

Research Article

Assessment of Attitude towards Research among Nursing Students in Kashmir

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DOI: <https://doi.org/10.24321/2454.325X.202507>

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How to cite this article:

Ashraf M U, Habeeb S. Assessment of Attitude towards Research among Nursing Students in Kashmir. Int J Preven Curat Comm Med. 2025;11(3&4):9-15.

Date of Submission: 2025-04-28

Date of Acceptance: 2025-06-26

A B S T R A C T

Research is a process of systematic inquiry that entails the collection of data; documentation of critical information; and analysis and interpretation of that data/information. Nursing research primarily focuses on improving patient care and advancing the nursing profession. It helps develop evidence-based practices, enhances the quality of care, and addresses healthcare disparities. Furthermore, research informs policies, promotes professional growth, and fosters a culture of innovation in nursing.

Method: Descriptive design using a validated questionnaire was used to assess the attitudes towards research among student nurses. Modified Attitude Towards Research (ATR) scale used as research instrument. 84 nursing students from various nursing colleges of Kashmir were included as participants in the study.

Results: In the present study majority of participants 68 (80.95%) had not attended any conference, seminar, webinar, 14 (16.66%) participants attended only one, 2 (2.38%) participants attended two, 0 (0%) participants had attended 3 or more than 3, conference, seminar, webinar regarding research. For the total attitude score in first part of ATR scale statements related to Research usefulness in the nursing profession 78.43% (65.88) nursing students were agreed while 4.76% (4) nursing students were not agreed with the statements regarding attitude towards research. Based on attitude score in second part of ATR scale related to Research anxiety 73.63% (61.85) of nursing students agreed with the statements related to research anxiety. On ATR scale, according to their attitude score in third part of ATR scale related to Positive

Conclusion: The study concluded that the majority of the students were not aware of the usefulness of research in nursing. There is a demand for educational interventions like conferences, workshops, seminars and webinars regarding the usefulness of research in the field of nursing, besides the regular curriculum. It is very important to build a positive attitude towards research that will help nurses to improve patient health and drive change in healthcare systems. I

Keywords: Attitude, Research, Nursing Students.

Introduction

Research is a systematic inquiry to describe, explain, predict, and control the observed phenomenon. It involves inductive and deductive methods. Research is the examination, investigation or experimentation intended at the discovery and interpretation of facts, in which the accepted theories and practical application of such new theories or laws are revised ¹

To determine the effect of treatment & management of disease processes in patients, research is needed. Research plays a vital role in bridging knowledge gaps and providing answers to previously unknown questions in the field of nursing. It has a profound impact on the way healthcare professionals work, enabling them to deliver high-quality patient care.²

Nursing research has undergone significant transformations over the years, influencing current and future professional nursing practice. It has become an essential component of the educational process, shaping the way nurses approach patient care and make informed decisions. The role of nurses has evolved substantially in the 21st century. Nurses are no longer limited to traditional bedside care; they have become integral members of interdisciplinary teams, working collaboratively with other healthcare professionals to deliver comprehensive care. Nursing research has been instrumental in driving this evolution, providing evidence-based practices that inform nursing interventions.³

Nursing research is crucial for several reasons, which include improving patient outcomes, identifying best practices and evaluating the effectiveness of interventions. Nursing research helps improve patient outcomes and reduce healthcare costs. Research findings inform nursing practice, enabling nurses to make informed decisions and deliver high-quality care. Nursing research contributes to the advancement of the nursing profession, promoting evidence-based practice and shaping healthcare policy. As the healthcare landscape continues to evolve, nursing research will play an increasingly important role in shaping the future of nursing practice. By prioritising research and evidence-based practice, nurses can continue to deliver high-quality patient care and drive positive outcomes.⁴

Nurses work in a variety of settings, including hospitals, classrooms, community health departments, home healthcare, and laboratories. Their primary goal is to act as patient advocates, providing comprehensive and optimal care based on evidence obtained through research. Nursing research aims to develop knowledge on issues that matter to nurses, including nursing practice, education, and administration. By using the scientific method, nurses study care in all its dimensions, generating valuable insights that inform their practice. Research-based practice is at the

heart of nursing professionalism. By documenting their findings and describing their contributions to healthcare, nurses can improve patient care by applying research evidence to practice; nurses can deliver high-quality care that meets the unique needs of their patients. Nursing research contributes to the growth and development of the nursing profession, shaping healthcare policy and informing best practice. Enhance accountability by documenting their findings, nurses can demonstrate the impact of their care on patient outcomes, promoting accountability and transparency in healthcare. Nursing research has a significant impact on healthcare, enabling nurses to develop effective interventions and the development of targeted interventions that address specific patient needs.⁵

