

# Using Grounded Theory Method to Analyze 'Human becoming' in Nursing College Students

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## Abstract

**Objectives:** This study was to explore the meaning of 'Human becoming' through the experience of adolescence's life in nursing college students. **Methods/Statistical Analysis:** In-depth interviews with 7 students who studied nursing science in B University were conducted from 20, April to 7, May in 2015. Qualitative data collected by the researcher including transcription and field notes were analyzed through an adapted methodology based on Grounded Theory. **Findings:** 15 sub-categories and 22 concepts were obtained. The key category emerged as 'Finding myself ' which has three styles of 'Happiness', 'Confirming my career in future' and 'Thanks'. And intervening factors were 'Interaction with peers', 'Effect of mentor's activities 'and ' Pleasure from volunteer activities'. **Improvements/Applications:** The results of this study will provide baseline data to develop the effective prevention and intervention programs in nursing college students.

**Keywords:** College Student, Grounded Theory, Human Becoming

## 1. Introduction

Between childhood and adulthood, adolescents experience a pubertal growth spurt and changes that frequently related to confusion with psychosexual, psychosocial, cognitive development. An Important part of adolescent ability to development a personal identity is their capacity to think in more complex and abstract ways, allowing them to consider the more psychological characteristics that define them<sup>1,2</sup>.

Recently, adolescents may experience stress about feelings of overview, future, particularly vulnerable to stress-related anxiety to develop a depression. Specially nursing college students perceived more stressful events than the other major college students<sup>3</sup>, because of professional competence in nursing education to meet the special nursing practices and patient security. Nursing college students experienced stress according to a strange hospital environment and they have to take a national examination<sup>4</sup> to have a nursing license. So it is necessary for nursing college students to perceive clear insights into nursing, make efforts to confirm a professional career and a job on ideal vision<sup>5</sup>.

Since adolescents spend such a long time in university, the university serves an effective prevention and intervention program. Therefore, the main aim of this study is to address the adolescence's psychological identity and understanding the experience of life in nursing as a student, in order to offer basic data to develop the effective prevention and intervention programs in nursing college students.

## 2. Materials and Methods

This qualitative research was performed through interview of 7 nursing students in B University, located in Chungcheong Province in Korea from 20, April to 7, May in 2015. The agreements of participation in this research were received.

Qualitative research methods account for processes that are "What is going on here" or patterns of human behavior. The most of Qualitative research used method data collection is the in -depth semi-structured interview, so most participants of this study tend to be the persons concerned who have first experiences and

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insights into the particular phenomenon<sup>6</sup>. This study processed unstructured interviews, main questions ("How do you spend your campus life?", "How do you think about your future?", "Who is the best supporter in your life?", "Can you describe the best time in your life?", "Can you describe the worst time in your life?") were finished open-ended. Each interview was proceeding about 45-50 minutes; most of interview places were located in the open-room. Validity and reliability are used to be judged by two professors. Qualitative data collected by the researcher including transcription and field notes were analyzed through an adapted methodology based on Grounded Theory. Coding and categorizing go on throughout data, and then concepts were identified during the analysis. Open coding was the breaking down process and conceptualizing. Axial coding was processed to discover a central category, induced categories and finally set the conditional matrix.

### 3. Study Results

#### 3.1 General Characteristics

This study was conducted in a total of 7 participants and all of them were female. 5 participants (71%) had a religion, 2 participants (29%) had not. All of them were seniors and lived a near college about 45-60 minutes distance. The average level of academic points was over middle range score 3.5.

#### 3.2 Analysis of Paradigm 'Human Becoming' in Nursing College Students on using Ground theory

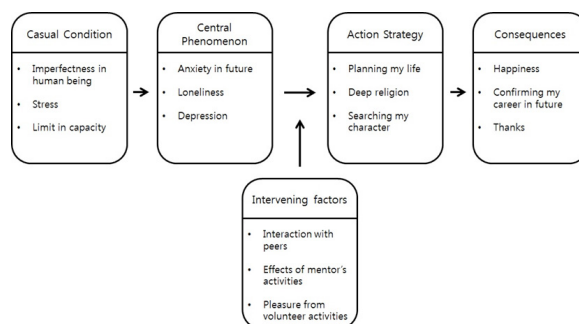
The results of this research found 15 sub-categories and 22 concepts according to the obtained open coding as shown in figure 1. The key category emerged as 'Finding myself' which has three styles of 'Happiness', 'Confirming my career in future' and 'Thanks'. Intervening factors were 'Interaction with peers', 'Effect of mentor's activities' and 'Realization of a true pleasure from volunteer activities'.

