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Nurses' self-awareness from group dialogue: A qualitative study

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Self-awareness can help nurses increase their concern for patients and perceive the patients' real needs. Conversely, group dialogues help learners engage in self-exploration as well as facilitate their diversified and deep thinking. Therefore, group discussions have been viewed as a feasible nursing education strategy. The purpose of this study was to explore and analyze the development of self-awareness among nurses through group activities. Using a descriptive and qualitative research design, data were collected at 13 sessions of 90-minute unstructured group meetings from October 2014 to January 2015. The group activity process was audio-recorded and transcribed, and the transcripts were further examined through content analysis. The major research findings were as follows: 1. the development of self-awareness includes the three stages, namely mirror reaction, resonance, and awareness; 2. self-awareness includes: (1) a self developed according to others examined through gaining others' recognition and being mindful of others' opinions, and (2) a true self developed through seeing oneself and looking inside oneself. The results of this study can serve as referential information for nursing education to elevate nurses' self-awareness.

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