For the profession of nursing to advance and grow, nursing research must be the base of comprehensive, evidence-based clinical practice. This is only possible with more exposure to nursing research. As patient expectations rise and healthcare delivery becomes more complex, research empowers nurses to meet demand with evidence-backed solutions. Research heavily informs best practices in patient care. By conducting and applying qualitative and quantitative research methodologies, nurses can identify the most effective treatment methods, improve patient recovery rates and refine care processes.⁶

Exposing nurses to research is crucial for cultivating strong research skills, which can give them a competitive edge in their organisations. By embracing research, nurses can shape their practice and contribute to improved patient care. Evidence-based practice (EBP) is a decision-making approach that enables nurses to deliver high-quality patient care. EBP involves integrating research evidence in which the nurses use the best available research to inform their practice. Nurses apply their clinical experience and judgment to make informed decisions and consider patient preferences and values when making care decisions.⁷

A recent study by Mysara Alfaki (2023) explored the factors that impact nursing students' attitudes towards research at Taif University in Saudi Arabia. The study found significant differences in attitudes towards research among undergraduate nursing students based on age (Students of different ages had varying attitudes towards research.) The type of secondary and high school education influenced students' attitudes. Students with prior research experience in high school had different attitudes compared to those without research experience. The study highlighted the value of qualitative research in gaining a deeper understanding of undergraduate students' attitudes towards research. By exploring students' perspectives and experiences, qualitative research provides rich insights that can inform strategies to promote positive attitudes towards research among nursing students.⁸

A recent study by Chaturvedi, Tak, and Vijay (2023) investigated the attitudes towards research among nursing students in Rajasthan, India. The study used a descriptive survey design and a Modified Attitude Towards Research (ATR) scale to gather data from 373 nursing students through an online Google Docs survey. The study found a significant association between nursing students' attitudes towards research and their participation in research-related events, such as conferences, seminars, and webinars. This suggests that engaging in research-related activities can positively influence students' attitudes towards research. The study highlights the need for educational interventions beyond the regular curriculum to foster a positive attitude towards research among nursing students. By promoting a scientific approach and evidence-based practice, nurses can deliver high-quality care that is informed by the latest research findings. This, in turn, can improve patient outcomes and advance the nursing profession.⁹

Objectives

To assess the attitude towards Research among Nursing students in Kashmir

Materials & Methods

Descriptive design was used to assess the attitudes towards research among student nurses. The study was conducted at 3 nursing colleges; 2 from District Anantnag & 1 from District Baramulla used a questionnaire. The target populations were graduate nursing students from Govt Nursing College GMC Anantnag (n=28) and the Institute of Nursing (n=30) and Govt Nursing College GMC Baramulla (n=26). The sampling frame comprised a total of 84 students. Students who had met the inclusion criteria were selected by purposive sampling technique. Ethical clearance was taken from all the institutes before conducting the study. The tools selected for the present study included socio-demographic variables and modified Attitude Towards Research (ATR) ^{10,11} scale about research. 26 attitude statements with a five points (1-5) Likert scale were used to assess the attitude level. 14 positive and 12 negative statements were included and scoring was reversed for negative statements. The minimum score was 26, and the

maximum score was 130. Based on total scores obtained, the level of attitude was divided into three categories. Those who scored below 50% (65 and less score) were in a negative attitude, between 50 and 75% (scores between 66 and 99) were in neutral attitude and above 75% (100 and score) were in positive attitude category. The test-retest method was used to establish the reliability of attitude scale ¹². The study's reliability coefficient was calculated to be $r = 0.86$, by Cronbach's alpha for internal consistency reliability test indicating a high level of reliability. Before collecting data, the researchers thoroughly explained the study's purpose, nature, and potential outcomes to all participants. Those who agreed to participate were provided with an information sheet, an informed consent form, and questionnaires. The participants signed the consent form and completed the self-explanatory tools. The collected data was then analysed using SPSS software version 29.

