

عنوان مقاله:

Self-awareness in nursing: a concept analysis

محل انتشار:

دوازدهمین کنفرانس بین المللی بهداشت، درمان و ارتقای سلامت (سال: 1401)

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نویسندگان:

Shahin Taghi - Assistant professor, Faculty member of Nursing Department, Islamic Azad University of Birjand Branch, Birjand, Iran

Gholamhosein Mahmoudirad - Professor, Faculty of Nursing and Midwifery, Birjand University of Medical Sciences, Birjand, Iran

خلاصه مقاله:

**Background and Objectives:** Self-awareness is a fundamental concept in nursing with great importance for nursing education and clinical practice. Yet, there are ambiguities about its definition, uses, and attributes. Therefore, the present study was conducted to analyze and clarify the concept of self-awareness and determine its attributes. **Methods:** This concept analysis was performed using Walker and Avant's eight-step method. Relevant literature published in English or Persian from ۲۰۱۰ to March ۲۰۲۱ was searched with "self-awareness", "nursing", and "concept analysis" keywords. Literature search was done in IranMedex, SID, Medline, PubMed, Scopus, and GoogleScholar databases. Relevant data were extracted and categorized as the uses, attributes, antecedents, consequences, and empirical referents of the concept. **Results:** In total, ۱۷۳ articles in English and eighteen in Persian were found and ۴۳ articles in English and nine in Persian were included in the study. The defining attributes of self-awareness are multidimensionality, process, intentionality, introspection, self-reflection, self-discovery, and turning point. Its antecedents are personal readiness, metacognitive abilities, and learning about the self-awareness skill and its consequences are clinical, emotional, adaptive, and ethical consequences. **Conclusion:** Self-awareness in nursing is an ongoing, dynamic, multidimensional, and intentional process in which individuals, through introspection, self-reflection, and self-discovery, reach to a turning point for change and transcendence. Educational interventions are needed for self-awareness improvement among nurses. Moreover, specific instruments are needed for its development.

کلمات کلیدی:

Self-awareness, Nursing, Concept analysis

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