Time Spent Studying, on Social Media, and Spirituality: Nursing Students' Perceptions

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Introduction

- ❖ There are numerous activities during the day that can take up nursing student's time and can cause them to feel overwhelmed or stressed. Social media can consume vast amounts of time (Duke et al., 2017) in just the blink of an eye.
- ❖ This study explored 88 university students' perceptions of activities of daily living and spirituality.
- ❖ Participants included both RN to BSN and MSN Research Methods students from several universities in the United States.

Purpose

- ❖ Explore studying & social media time consumptions
- ❖ Students' personal daily devotional activity

Methodology

Design
A mixed methods design was conducted at several different universities across the US

Sample
A convenience sample (N = 88) was used. Students enrolled in BSN / BS completion or MSN Research Methods classes

Multi University Student Participants

Southern Adventist University	67%
Southwestern Adventist University	17%
University of Alaska	16%

Gender

Female	78%
Male	21%
Prefer not to say	1%

Procedures

- ❖ Institutional Review Board (IRB) approval obtained from Southern
- ❖ Informed consent obtained from participants
- ❖ Online survey created in Google Forms
- ❖ During the quantitative week of class, the students were given opportunity to participate in the quantitative online survey
- ❖ During the qualitative week, the students were given the opportunity to participate in the qualitative online survey
- ❖ Students' utilized smart phones, iPads, and laptops to participate
- ❖ Students' ran descriptive stats and thematic analyses on selected data sets
- ❖ Descriptive statistics were run
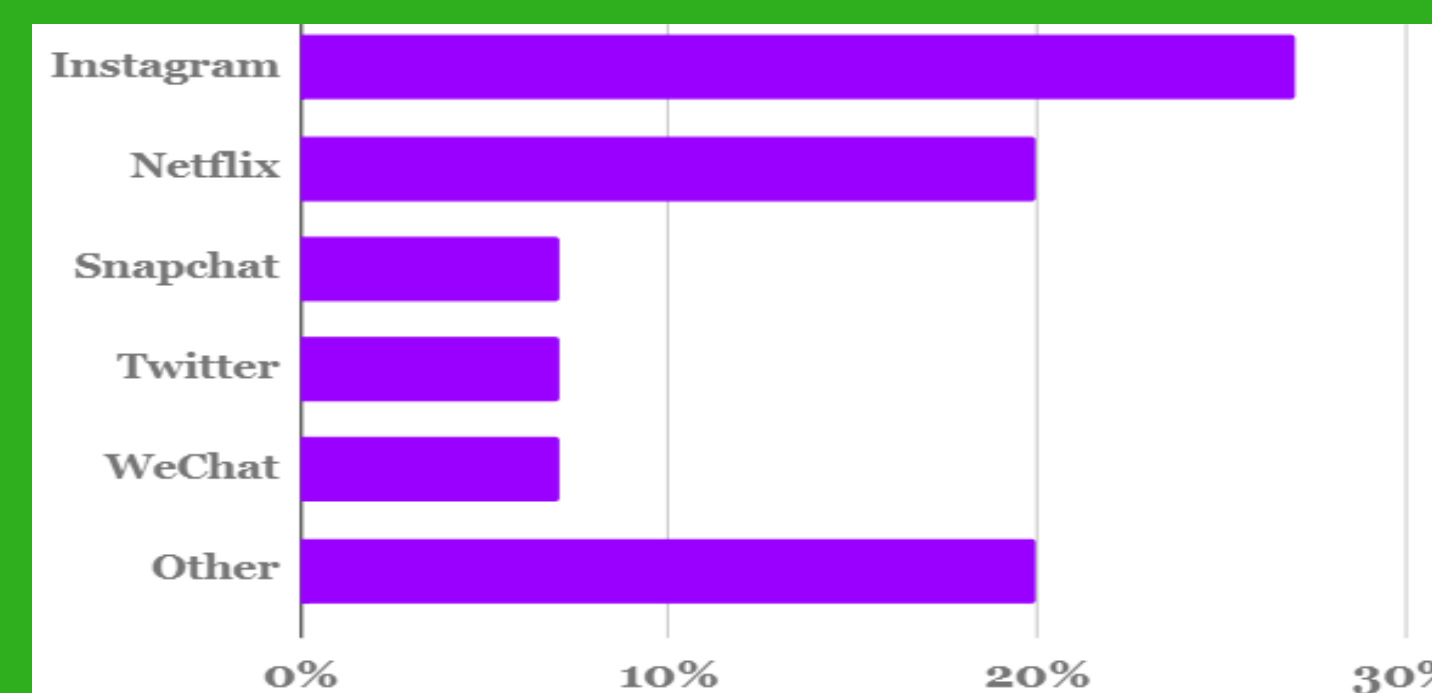- ❖ The qualitative data were reviewed and analyzed with constant comparison
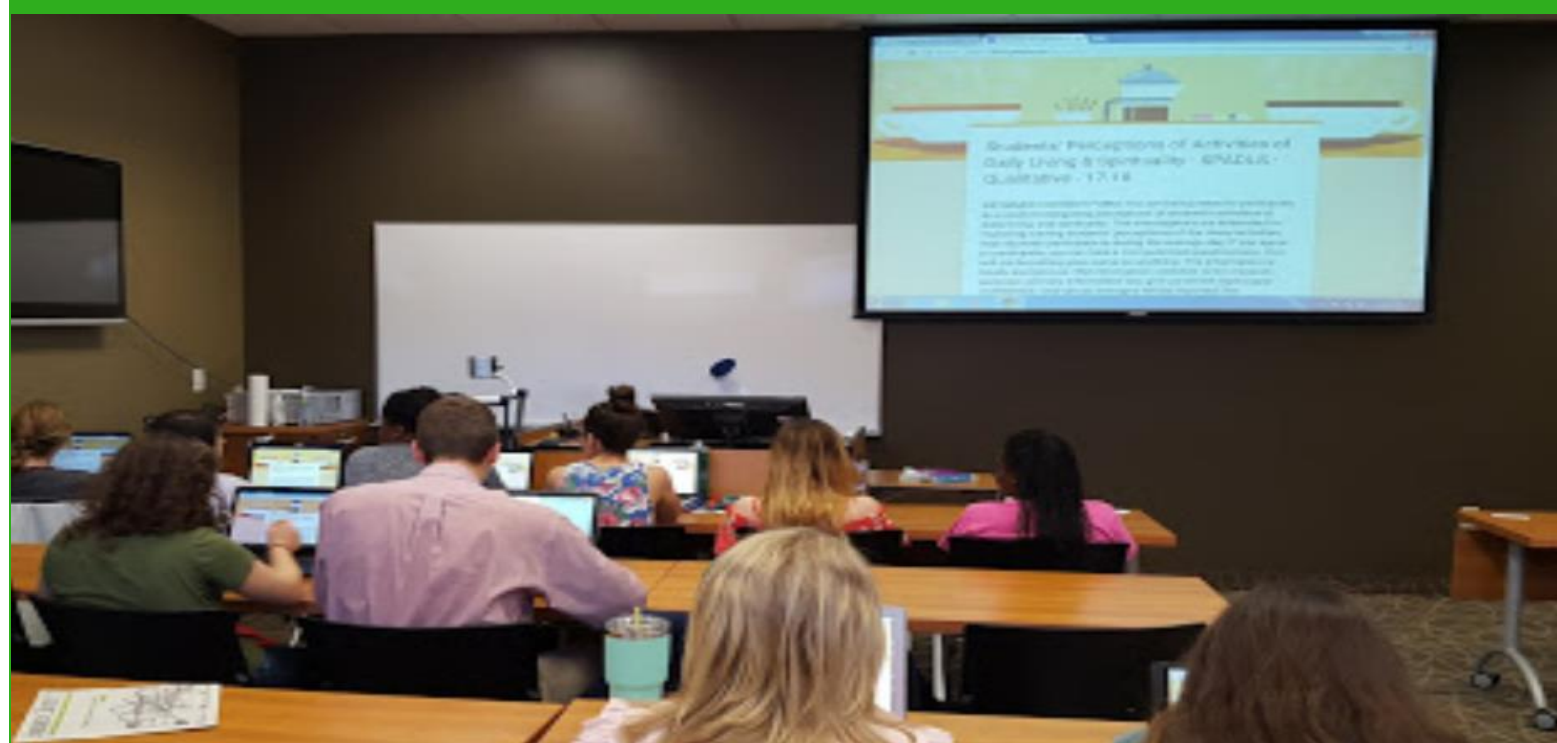
Research Questions

