The influence of self-esteem in the association between peer relationship and depression among Taiwan nursing students

Chin-Wen Liao*, Po-Wen Cheng, Hung-I Lin and Bo-Quan Chen

Department of Industrial Education and Technology, National Changhua University of Education (NCUE)

*Email: tcwliao@cc.ncue.edu.tw

ABSTRACT

Nursing is a very important career option, requiring robust mental health. Nurses' mental health status will exert a direct influence on their study and daily life and even the quality of their future and the stability of the nursing team. The current study aimed to examine the mediation effects of self-esteem on the association between peer relationship and depression among Taiwan nursing students. This study employs secondary data analysis. A sample of 291 Taiwanese undergraduate nursing students completed the measures of peer relationship, self-esteem, and depression. Data were analyzed using Structural Equation Modeling (SEM) by Path analyses. The results of this study showed that peer relationship and self-esteem were negatively correlated with depression, and peer relationship was positively related with self-esteem. The SEM model also revealed a significant connection from peer relationship to depression through self-esteem. To decrease depression in nursing students, nursing educators should encourage peer relationship and high levels of self-esteem.

Keywords: Nursing students, Peer relationship, Self-esteem, Depression