Questionnaire

Section A: Demographic Data

Age in years	Less than 20
	20-23
	23-26
	More than 26
Gender	Male
	Female
Studying in	GNC Anantnag
	GNC Baramulla
	ION, South campus Anantnag
Conference, seminar, webinar attended regarding research	Nil
	1
	2
	3
	More than 3

Section B :

Part I. Questions related to Research usefulness in the nursing profession.

Research usefulness in the nursing profession.	Strongly Disagree/Disagree	Un-decided	Strongly Agree/Agree
Research is very useful for my career			
Research is connected to my field.			
Research should be an important part in my professional training			
Research should be taught to all students			
Research is important for every professional;			
Research is very beneficial			

I will employ research theories and values in my area.			
The skills I have possessed in research will be helpful in my future.			
Knowledge from research is very useful			

Part B. Questions of ATR scale related to Research Anxiety

Research Anxiety	Strongly Disagree/ Disagree	Un-decided	Strongly Agree/Agree
Research makes me tense			
Research is tough			
Research makes me uneasy			
Research makes me feel panicked.			
Research is a difficult subject			
Research process is multifaceted			
I feel unconfident concerning the analysis of research data.			

Part C. Questions of ATR scale related to Positive Attitude Towards Research

Positive Attitude towards Research	Strongly Disagree/ Disagree	Un-decided	Strongly Agree/Agree
I like research			
Research acquired knowledge is as useful as computation			
Research is beneficial for most of the students.			
I am willing to study the details of research			

Part D. Questions of ATR scale related to Research Relevance in Life

Research Relevance in Life	Strongly Disagree/ Disagree	Un-decided	Strongly Agree/Agree
I use research in my day to day life.			
Research does not apply to my personal life			
Research is beside the point to my life			

Part E. Questions of ATR scale related to Research Difficulty

Research Difficulty	Strongly Disagree/ Disagree	Un-decided	Strongly Agree/Agree
I have trouble with computation			
I find it hard to understand the concepts of research			
I make error while doing research			

Results

According to age majority, 58 (65.04%) participants were in the age group of 20-23 years, and 26 (30.95%) were in the age group of 23-26 years. As per gender, the majority of participants, 55 (65.47%), were females, while 29 (34.52%) were males. Regarding the enrolment in the college, the majority, 30 (35.71%), were studying at the Institute of

Nursing; 28 (33.33%) were studying at Govt. Nursing College GMC Anantnag; and 26 (30.95%) were studying at Govt. Nursing College GMC Baramulla. The majority of participants, 68 (80.95%), had not attended any conference, seminar, or webinar; 14 (16.66%) participants attended only one; 2 (2.38%) participants attended two; and 0 (0%) participants had attended 3 or more than 3 conferences, seminars, or webinars regarding research.

Table 1. Distribution of sample according to socio demographic variables (n=84)

Demographic variables	Frequency	Percentage
Age in years		
Below 20	0	0
20-23	58	65.04%
23-26	26	30.95%
Above 26	0	0
Gender		
Male	55	65.47%
Female	29	34.53%

Studying in		
GNC Anantnag	28	33.33%
GNC Baramulla	26	30.95%
ION ,South campus Anantnag	30	35.71%
How many conference, seminar, webinar attended regarding research		
Nil	68	80.95%
1	14	16.66%
2	2	2.38%
3	0	0
More the 3	0	0

Table 2. Description of samples according to their attitude score in first part of ATR scale related to Research usefulness in the nursing profession (n=84).

Research usefulness in the nursing profession.	Strongly Disagree/Disagree	Un-decided	Strongly Agree/Agree
Research is useful for my career	4 (4.76%)	10 (11.90%)	70 (83.33%)
Research is connected to my field of study	10 (11.90%)	60 (71.42%)	14 (16.66%)
Research should be indispensable (essential) in my professional training	2 (2.38%)	10 (11.90%)	72 (85.71%)
Research should be taught to all students	1 (1.19%)	3 (3.57%)	80 (95.33%)
Research is useful to every professional	2 (2.38%)	2 (2.38%)	80 (95.33%)
Research is very valuable	3 (3.57%)	4 (4.76%)	77 (91.66%)
I will employ research approaches in my profession	2 (2.38%)	2 (2.38%)	80 (95.33%)
The skills I have acquired in research will be helpful to me in the future	4 (4.76%)	14 (16.66%)	66 (78.57%)
Knowledge from research is as useful as writing	8 (9.52%)	22 (26.19%)	54 (64.28%)
Overall	4 (4.76%)	14.11 (16.79%)	65.88 (78.43%)

