

P01-149 - **INVESTIGATION OF RELATION BETWEEN ASSERTIVENESS AND ANXIETY IN MIDWIFERY & NURSING STUDENTS**

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Objective: High level of assertiveness and low anxiety are important factors that caused suitable communication and increase of intellectual abilities, abstract thought, power & autonomy and personal well-being in of nursing and midwifery students. Only few studies have been done this issue. The objective of this study was to determine relation between Assertiveness & Anxiety in Midwifery & Nursing students.

Methods: This was a correlational and cross-sectional study. 173 nursing (68 male & 105 female) were recruited respectively in census & rational method and 77 midwifery students were recruited in census method. The data were collected using a self report tool included "personal information form", "Trait Spilberger Anxiety" and "Assertion Inventory (AI) of Gambrill & Richey". The data were analyzed using descriptive and inferential statistical methods.

Results: Results show that more than half of nursing and midwifery students (59/5%, 59/7%) have moderate assertiveness. Also 43.3 & 36.4 percent them have moderate & high levels of anxiety. Pearson correlation test revealed that assertiveness and anxiety in nursing ($r = -0/51$, $p < 0/001$) and midwifery ($r = -0/449$, $p < 0/001$) students were negative and significant correlated. Some variables have significant difference with assertiveness and anxiety of students.

Conclusions: In regard to relation between assertiveness and anxiety and effect on mental health, educational & occupational functions of students, it is need to specific attention of educators to this point. Also interventions is need for increase of students knowledge of interpersonal skills specially increasing assertiveness and decreasing anxiety.