



ASSESS THE PERCEPTION OF NURSING STUDENTS REGARDING MENTORSHIP PROGRAM IN SELECTED COLLEGES OF PATHANAMTHITTA DISTRICT

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ABSTRACT

A mentorship program is a structured relationship in which an experienced individual guides and supports a less experienced person to promote personal and professional growth. This study aimed to assess the perception of mentorship programs among nursing students and to determine the association between perception and selected demographic variables. A descriptive research design was adopted, and 30 nursing students were selected through simple random sampling. Data were collected using a Likert scale and analyzed using descriptive and inferential statistics. Findings revealed that 15 (50%) participants had a strongly positive perception, and 15 (50%) had a positive perception of the mentorship program. A significant association was found between perception and previous participation in a mentorship program ($\chi^2 = 5.0$), while other variables showed no significance. The study concludes that mentorship programs significantly influence nursing student's perceptions by providing guidance, support, and opportunities for professional development. Structured mentorship initiatives are recommended to strengthen learning environments and foster positive attitudes among nursing students.

Keywords: Perception; Mentorship program; Nursing students

INTRODUCTION

Mentorship involves guidance, support, and knowledge sharing from a more experienced person (mentor) to a less experienced one (mentee). In organizations, mentors play a key role in fostering both personal and professional growth. Mentoring is often informal and based on sustained communication that enhances career and professional development.

In higher education, structured mentoring programs help improve students' academic performance and skills. In nursing education, mentorship strengthens communication between nurse educators and students, promoting academic success and professional growth. Regular meetings between mentors and mentees provide guidance, support, and opportunities for mutual learning.

Effective mentorship programs require clear goals, guidelines, suitable mentor selection, and proper training for both parties. These programs also help build community, set achievable goals, and enhance leadership and life skills. In nursing, mentorship helps students manage stress, Prepare for exams, and build confidence and resilience. Overall, mentorship is essential for developing competent, confident, and well-prepared nursing professionals.

Background of the study

Mentorship plays a vital role in nursing by enhancing academic performance, professional development, job satisfaction, and emotional well-being. Effective mentorship fosters smooth role transition, builds confidence, and supports the acquisition of clinical and interpersonal skills. Research emphasizes that structured mentor-mentee relationships, clear communication, and goal setting significantly improve learning outcomes and professional growth. Successful programs rely on appropriate mentor-mentee matching based on interests, goals, and communication styles to ensure compatibility and effectiveness. In nursing, well-designed mentorship whether in-person or hybrid cultivates competence, leadership, and long-term career success.

Need and significance of the study

Mentorship plays a vital role in personal, academic, and professional development by fostering trust, confidence, and skill growth. It provides mentees with guidance to explore strengths and weaknesses while mentors gain fulfillment through meaningful connections. In education, mentorship bridges the gap between theory and practice, enhances emotional resilience, and supports both students and faculty in achieving career success. Despite its proven benefits, formal mentorship programs remain limited in many institutions, highlighting the need for broader implementation to create a more supportive and effective learning environment.

STATEMENT OF THE PROBLEM

A Descriptive study to assess the perception of nursing students regarding mentorship program in selected nursing colleges of Pathanamthitta district.

OBJECTIVES

1. To assess the perception of mentorship program among nursing students.
2. To find out the association between perception regarding mentorship program with the selected demographic variables.

OPERATIONAL DEFINITIONS

Perception: In this study, perception refers to how nursing students understand, interpret or perceive the mentorship program.

Mentorship Program: In this study, mentorship program is a structured initiative, designed to connect teacher with nursing students who provide guidance, support, and knowledge transfer. **Nursing students:** In this study, nursing students refers to the one who are studying in seventh semester B.Sc Nursing.

ASSUMPTIONS

1. Majority of the nursing students are not aware about the importance, benefits, needs, practices and structure of mentorship program.
2. Poor academic performance may occur due to lack of mentorship program.

MATERIALS AND METHODS

Research design used in this study was descriptive method.

Setting of the study

Present study was conducted in MGM Muthoot College of Nursing, Kozhencherry.

Population

Nursing students in selected colleges in Pathanamthitta district.

Sample and sampling techniques

Sample

30 nursing students of MGM Muthoot College of nursing, Kozhencherry.

