiety among the students.



Conclusion: Regarding the relationship between assertiveness and anxiety and their effect on mental health, as well as educational and occupational functions of the students, more attention is needed to pay to theses issues. Also, it seems that appropriate interventions should be planned to increase assertiveness and to decrease anxiety among the students.

Key words: assertiveness, anxiety, nursing students

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