

***“A STUDY TO ASSESS THE LEVEL OF HOMESICKNESS AMONG THE
1ST YEAR GNM NURSING STUDENTS AT SELECTED OF NURSING
COLLEGE IN BANGLORE, KARNATAKA.”***

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Research Project Work Submitted to -
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We hereby declare that this project entitled “***A STUDY TO ASSESS THE LEVEL OF HOMESICKNESS AMONG THE 1ST YEAR GNM NURSING STUDENTS AT SELECTED OF NURSING COLLEGE IN BANGLORE.***” Is a genuine project done by Ms. Haimi Sajeena, Mr. Dhinu George, Mr. Ebin Mathew, Ms. Ganga Maya Biswakarma, Mr. Gokul Krishna, Mr. Janfishal V, Mr. Jenson Samson, Mr. Jeevan Santhosh, Mr. Kamal. In partial fulfillment of requirement for the diploma in General Nursing and Midwifery under the guidance of Ms. Anushree Saha, Assistant Lecturer of, Smt. Nagarathnamma School Of Nursing, Bangalore.

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CERTIFICATION BY THE GUIDE

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ENDORSEMENT
BY THE PRINCIPAL/HEAD
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When we face the worst that can happen in any situation, we grow. When circumstances are at their worst, we can find our best. – Elisabeth Kubler-Ross

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With Regards from-

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ABSTRACT

PROBLEM STATEMENT:

“A STUDY TO ASSESS THE LEVEL OF HOMESICKNESS AMONG THE 1ST YEAR GNM NURSING STUDENTS AT SELECTED OF NURSING COLLEGE IN BANGLORE.”

INTRODUCTION:

Homesickness is a common emotional experience among students who move away from their homes for the first time, particularly in professional courses like General Nursing and Midwifery (GNM). First-year nursing students often face stress due to a new environment, academic pressure, and separation from family, which can impact their emotional well-being and academic performance. Assessing homesickness is crucial to provide timely psychological support and create a healthy learning atmosphere.

OBJECTIVES:

1. To assess the level of homesickness among 1st year GNM nursing students.
2. To identify factors contributing to homesickness.
3. To explore coping strategies adopted by students.
4. To assess the impact of home sickness in students' well-being and academic performance.

METHODOLOGY:

This study will be done using a survey to understand how homesick the 1st year GNM students feel. A group of students from a selected nursing school in Bangalore will be chosen through purposive sampling. A questionnaire with simple questions will be given to them. Their answers will be collected and checked using basic maths (like percentages) to see how many students feel homesick. We will also look at whether things like age or distance from home are related to their homesickness.

Before distribution, the questionnaire will be validated by experts in the field of nursing education and psychology to ensure content validity. A pilot study may also be conducted on a small sample to ensure clarity and reliability of the tool.

Participants will be given clear instructions and sufficient time to complete the questionnaire. Confidentiality and anonymity will be strictly maintained throughout the study, and informed consent will be obtained from all participants.

RESULT:

The study is expected to show that a majority of 1st year GNM students experience moderate to high levels of homesickness, especially those who are living away from home for the first time. Factors such as distance from home, lack of previous hostel experience, and younger age may be linked to higher levels of homesickness. These findings highlight the need for emotional support and adjustment programs for first-year students.

CONCLUSION:

The study highlights that homesickness is a common experience among 1st year GNM nursing students, especially those adjusting to hostel life and being away from their families for the first time. Identifying students who feel emotionally low can help teachers and administrators provide timely support. Creating a caring and friendly environment can reduce stress and help students adjust better to their new life in nursing school.

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