Table 3. Description of samples according to their attitude score in second part of ATR scale related to Research anxiety(n=84)

Research Anxiety	Strongly Disagree/Disagree	Un-decided	Strongly Agree/Agree
Research makes me nervous	8 (9.52%)	12 (14.28%)	64 (76.90%)
Research is stressful	28 (33.33%)	22 (26.19%)	34 (40.47%)
Research makes me anxious	10 (11.90%)	16 (19.04%)	58 (69.04%)
Research scares me	8 (9.52%)	12 (14.28%)	64 (76.90%)
Research is a complex subject	6 (7.14%)	14 (16.66%)	64 (76.90%)

Research process is complicated	2 (2.31%)	6 (7.14%)	76 (90.47%)
I feel insecure concerning the analysis of research data.	1 (1.19%)	8 (9.52%)	73 (86.90%)
Overall	9 (10.71%)	12.85 (15.30%)	61.85 (73.63%)

Table 4. Description of samples according to their attitude score in third part of ATR scale related to Positive Attitude Towards Research (n=84)

Positive Attitude towards Research	Strongly Disagree/ Disagree	Un-decided	Strongly Agree/ Agree
I like research	2 (2.31%)	12 (14.28%)	70 (83.33%)
Research acquired knowledge is as useful as arithmetic	10 (11.90%)	24 (28.57%)	50 (59.52%)
Most students benefit from research	3 (3.57%)	27 (32.14%)	54 (64.28%)
I am inclined to study the details of research	12 (14.28%)	16 (19.04%)	56 (66.66%)
Overall	6.75 (8.03%)	19.75 (23.51%)	57.5 (68.45%)

Table 5. Description of samples according to their attitude score in fourth part of ATR scale related to Research Relevance in Life (n=84)

Research Relevance in Life	Strongly Disagree/ Disagree	Un-decided	Strongly Agree/ Agree
I use research in my daily life	60 (71.42%)	22 (26.19%)	2 (2.31%)
Research thinking does not apply to my personal life	50 (59.52%)	30 (35.71%)	4 (4.76%)
Research is irrelevant to my life	60 (71.42%)	12 (14.28%)	12 (14.28%)
Overall	56.66 (67.46%)	21.33 (25.39%)	6 (7.14%)

Table 6. Description of samples according to their attitude score in fifth part of ATR scale related to Research Difficulty (n=84)

Research Difficulty	Strongly Disagree/ Disagree	Un-decided	Strongly Agree/ Agree
I have trouble with arithmetic	4 (4.76%)	4 (4.76%)	76 (90.47%)
I find it difficult to understand the concepts of research	2 (2.31%)	12 (14.28%)	70 (83.33%)
I make many mistakes in research	2 (2.31%)	22 (26.19%)	60 (71.42%)
Overall	2.66 (3.17%)	12.66 (15.07%)	68.66 (81.74%)

Discussion

The present study aimed to assess the attitude of research among nursing students. Findings revealed that the majority (83.33%) of the students agreed that research was useful for their career. However, at the same time, the majority of students perceive research to be stressful (40.47%), and they often get nervous while doing research (76.90%).

Approximately similar results were found by a study conducted by Tumilara Busayo Amoo and Oluwatosin in 2021 to assess diploma nursing and midwifery students' attitudes towards research, and their participation in research-related activities. Descriptive cross-sectional design was used to conduct the study, where 91 nursing and midwifery students who were purposively selected, provided data for the study. Students in graduating classes

were included in the study. Papanastasiou's (2005) Attitude Towards Research scale questionnaire was adopted and used to collect data from participants. Ethical approvals were received from research ethics committee at School of Nursing Ilaro and research ethics committees at other participating institutions. Results of the study revealed that majority of participants were females, and nursing students. Most participants agreed that research was useful in their career. However, they perceived research to be stressful, complicated, difficult and a complex subject. About 63% of participants had a positive attitude towards research while 37% had a negative attitude. Nonetheless, only 39% participated in research-related activities. The study concluded that students' participation in research-related activities was low. Nursing and midwifery faculties should adopt measures including research workshops, seminars, and conferences to improve student participation in research.

Conclusion

The study concluded that the majority of the students were not aware of the importance of research in the field of nursing. So, besides the regular curriculum of nursing students there is need for educational interventions like conferences, workshops, seminars and webinars regarding the usefulness of research in the field of nursing.

Conflict of Interest: None

Source of Funding: None

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