

## Prediction of empathy, self-awareness, and perceived stress among nursing students

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### Abstract

**Background:** High levels of empathy and self-awareness as well as low level of stress among nursing students are the core elements of improving patients' care and outcomes.

**Purposes:** To assess the levels, relationships, and predictors of empathy, self-awareness, perceived stress, and demographics in a sample of undergraduate Jordanian nursing students.

**Methods:** A descriptive cross-sectional design was employed to collect data from 330 students using a web-based survey. The survey consisted of Demographic sheet, Self-Consciousness Scale, Kiersma-Chen Empathy Scale, and Perceived Stress Scale.

**Results:** The total mean scores of empathy, self-awareness, and perceived stress were 75.75, 40.17, and 55.65, respectively. Students who are studying in public universities, with higher GPA, who have no intention to leave nursing, and who are satisfied with nursing; reported higher level of empathy. Students with lower income level, who have no intention to leave nursing, and who are satisfied with nursing; reported higher level of self-awareness. Female students, who sleeping less, who did not get a well-balanced diet or perform exercise regularly, who are studying in public universities, with lower GPA, have intention to leave nursing, and who did not satisfy with nursing; reported higher level of perceived stress.

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### Biography

Shaher H. Hamaideh is a professor of mental health nursing. Currently he is the Dean of College of Nursing at the Hashemite University, Jordan. Graduated from University of Cincinnati in 2004. His area of research is mental health nursing including: nursing students, psychiatric nurses, and psychiatric patients. He is one of the top 2% of world most influential scholars in 2020 and 2021 (Stanford University Researchers).