

A Study on the Effects of Psychiatric Nursing Education on Empathy and Self-Actualization in Nursing Students from Different Schools

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Abstract – Empathy is a capability that can be established and mastered by proper instruction and practice. While we recognize the role of empathy for nurses, less is understood regarding its effect on the degree of empathy for students at the Faculty of Patient Care at the Alexandria University. The objective of the thesis was to estimate an improvement of empathy in bachelor's nursing students for patients with mental disorder before and after a clinical nursing and schooling. It was concluded that a study in clinical care and behavioral wellbeing would increase the empathy of infant students Psychiatrists, Nursing, and other topics were explored in this report. the study which discussed about Psychiatric nurse with a license, In the case of India, psychiatric nursing, Realization of one's potential, The importance of empathic nursing treatment, In nurses, "Self-actualization" is important. Empathy and self-actualization for psychiatric care workers should be improved. Educational programme for psychiatric nurses, Treatments for Psychiatric Illnesses, Care in conjunction with an already available outpatient treatment

Keyword – Nursing Students, Self-Actualization, Psychiatric Nursing Education

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INTRODUCTION

The concept of empathy was a major topic of nursing science. Empathy may be described as an emotionally vicarious response to others' perceived emotional experience and relates to the desire to consider other people's emotional composition and the ability to handle them based on their emotional responses. This ability involves examining one's own and others' emotions in a circular reactions that lead to others' sensations and desires being recognised, identified and experienced. Empathy is one of the important qualities to improve for psychiatric nurses. The attitude offers the nurse a chance to observe, appreciate and draw on the meanings and significance of the emotions and opinions of patients. Capable of putting yourself into patient's shoes doesn't suggest that the nurse has the same perspective of being sympathetic towards the patient. However, the nurse should visualise patient's emotions regarding the encounter by observing and sensing the significance of the circumstance for the patient. Empathy is agreed in clinical human interactions. The patient and the nurse owe the patient a "gift to themselves" in the event of empathy. The patient feel safe to express emotions and the nurse listens carefully to consider them. As an essential factor in the connection between nurses and patients, empathy is an axiomatic feature in this mechanism that increases its strength and effectiveness. It is also a key communication skill which forms part of a caring relationship with patients. The empathic interplay allows nursing workers to build an environment of confidence, consider how patients respond to their health challenges and what their intent is and to promote positive health results like decreased patient pain, anxiety and depression and an improved probability of understanding

patient needs. Empathizing patients often allows nurses retain patient contact centered, and avoid mental exhaustion and unnecessary nursing emotional interaction. In the other side, it has also been seen that low compassion means that important knowledge is not provided and emotional assistance may lead in certain cases to increased distress;

Anxiety and poor management can be encouraged. Patients often seem to feel happier when they understand that an empathic nurse genuinely understands them. Accurate nurse empathy can help patients to detect emotions that may have been ignored or rejected. The patient discovers aspects of him or herself that he or she might be ignorant of when they emerge and are discussed. This helps to establish and promote a successful conception of oneself. In addition, Empathy was seen as a human characteristic, a competent condition, a process of conversation and an educated phenomenon, which can evolve and mature from a loving partnership. Two kinds of empathy in the nursing literature have been established. The first category is "simple empathy," a function, an ability, and a human capability. This kind of empathy is unintentional and unlearn able. "Trained empathy," the second form, is a trained technical ability. The capacity and competence to learn intellectually and consciously by adequate care instruction and experience has been taken to this kind of empathy. In this respect, previous research has demonstrated that this knowledge can be progressively strengthened and enhanced by the schooling of pupils, vicarious interactions and mental health exposure. Empathically abilities can help students and potential caregivers to achieve emotionally qualified nursing, promote communication, and create meaningful improvements in the clinical setting by good psychiatric nursing training. While the role of empathy in nurses is generally understood, we know nothing of the effects on empathy of the students at the Faculty of Nursing, Alexandria University, of a psychic and mental health education experience. The thesis then expected to emphasize whether or not this educational environment would increase the degree of empathy of students.

In the case of nurses and students who are most vulnerable to human needs, it is highly necessary to establish standards of. It is argued that it is essential to evaluate the EI capacity of the pupils, and to improve their interpersonal skills before they start their career. The evaluation of EI standards of student nurses, as well as their requirements in this field, plays an important part in the creation of emotional intelligence training programmes.

