Self-Care Research Paper Assignment:

Student Learning Outcome:

The student will be able to demonstrate an understanding of the importance of self-care practices in promoting the well-being of nursing students through research, implementation, and documentation of chosen self-care practice. The student will be able to evaluate the effectiveness of the self-care practice in reducing stress and enhancing overall well-being, as evidenced by the research paper. The student will be able to articulate the significance of self-care practices in maintaining personal resilience and ensuring optimal performance in their academic and future nursing careers.

Part 1: Research

1. Choose a self-care practice or topic relevant to the well-being of nursing students. You may choose from the list below or find one on your own.

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| Pet therapy | Sleep Hygiene | Breathing exercises |
| Yoga | Marathon training | Gratitude practices |
| Art therapy | Walking/physical fitness benefits | Narrative practices |
| Music therapy | Mindfulness/meditation | Journaling or writing |
| Healthy Eating | Social Connection practices | Spiritual worship |

1. Literature Review

Conduct a literature review using at least five current articles on your chosen self-care practice. Use the literature to gain insights into the practice’s effectiveness in reducing stress and promoting well-being among nursing students.

Part 2: Implementation

Actively engage in the self-care practice you have selected for a specified duration (e. g. 4-6 weeks). Keep a journal to document your experiences, thoughts, and feelings during the implementation period.

Part 3. Research Paper (5-8 pages in length)

1. After completing the implementation, write a research paper using the following guidelines.

Introduction

* Introduce the self-care practice and its significance for nursing students’ well-being.
* State your research question or hypothesis.

Literature Review

* Summarize the relevant literature on the self-care practice and its impact on nursing students.
* Highlight any existing gaps in the literature.
* Describe the methodology of your self-care practice implementation, including the duration and frequency.
* Discuss data collection methods (e.g., journal entries).

Findings

* Present the findings of your self-care practice implementation. Discuss any changes in your well-being, stress levels, or other relevant outcomes.
* Include any relevant data such as excerpts from your journal.

Discussion

* Analyze and interpret your findings in the context of the literature and your research question.
* Discuss the relevance of the self-care practice to nursing students’ well-being.
* Address the practical implications for nursing students’ self-care.

Conclusion

* Summarize the key findings and their implications for nursing students.
* Offer recommendations for further research and the integration of self-care practices into nursing education.