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## Positive Mental Health and associated factors among nursing students in a public university in Sri Lanka

Positive mental health (PMH) is the presence of emotional, social, and psychological well-being which is essential for an individual to be mentally healthy in their life. The objective of this study was to determine the level of positive mental health and associated factors among nursing students in a public university in Sri Lanka. A descriptive cross-sectional study was conducted among 185 nursing students. Data was collected using a self-administered questionnaire and the short form of Mental Health Continuum (MHC-SF) was used to assess the level of PMH. Students were categorized as Flourished, Moderate and Languished based on the categorical diagnosis of the MHC-SF. Chi square test was used at the  $p$  value  $< 0.05$  level to determine the factors associated with the level of PMH. Out of 185 students 170 responded in this study giving 91.8% response rate. Mean age was 23.5 years ( $SD = 1.3$ ) and 73.5% were female. Mean score of the total score of MHC-SF was 32 ( $SD = 16.7$ ) while it was 7.7 ( $SD = 4.1$ ), 9.3 ( $SD = 5.5$ ) and 14.9 ( $SD = 8.0$ ) for emotional, social and psychological well-being sub scales respectively. Of them 25.3% flourished and 32.7% were languished. Students who engaged in leisure activities ( $p = 0.04$ ) and social activities ( $p = 0.008$ ) were more flourished whereas students who had any family member/s suffering with a severe illness/es were more languished ( $p = 0.007$ ). Therefore, students should be encouraged to involve in more leisure activities and social activities in order to improve their PMH. Furthermore when delivering mental health promotion programmes priority should be given to the students who have any family member/s suffering with a severe illness/es.

**Keywords:** Positive Mental Health, Nursing Students, Sri Lanka

### Biography:

I am H.M.R.K.G.Nandasena, a Lecturer attached to the Department of Nursing, Faculty of Allied Health Sciences, University of Peradeniya in Sri Lanka. I have successfully completed my BSc in Nursing degree with a first class in 2016 and currently reading for Mphil at Faculty of Medicine, University of Peradeniya in Sri Lanka. As a registered nurse and a young academic I have published and presented locally & internationally, and interested in designing & conducting researches in the fields of community health and mental health nursing.