Sampling technique

Convenient sampling technique

Inclusion criteria

1. Those those are willing to participate.
2. Those that have prior experience in mentorship program.

Exclusion criteria

1. Those that were on leave at the time of data collection.
2. Those who are not meet the age criteria.

Tool / Instruments

The tool used in the study is a Likert scale to assess the perception of mentorship program among nursing students.

The questionnaire is divided into two sections:

Section A: The socio demographic variables included age, gender, year of study, previous participation, duration of mentorship program, interaction with mentor and comfort with mentors of opposite gender.

Section B: Perception rating scale is used for assessing the perception of nursing students regarding mentorship program among selected colleges of Pathanamthitta district.

Description of the tool

Section A: The socio demographic variables include age, gender, previous participation, duration of mentorship program, interaction with mentor and comfort with mentors of opposite gender.

Section B: 30 statements in a 5 point Likert scale to assess the perception of nursing students among mentorship program.

The scoring grading include: -

- Strongly negative : 30-60
- Negative : 61-90
- Positive : 91-120
- Strongly positive : 121-150

Maximum possible score was 150.

Data collection process:

Data collection is gathering the address of a research problem. Data collection was done on 10-05-2025 at MGM Muthoot College of Nursing, Kozhencherry, after obtaining ethical clearance and permission from the concerned authorities. Total 30 samples were selected by non-probability stratified random sampling. The study was conducted among the 7th semester B.Sc Nursing students of selected colleges of Pathanamthitta district. Prior, written consent was taken from selected samples. The investigators introduced themselves to samples and explain the purpose of study. Tool was given to sample and data were collected to assess the perception of mentorship program. Confidentiality was maintained throughout the study.

Plan for data analysis

Descriptive and inferential statistics were used for analysis. Frequency and percentage distributions were used to analyze selected socio demographic variables. Chi-square tests were used to find out the association between perception of mentorship program with selected socio demographic variables.

RESULT AND DISCUSSION

Description of Socio demographic variables of nursing students.

Table 1: Frequency and distribution of socio demographic variables

	Frequency	Percentage (%)
Age		
21 years	16	53.33
22 years	14	46.66
Gender		
Female	27	90
Male	3	10
Participation		
Yes	12	40
No	18	60
Duration		
<15 min	19	63.33
15-30 min	11	36.66
Comfortability		
Yes	14	46.66
No	16	53.33
Mentor changed		
Yes	12	40
No	18	60

Distribution of sample according to their perception of mentorship program.

Table 2: Distribution of sample based on perception of mentorship program.

Perception of mentorship program	Frequency	Percentage (%)
Positive	15	50
Strongly positive	15	50

Association of samples between perception of mentorship program among nursing students and selected socio demographic variables.

The chi-square value for Socio demographic variable (previous participation in mentorship program) is 5.0 which are greater than the table value 3.84. So, there was a significant association between perception of mentorship program and previous participation.

LIMITATIONS

1. Sample size was small; this limits the generalization of the study.
2. The study included only college students.
3. The study was limited to the selected college at Pathanamthitta district.

RECOMMENDATIONS

1. Similar study can be conducted among large sample to generalize the findings.
2. Similar study was conducted among different colleges.
3. Similar study can be carried out among various professions.
4. There is a need to explore many similar studies in different settings.

CONCLUSION

The findings of the study:

1. The distribution of samples according to age in years revealed that 16(53.33%) samples belong to the age group 21, and 14(46.66%) samples belong to the age group 20.
2. The distribution of samples according to gender revealed that 27(90%) samples were female, 3(10%) samples were male. The majority of samples participated in the mentorship program 12(40%), and 18(60%) had not participated in the mentorship program.
3. The distribution of samples according to the duration of mentorship program revealed that 19(63.33%) samples were attended for less than 15 minutes, 11 (36.66%) attended for 15-30 minutes.
4. The majority of samples were not comfortable with a mentor of opposite gender 16(53.33%) and 14(46.66%) samples were comfortable.
5. The distribution of samples according to the frequency of mentor changed revealed that 12(40%) samples had mentors who were changed frequently, 18(60%) sample had mentors who were not changed frequently.
6. Result of study shows that nursing students had a positive perception regarding the mentorship program. Half of the participants 15 (50%) had a positive perception and the remaining 15(50%) had a strongly positive perception.

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