* How much time do you spend on social media and on studying on an average school day?
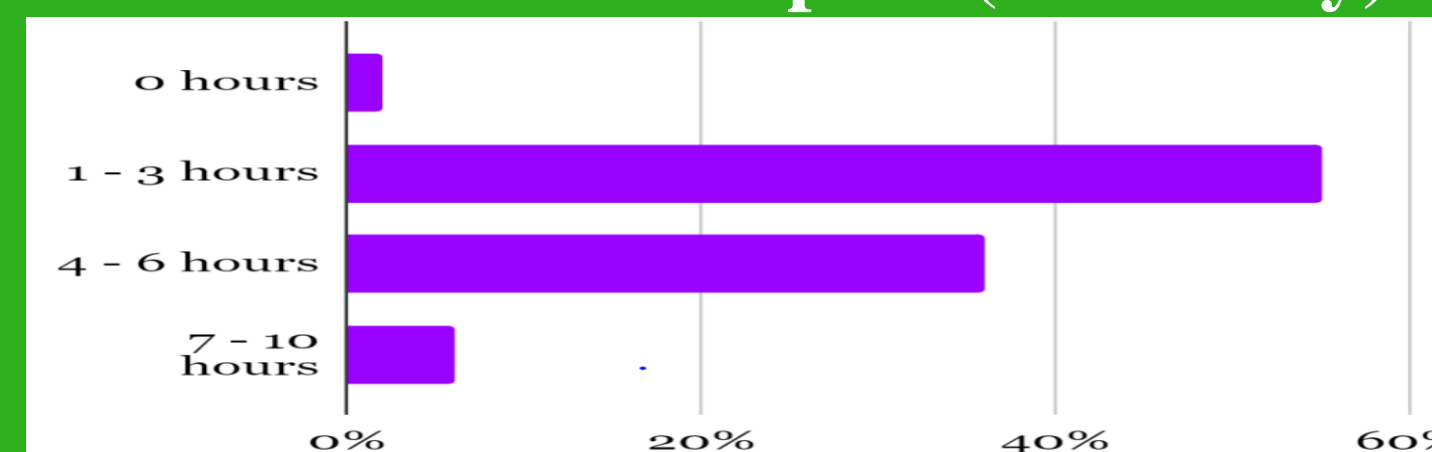* How often do you participate in personal daily devotions and what does that look like?
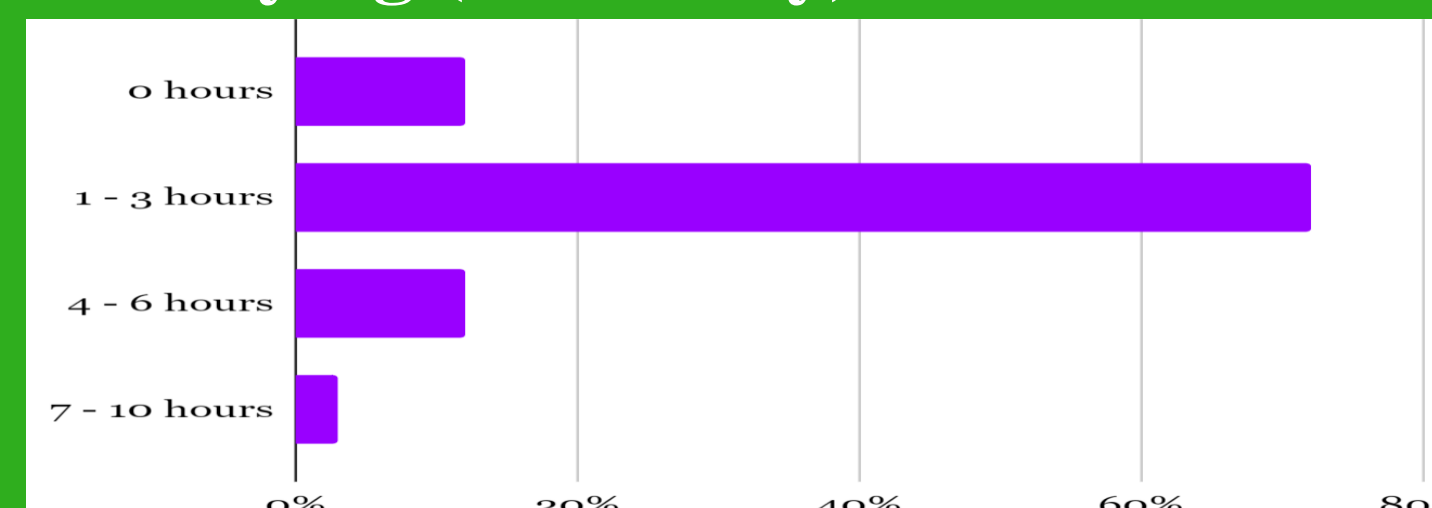
Results

