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Effectiveness Of A Positive Youth Development Program On Social Engagement And Emotional Resilience Among Nursing Students In District Mohali, Punjab

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Abstract

Positive Youth Development (PYD) programs are essential in fostering life skills, emotional resilience, and social engagement in young individuals, particularly those pursuing demanding professions like nursing. This study evaluates the effectiveness of a structured Positive Youth Development Program intervention in enhancing social and emotional competencies among nursing students in Mohali, Punjab. A quasi-experimental design compared pre- and post-intervention levels in experimental and control groups. Results indicated a statistically significant improvement in emotional resilience and social engagement scores among students who participated in the intervention. The study concludes that PYD programs can be effective in preparing nursing students for personal and professional challenges, thereby promoting their well-being and competence.

Keywords: Positive Youth Development, Nursing Students, Emotional Resilience, Social Engagement, India

Introduction

Youth is a dynamic and transitional phase characterized by profound biological, psychological, and social changes. In India, this population forms a significant demographic, and the well-being of young individuals is crucial for the nation's future. Positive Youth Development (PYD) offers a strengths-based framework that emphasizes empowering youth to develop life skills, build resilience, and engage socially rather than focusing solely on rectifying deficits (Catalano et al., 2020). In nursing education, the importance of social competence and emotional resilience is amplified due to the rigorous demands of academic and clinical exposure.

Objectives of the Study

- To assess the pre-intervention levels of emotional resilience and social engagement among nursing students.
- To implement a Positive Youth Development Program and evaluate its effectiveness.
- To compare post-intervention results in control and experimental groups.
- To determine associations between outcomes and demographic factors.

Methodology: A quasi-experimental design was employed involving 100 nursing students from selected colleges in Mohali, Punjab. Participants were divided into control and experimental groups using simple random sampling. The intervention comprised a 6-week PYD program focusing on emotional resilience, self-esteem, and social engagement using structured group sessions. Data collection tools included the Brief Resilience Scale (BRS) and Social Skill Rating Scale (SSRS). Pre- and post-test scores were analyzed using paired and independent t-tests along with Chi-square tests for demographic associations.

Results

The analysis revealed a significant increase in post-intervention scores in the experimental group. The mean BRS score improved from 3.1 to 4.2 ($p < 0.001$), while SSRS scores showed a jump from 58.4 to 72.9 ($p < 0.001$). No significant improvements were observed in the control group. Socio-demographic variables such as age and family background showed moderate correlations with social engagement outcomes.

Discussion

The findings are consistent with international research which highlights the efficacy of PYD programs in enhancing youth well-being. Similar studies by Ahn & Lee (2021) and Shek & Lin (2020) reported improved emotional health, self-efficacy, and social behavior among participants. The program helped nursing students reflect on their roles, build interpersonal skills, and manage academic stress better. Cultural factors, however, need consideration while implementing these interventions in Indian settings.

Conclusion

The study concludes that structured Positive Youth Development Programs significantly enhance emotional resilience and social engagement among nursing students. Integrating such programs into nursing curricula can help students cope with the stress of professional training and perform effectively in clinical settings. The approach aligns with holistic education strategies that promote mental well-being and professional growth.

Recommendations

- Incorporate PYD models into undergraduate nursing education.
- Conduct longitudinal studies to evaluate long-term impacts.
- Tailor PYD modules to specific cultural and institutional contexts.

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