Empathy is a philosophy profoundly ingrained in modern nursing and fundamental to it. Empathy is considered an important aspect of the bond between patients and nurses and a critical part of the continuity of treatment and is an observable and teachable ability that nurses are said to have. Empathy was proposed as the capacity to sense and share one's context and emotions with the other individual. The German term "compliance," which simply means "feelings inside," seems to have its origins. Empathy It is the capacity to reach into a person's life, to correctly interpret and convey this awareness to a person's present senses and interpretations.

Psychiatrist

A psychiatrist is a therapist who works in diagnosing, preventing, studying and treating psychiatric illnesses. This is the field of medicine. Psychiatrists are physicians who treat people to decide whether their conditions are a consequence of physical disease, a mixture of physical and physical problems or psychological problems. The typical role of a psychotherapist includes behavioral counselors, social professionals, work therapists, and nurse personnel with a multidisciplinary unit. Psychiatrists are extensively trained in a bio-psychosocial approach to psychiatric disease evaluation and treatment.

Psychiatrists may use an analysis of mental state, a physical exam, brain imaging (computerized tomography, MRI), or a positron emission tomography (PET) scan and blood testing as part of a

clinical assessment procedure. The testing is performed in a clinical evaluation. Psychiatrists are treating psychiatric conditions with pharmacological, psychotherapeutic and or interventional methods.

Nursing

Nursing is a medical specialty dedicated to providing treatment to patients, families and populations in order to achieve, sustain or re-establish an optimum wellbeing and quality of life. Via their approach to medical treatment, teaching, and practice, caregivers of be distinguished from other healthcare professionals. Patients of various positions of authority are practicing in several specialties. Patients of nursing care are the primary portion of most health environments; nevertheless, foreign lack of skilled nurses is evident. Many nurses care for doctors and the general view of nurses as care professionals has been influenced by this conventional position. However, the majority of jurisdictions enable nurses to work in a number of environments separately. After the post-war era, cranial education has experienced an advanced and specialist credentials diversification phase and numerous standard regulations and role models change. Caregivers create a care strategy, collaborate along with medical practitioners, therapists, patients, the patient's families, and other staff to increase quality of life with disease treatment. Advanced nurses, for example, clinical nurses and nursing professionals, in the United Kingdom and the United States diagnose and deliver medicine and other treatment according to the state legislation. Patients may help to organize patient treatment from other participants, including therapists, nurse professionals, and dietitians in a multidisciplinary healthcare team. Caregivers offer care for doctors both interdependently and individually. Caregivers are caregivers. Self-employment includes the independent and collective treatment of people of any generation, family, organization and community, ill or healthy and in all environments. Care includes health promotion, disease prevention and care for the sick, handicapped and dying. Advocacy, support for the healthier climate, study, leadership in health policy formulation and administration of patients and health systems and education are all important nursing functions.

Registered psychiatric nurse

A professional psychiatrist (RPN) works on the mental wellbeing of patients in a nursing profession. The Interdisciplinary Team is supported by clinical nurses who manage patients' psychiatric diseases and effects. They address a host of mental health problems from bipolar conditions, depression, schizophrenia (schizophrenia and anxiety). But the patient is not diagnosed; this is a competent psychologist or psychiatrist's duty. The medicine is delivered and the ultimate medical treatment is taken by psychiatric nurses. The medical doctors are supervised by registered psychiatric healthcare workers, mostly in clinics for mental wellbeing, ambulatory services, mental health institutions, long-term treatment centers, or hospitals.

Psychiatric nursing in Indian context

There is also now a misunderstanding around mental disorders. In certain areas of our world, psychiatric illnesses are still treated by different conventional healers such as Fortune tellers, temples priests and astrologers. Psychiatric victims are regarded as sinners, and members of the household are treated with branded, dipped into the freezing stream, tied with ropes, and left for miracles. The treating staff was shamans, priests and magicians. Before a government passed statutory directives to take care of them, the cruel attitude to mentally disabled people remained extreme. It was enacted under the Indian Lunacy Act in 1912. It determined how mental patients are admitted and discharged and the civil rights. The only psychiatric institution in Tamil Nadu at the time provided hospital services for mentally disabled people was very little improvement

in treatment. In 1918, the government of Ranchi built just for them a European psychiatric institution. After that they established the Ranchi Indian Mental Hospital for Indians in 1925.

