

Testimonials from Nurses: A Video Presentation to Motivate Freshmen to Pursue their Nursing Career

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Abstract : AIMS: This study determined the effect of motivational video in increasing the level of self-motivation among first year nursing students to pursue their nursing career. METHODS: A quantitative quasi experimental one-group pretest-posttest research design was used and purposive sampling technique was utilized. Motivation for Choosing Nursing as a Career Questionnaire was used in determining the level of motivation before and after using the motivational video. The of motivational video entitled, "Testimonials from Nurses" was used as the intervention wherein testimonials from successful Thomasian nursing graduates was considered and viewed by the students in order to inspire them to take nursing as their career. The subjects are nursing students who obtained a score ranging from 21-40 in the questionnaire. Before the viewing, the researchers provided a brief introduction and background to enable the participants to fully understand the contents. After which, debriefing was done. The data gathered was analyzed using the Paired T-Test using SPSS version 21.0. The Pre-test and Post-test scores were compared, which further statistically, differentiated by mean, standard deviation and t-test scores. Results: The t-test value is -17.221 and p value of $0.00 < 0.05$ which indicates that there is a statistically significant change in the level of self-motivation of first year nursing students before and after viewing the motivational video. Conclusion: It was therefore concluded that motivational video entitled, "Testimonials From Nurses is an effective intervention in increasing the level of self-motivation of first year nursing students to pursue their nursing career.

Keywords : motivational video, freshmen, self-motivation, nursing career

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