

## Creating Healthy Work Environments VIRTUAL 2021

### A Concept Analysis of Resilience in Undergraduate Nursing Students

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**Purpose:** Nurse educators strive to develop and implement strategies that facilitate undergraduate nursing student success. Success can be seen as not only academic progression, but also passing the National Certification Licensure Examination and transitioning into the role of a nurse. Research of undergraduate nursing student success has shown that resilience is associated with not only academic success but also nursing success at the bedside and in advanced practice roles. However, literature lacks a conclusive definition of resilience in undergraduate nursing students. A clear definition would allow for development of resilience building components to integrate into undergraduate nursing curriculum. The purpose of this concept analysis is to define resilience in undergraduate nursing students using Walker and Avant's model for concept analysis.

**Methods:** A literature review allowed for discovery of the uses of the concept of resilience in both nursing and other disciplines.

**Results:** The literature review revealed the defining attributes of rebounding when faced with adversity and the ability to cope in a stressful situation. Continuing with Walker and Avant's model of concept analysis, model, borderline, related, contrary, and invented cases were used to define the concept of resilience through descriptive examples. Examples of resilience in undergraduate nursing education were used when possible to refine the term within the context of resilience in undergraduate nursing students. The literature review also revealed antecedents of resilience in undergraduate nursing students which included stress, high stakes assessment, and a rigorous curriculum. Empirical referents are evident in the literature as resilience in undergraduate nursing students can be measured through the evidence of the before mentioned defining attributes.

**Conclusion:** Through this concept analysis, it can be determined that resilience is important to the success of the undergraduate nursing student and can be seen as a modifiable process. Identification of the components of this concept allows nursing educators to consider both instructional practices and mentorship opportunities to build resilience and ultimately increase students' success.

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#### **Title:**

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#### **Keywords:**

concept analysis, resilience and undergraduate nursing students

#### **Abstract Summary:**

In recent years, research has focused on the concept of resilience. However, there is a lack of a conclusive definition of resilience in undergraduate nursing students. This concept analysis hopes to bring clarity to this topic.

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**Author Summary:** Lori Harrison is in the second year of the PhD in Nursing Program at Georgia Baptist College of Nursing at Mercer University in Atlanta, Georgia. She is an assistant professor at the Moffett and Sanders School of Nursing at Samford University in Birmingham, Alabama and teaches in the undergraduate nursing program. Her research interests include undergraduate student success and successful new graduate transition to nursing practice.