While the mental institutions worked, there were no qualified Indian healthcare workers to look after psychiatric patients. 11 UK nurses and a matron were taken to the Indian psychiatric hospital in Ranchi from England for the first time. Later 3-6 months psychiatric nutrition classes were planned for nurses who spoke English. The trainees also earned qualifications from the Royal Medical Psychological Association in England. In the 1950's, further psychiatric institutions were launched after Independence based on suggestions of the Bhore Committee (1948). Priority was given to the training of trained medical staff, psychiatric study and improvement of mental hospitals. Four Indian nurses were sent to the United Kingdom by the Government of India during the period 1948-50. The psychiatric nurses played an increasingly important role during this time. Thanks to the National League of Seniors studying suitable roles and credentials for psychiatry in the early 1920s, the position and functions of psychiatric nurses became more defined. Maximum effect on the Indian clinical nursing was made by Maxwell Jones' principle of therapeutic culture (1953) in the United States.

Self-actualization

In the assessment of the patient's health needs/problems, the therapist emphasizes on just part of his or her body, leading to the treatment of kidneys, fracture, lungs and so on, and does not take care of the entire person, whilst the desire for development is strongly linked to the fulfillment of other requirements. Within the framework of healthcare as it seeks to look at the whole being of people, this interaction with other interests the desire to look after the whole individual – allows it especially important for the nursing community to update itself.

Another feature of the refreshing individual is an optimistic and healthy self-worth. Includes personal freedom as a trait that is linked to development in the context of being entirely responsible for oneself, It is regarded as one of the essential characteristics of treatment. Nurses are regularly asked to make important choices by themselves and nurses must respond immediately in emergencies without the help of consultation from others. The extent of personal freedom of nurses is particularly significant in these circumstances. Pflege personnel are continually forced to devise approaches to new challenges and explore innovative solutions. In nursing, many of the attributes required for development and maturity are equally essential for auto-actualization. To the degree that these skills are developed by nurses, they will not only improve their personal but also professional development. In case of lack of such development, increasing dissatisfaction, dissatisfaction and burnout seem to be noticed. In addition, these issues impact the patients outside the nurses.

The self-actualization of nurses enables them to cultivate leadership skills, including the ability to recognize and be receptive to others and to understand and appreciate individuals as they are. There are characteristics that are closely linked to empathy and that are at the heart of successful evaluation and action in nursing.

In general, nursing in particular provides psychiatric nutrition a wealth of interactions, which promote personal development and, in turn, stimulate personal development. When constructive engagement is chosen, nurses not only work towards delivering more efficient patient treatment, rather than isolation in caring for others, they also open a path towards more professional and personal satisfaction.

The psychiatric nursing education emphasizes the intrapsychological, interpersonal and socio-cultural aspects of wellbeing and disease. The more the nurses recognize the patient's "guy," the better their knowledge of the issues and the processes

Importance of empathy nursing care

Empathy "often does not occur." It evolves when it interacts with another individual. Empathy is based on experiential similitudes for the two involved; therefore, one's own personal background limits the capacity to anticipate or understand the behavior of another. Based in similarities, empathy will only function, and it is impossible to believe that nurses can empathize with all the sick. This does not imply, though, that you cannot do something about not empathizing with anyone else. The empathic limits can be expanded and the capacity to compassionate more and more people can be created. The assessment of parallels and disparities between herself and the patient is often seen as one of the care activities in order to contribute to the production of empathy. "Empathy is an encounter between two or more people". Essentially, it is the capacity to step into, participate and understand another person's momentary psychological condition. It is a mechanism through which a person can see the inner experience of another in a given period, over and above his external behavior." The need for empathy in nursing is emphasized therein. The majority of people of psychiatry have trouble thought, vision and emotional problems. They lack knowledge and real-life touch. You are living in the field of autism. "Empathically awareness" of nurses is even more crucial in clinical care in order to communication with and appreciate their thought process and emotions.