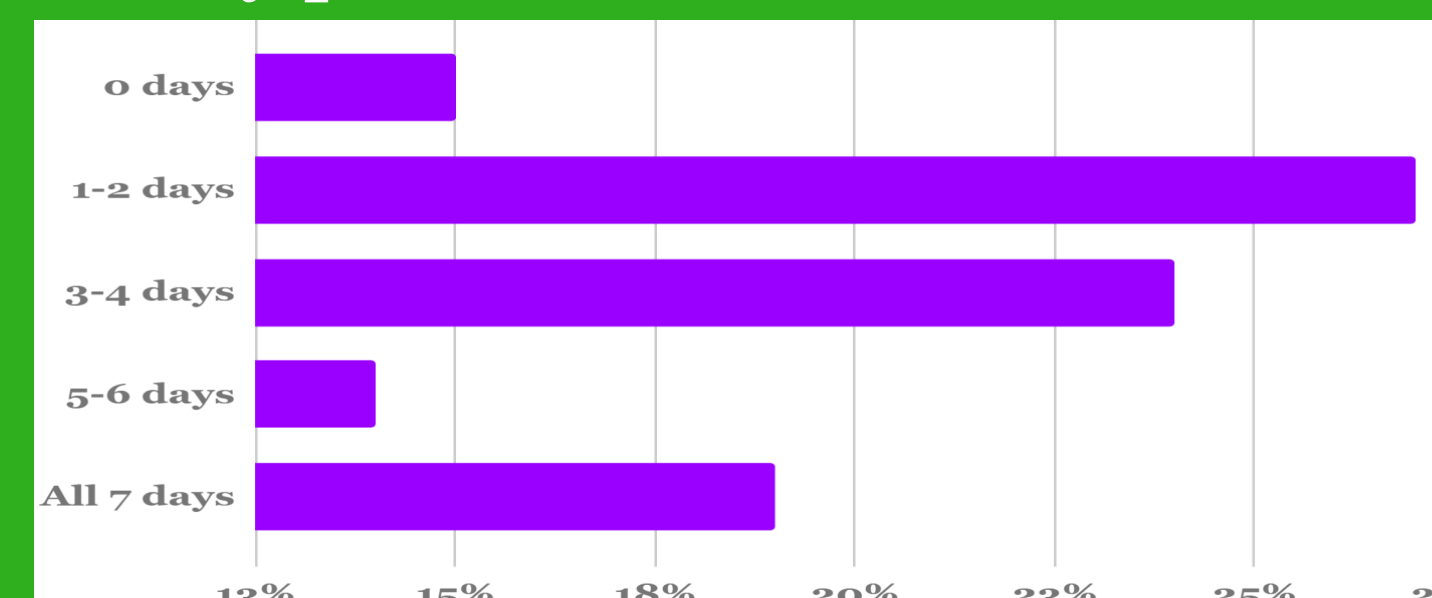### Students self-reported

Favorite social media sites

Social media time spent (hours/day)

Studying (hours/day)

Daily personal devotions

Personal Devotional Time Themes

Read/listen to the bible & pray/reflect 23%
Not at this time 17%
Daily 11%
Pray 7%
Read a devotional book and/or reflect 5%

Implications

For Educators the Importance of:

- ❖ Teaching students how to account for their current use of time as they prepare for their professional careers
- ❖ Encouraging good time management skills and living life in balance
- ❖ Educating students on how to manage social media time consumption as a skill-set as they transition to the professional nursing role
- ❖ Inspiring students to nuture their relationship with God
- ❖ Role model what a close relationship with God looks like
- ❖ Be transparent about your walk of faith and share how you cultivate your relationship with God

References

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