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Factors Influencing Australian Nursing Students’ Psychological Well-Being and Suicidal Ideation

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Purpose:
The purpose of this study was to examine the state of psychological well-being and suicidal ideation of Australian nursing students. The study also examined levels of anxiety and depression, and features of personality and family interaction as well as the relationship of these to students’ psychological well-being and suicidal ideation.

Methods:
Participants were Bachelor of nursing students from a University in the Australia. This study utilized a cross sectional descriptive research design, with data collected by structured questionnaires. Data was analyzed using SPSS version 20 with descriptive data analysis, Pearson Correlation, and Stepwise Multiple Regression.

Results:
A total of 201 nursing students (20 male, 181 female) participated in this study; 157 (78.1%) participants were Australian. The mean age of nursing students was 25.80 (SD = 8.43) and 96 (47.8%) identified as Christian. The statistical significant factors related to psychological well-being include anxiety ($r = -0.540, p \leq 0.001$), depression ($r = -0.647, p \leq 0.001$), personality ($r = 0.642, p \leq 0.001$), positive family interaction ($r = 0.362, p \leq 0.001$), and negative family interaction ($r = -0.239, p \leq 0.001$).

The statistical significant factors related to suicidal ideation include psychological well-being ($r = -0.480, p \leq 0.001$), anxiety ($r = 0.590, p \leq 0.001$), depression ($r = -0.684, p \leq 0.001$), personality ($r = -0.372, p \leq 0.001$), and positive family interaction ($r = -0.182, p \leq 0.01$).

Results indicate a relationship between anxiety and depression and states of psychological well-being and suicidal ideation. Students’ with lower ratings of anxiety and depression have increased ratings of psychological well-being and decreased ratings of suicidal ideation. Additionally, increased ratings of positive personality and positive family were related to increased ratings of psychological well-being and decreased ratings of suicidal ideation. Negative family interaction decreases the nursing students’ psychological well-being.

Conclusion:
Depression, personality, and family interaction impact Australian nursing students’ psychological well-being. Anxiety, depression, and negative family interaction are influencing factors of the suicidal ideation of Australian nursing students.