Importance of "Self-actualization" In nurses

It is important to recognize whether they are self-realized individuals to achieve high empathy in nursing students. 'The self updated individual has free access and can combine his/her own emotions with his/her intellectual and cognitive function.' Moreover, it "will share and learn through such interactions with other people." Therefore, a nursing student should be able to fully opt for the career and his patients as a self-realized citizen. Rogers (1961) embraced him and said he "must be auto-actualized" as a fully functional human. This also highlights the role of nursing teachers in making their students self-actualized and empathetic. With this in mind, the research aims to examine, in different groups of nursing students, the effect of education in Psychiatric Care on empathy and self-actualization.

To develop "Self-realization" and "Empathy"

The nursing apprentices and Para-professionals have been taught in psychological nursing in the last few years. While the intensity, duration, subject coverage, essence of professional challenges and other allied facets of these services are different, they share a common core of vital elements of mental wellbeing, including empathy and self-realization. The significance and usefulness of these programmes have been shown through experiential findings. In this regard, however, there is no study proof. The nurses' learners are unable to grasp the relative relevance of various methodologies in multiple centers, since such a database does not exist. At least some of the chosen facets of the instructional course may then be critically understood. Although the results of such efforts might initiate a chain stay of positive changes and innovations that would enable schooling, particularly in the light of the evolved healthcare needs in India, to be more successful and substantive. As previously mentioned, the amount of staff available for patients is reduced. A rethinking of educational programmes in nursing schools is necessary in order to offer better care for the existing work force and facilities. They need better mental wellbeing characteristics in order to offer full and satisfying resources for a small work force. A research of this type could help to redesign the courses in institutes of mental health and in nursing schools.

Empathy and self actualization among psychiatric care professionals

Researchers tried to match profiles of personalities, supportive traits of mental wellbeing and empathy across three resident classes. First, a community of 34, but not structured, who choose

psychiatry as a speciality, train the topic (i.e., the first year psychiatry residents). Secondly, there was a total of 12 people who selected psychiatry as their profession and received formal instruction in the field (i.e. third year residents), and thirdly a group of 27 non-psychiatric supervision (i.e., the general medicine residents). In general medicine residents were somewhat less emotionally stable, more rational, logical, entrepreneurial and decisive compared to psychiatrist residents. While none of the three studied classes is up-to-date, the POI diagram demonstrated specifically that psychiatric residents work at an advanced stage for the third year, compared to those of the other two groups of general healthcare residents. The three studied classes did not vary in their empathy. B.Sc. (N) teachers and nursing personnel who have a degree in Clinical Care have become empathetically and self-actualized Emotional empathy and personal guidance inventory were the instruments utilized for the analysis. Chi-square fitness test and student-T data test showed that nursing students showed greater empathy than nursing staff. Pflege personnel and informers did not vary in the POI subscales and the two party did not achieve the desired standard of themselves. The results also emphasized the value of the proposed education initiative to improve the empathic capacity of health care providers for customers and others, as well as to achieve self-reliance.

Psychiatric nursing educational course

The education course for psychiatric nursing is described as formal psychiatric therapeutic instruction programmed for psychiatric establishments of NIMHANS, Bangalore in psychiatric nursing students for a span of four weeks for general nursing, B.Sc. Nursing, and M.Sc. The course material was created by the researcher in order to instill good qualities in nursing staff such as empathy and self-actualization. The aim of this programme was to achieve the goals of developing empathy and updating among the nursing students. The class included lectures, case analyses, peer examination, focus groups, clinical posts, visits etc.

PSYCHIATRIC TREATMENTS

Non-medical treatment

Registered psychiatric nursing works on the mind and the clinical circumstances of a patient, such as inherited trait psychotic disease, abuse and behavioral conditions affecting the psychosis of a substance, for example, This differs from general nurses because physical conditions in people are more defiant than procedures, whereas initial care relies on the trust of the patient, nurse and his psychiatrist. Patients who suffer from psychiatric disease need treatment.

Psychiatric nurses are qualified to ask patients specific questions about their diagnosis and even to speak to family and friends. This is the main tool for a mental health worker in developing the proper care Hearing a patient is often valuable when they provide details about themselves as you speak, which is helpful for forming a therapeutic approach, for example how the patient responds to such activities, how vulnerable they are to psychiatric episodes and which family members are confident that they are useful in helping with potential therapy.