##### 3.2.1 Causal Condition

Mainly causal conditions were 'Imperfectness in human being', 'Stress' and 'Limit in capacity'. According to Paget, adolescents may use a formal thinking in cognitional

development to look for causes, finds links, and formulates hypothesis in order to draw conclusion<sup>2</sup>. So they think nobody understands them, falling themselves in imperfectness. Specially nursing college students perceived more stressful events to meet the special nursing education.

- I always think I can't do anything better than others (participant 3).
- I think I can't master any majors perfectly and I feel limited in every situation (participant 2).
- All of nursing students started to study hardly from freshman, so I felt alone and missed my family more (participant7).
- Sometimes I couldn't stand the present environment and so I ended up in complaining a headache.



**Figure 1.** Paradigm 'Human being' in Nursing College Students.

##### 3.2.2 Central Phenomena

Central phenomena were 'Anxiety in future', 'Loneliness' and 'Depression'. Anxiety among university students is founded upon a feeling of fear, worry, uneasiness, processing restlessness, fatigue and inattention. Continuous depression was showed by low self-esteem, a loss of interest or pleasure in normal activities. Finally it could lead to serious incidents and suicide<sup>7</sup>. As soon as college students engage in new activities, cultures and lifestyles, specially nursing college students faced a new hospital environment, a new patient who needs medical treatment. Recently optimum medical service numbers are needed, having an attention. But some large company hospitals where nurses wanted to get a job are located in central cities and the required numbers of medical staff are limited.

- Though I have a plan to enter a university hospital, I lose my confidence more and more, leading to anxiety (participant1).

- My personality has a low key and I worry about my sense of inferiority (participant 3).
  - I departed from my boyfriend last month. It makes me lonely and miss my family.
- (Participant 5).

### 3.2.3 Action Strategies

Action strategies were ‘Continuously planning my life,’ ‘Turning glory for God,’ and ‘Searching my character.’ Some articles are reported that it is important to participate in a leadership program for a professional career and self-efficacy in nursing students<sup>5</sup>. Individuals with a concrete vocational identity are considered to have a clear sense of their interests, talents and characteristics<sup>8</sup>. Religion is important source of a social control on adolescents by offering them with a prescriptiveness of standards and guidelines that support adolescents live meaningful<sup>9</sup>. Religions deliberately offer systems of ideological beliefs that can help adolescents find meaning in life, make sense of difficulties, and support themselves in the moral domain<sup>10</sup>.

- I confirmed continuously to be a nurse as my career for all my life with my capability (participant 1).
- Always I pray to God, it’s my pleasure for all my life (participant 2).
- Sometimes I don’t understand myself, so I look for someone to ask about my personality carefully (participant 3).

### 3.2.4 Intervening Factors

Intervening factors were ‘Interaction with peers,’ ‘Effect of mentor’s activities’ and ‘pleasure from volunteer activities.’ Adolescence period, the role of friends and peer play changed in academic motivation, engagement and achievement<sup>11</sup>. Adolescents can set a positive identity by investigating what they can do best, resulting in an increased sense of self-esteem and self-efficacy and they participate in a meeting for mentoring relationships<sup>12</sup>. The volunteer activities make adolescents active to engage in citizens’ activities as a competent nursing student who is capable of assessing and solving public problems<sup>13</sup>.

- If I have an unsolved problem, I search my friend to talk about it. However, the problem is not solved. But I am satisfied with communicating with my friend on my side (participant 3).

- From entering a college, I was connected with major department faculty and seniors and regular meetings helped me find my central problems and my future (participant 5).
- When I was a high school student, I had a chance to help elderly people, mainly for bathing, eating and reading storybooks. Regular volunteer activities made me more mature and gave me a gift of pleasure (participant 7).

### 3.2.5 Consequences

Finally most adolescents participated in this study experienced finding themselves psychophysically the three styles of ‘Happiness,’ ‘Confirming my career in futures,’ and ‘Thanks.’ Many previous studies reported developmental properties such as support, empowerment, expectations, enthusiastic learning, positive values, social competencies and positive identity are the significant predictors of adolescents’ happiness<sup>14</sup>. The solution to happiness lies not only in having lots of developmental properties but also in expressing gratitude toward others in daily life. It is a shorter way to find themselves.

## 4. Discussion

The aim of this study was to address the meaning of ‘Human becoming’ through the experience of adolescence’s life in nursing college students. Results of this study were confirmed to self-explore and deeply think about ‘Human becoming’ among the developmental period of personal identity. So the results would provide basic data to develop the effective prevention and intervention programs in nursing college students.

## 5. Acknowledgements

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