

The Impact of the Mastering My Mental Fitness™-Nurses Workshops on Practical Nursing Students' Perceived Burnout and Psychological Capital: An Embedded Mixed Methods Study

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Abstract : The academic environment in which nursing students are immersed in comes with many demands and expectations. Course load, clinical placements, and financial expenses are examples of the pressures facing students each semester. These pressures contribute to student stress and impact their overall well-being and mental fitness. Students' ability to cope with stress and bounce back from adversity is enhanced when we build their mental fitness. Building mental fitness has the benefit of improving physical health, relationships, self-esteem, resilience, work productivity, and overall contentment, happiness and life satisfaction. While self-care is encouraged to avoid burnout, there is a gap in literature on programs to help build nursing students' mental health and ability to engage in self-care. There is an opportunity and a need to design programs and implement actions aimed at reducing stress and its adverse effects on nursing students. Nursing students require the support of people who understand the complexities of the nursing profession, multifaceted work environments in which they operate, and the impact these environments have on their mental fitness. Nursing academia is in the best position to ensure that tools are in place to support the next generation of nurses who face a career with significant emotional and physical demands. This is a mixed-method study using an embedded design. We utilized a pretest-posttest design to compare the difference in psychological capital (PsyCap) and burnout in students who have received the Mastering My Mental Fitness-Nurses™ (MMMF-N™) workshops (n=8) and the control group (n=9) who have not. Semi structured interviews were conducted with the eight nursing students in the intervention group, along with data from feedback forms to explore the impact of the workshops on student's burnout and PsyCap and determine how to improve the workshops for future students. The quantitative and qualitative data will be merged using a side-by-side comparison. This will be in a discussion format that allows for the comparison of the results from both phases. The findings will be available January 2025. We anticipate that students in the control and intervention group will report similar levels of burnout. As well, students in the intervention group will indicate the benefits of the MMMF-N™ workshops through qualitative interviews and workshop feedback forms.

Keywords : burnout, mental fitness, nursing students, psychological capital

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