Medication management

Registered nurses need patients to follow the psychiatric team guidelines to help them get the necessary medicines. Mental health issues most probably need continuous care for the remainder of the lives of people, and so it is appropriate to recognize the right treatment for each particular case. Compatibility is a therapeutic approach for the physician, psychiatrist and patient to address the therapy and what they hope to do. That is why consultation and personal contact with the patient may contribute to the administration of the drug. However, poor agreement can have a detrimental impact on the patient. Patients without good harmony with their psychiatric nurses

who are suffering from mental health problems will mistrust this prescription and thus refuse to adhere to it. For example, there has been evidence that after 18 months after their initial therapy 74% of schizophrenic patients quit taking the medicine. The cultural differences such as some cultures which think the problem of mental health is not health but a manifestation of witchcraft or evil spirits may be other reasons why patients may deny care. The improved contact between psychiatric care provider and patient will solve these problems.

Treatment with an existing medical treatment

The treatment of a pre-existing physical disorder with a mental wellbeing problem may be difficult. A psychiatric infirmary must be conscious of this disease and a psychiatric nurse and physician ought to be careful when administering drugs. It is necessary to prescribe the correct drug since it will affect the patient adversely. Some of the factors considered to cause drug mixing are:

Diabetes: Two forms of diabetes are present. The pancreas has little capacity for manufacture of insulin in Type 1 diabetes. In contrast, type 2 diabetes is a disorder in which insulin is less responsive. One explanation of how psychotropic therapy impacts a patient is that it usually has a secondary impact on the increase of weight. It is vital to monitor their weight for individuals, particularly people with type 2 diabetes. It is also shown that psychotropic drug has similarities to compromised glucose metabolism and thus the correct dosage is administered and all the medicines must be prescribed. Psychiatric nurses must know that health diseases such as diabetes will only be treated with mental disease if self-management is combined with the patient and psychiatrically monitored

Coronary heart disease: Psychiatric medications can disturb rhythm of the heart, such that the psychiatric nurse must be mindful of this problem before psychiatric medications are administered. An electrocardiogram can help diagnose cardiac disease until the psychiatric medicine is dispensed. Patients therefore ought to be informed of any cardiac attacks for the mental nurse, to take care.

Air conditions: Air quality Asthma is a breathing disease that may lead to abuse by those who have mental health and if not cared for, the disorder may deteriorate and can be catastrophic in certain cases. The usage of asthma-related drugs such as inhalers is critical to the frequent monitoring of symptoms of psychiatric nurses.

Smoking is a habit which increases the susceptibility of the patient in developing infections, exacerbating chronic respiratory diseases. Psychiatric nurses need to monitor patients when signs of respiratory disease occur, since psychiatric drugs may impair patients' respiratory rate and reduce the potency of the doses in certain cases.

Liver and kidney disorders: Liver and renal disorders are either caused by consumption of alcohol and medications or by an inherited liver problem. Persons with a mental wellbeing problem prefer to mistreat alcohol and medications. A research has shown that 10% of psychiatric patients who are prescribed antipsychotically affected liver, which does not work completely. They must be conscious because some liver-related conditions do not appear in the initial liver scans of psychiatric nurses so they must know about those drugs that may affect the renal or liver even more. Lithium is an example; even though it is a mild deficiency, this drug will seriously affect an organ.

CONCLUSION

The study is called "Empathy and Update of Students in Selected Schools of Psychiatry Coursed Educational Courses," The study shows that nursing teachers play a key role in improving empathy and self-actualizing amongst different classes of nursing students. The very existence of substance in the curriculum should not ensure that empathy and self-realization can be shown. Theory as well as professional education will improve their empathy and self-actualization by enhancing leadership abilities and mental wellbeing features of nursing students. The caregiving career continues to work for the patient using their selves as a coping method by helping themselves to become a caring occupation. They are important for working not only with mental patients, but also for anyone and all patient groups. The study shows that the teaching of interpersonal skills and listening abilities in one-to-one interactions and in groups is important to develop empathy and self-realization in your professional activities. The current study also shows that improved empathy and self-actualization through training packages among nursing students is successful. This part must therefore be included in the nursing programme, and various classes of students must emphasize it. In comparison to other entry assessments, the results highlighted the need to evaluate the empathic capacity and self-actualization of students as students are taken to the nursing institutions since nursing is called interactive and interactional processes. They help to improve their interaction with patients and their friends.

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