

# **A PHENOMENOLOGICAL STUDY : LIVED EXPERIENCE OF NURSING ACADEMIC STUDENT'S TOWARD NCLEX ONLINE TRAINING**

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**Background** : Nclex is competency test of international nurse who want to work abroad. Preparation to face nclex have not been given by academic institutions. Students need to be prepared independently for example by following nclex online training.

**Objective** : This study aims was to explore the experience of nursing academic student preparing international test competency through a distance learning.

**Design**: A qualitative interpretive phenomenology approach was applied as the research design. Purposive sampling technique was chosen to get participants according to the inclusion criteria. There were 6 participants involved in the study. Data collection method used the semi structured interviews and using recording devices. Data were

analyzed applying Braun and Clarke Thematic Analysis.

**Result** : seven overarching themes emerged from the study. The themes included inadequate information, physical and psychical student reaction, weakness in english, inadequate time management, inadequate learning facilities, feel confidence increased and insight about nursing and nclex increased

**Conclusion** : Based on the student experience, NCLEX is difficult and laborious. Students have not been informed about NCLEX in deep. Obstacles over exams and online learning is facilities, english and time. NCLEX online training can improve insight students about NCLEX and nursing academies and increasing confidence of students to final NCLEX exams.

**Keyword**: experience of nursing student, NCLEX, distance learning

## **Introduction**

The ASEAN Economic Community (AEC) in health care creating new markets for health service and paramedics skilled at ASEAN. Mutual Recognition Arrangement (MRA) for nurses aims to facilitate mobility of professional nurses around ASEAN countries. In the face of MEA, Indonesia must work hard to increase competitiveness and professionalism of health workers to compete with others.

The ministry of health planned several strategies to prepare Indonesian nurses to work abroad. The strategy is by improving the quality of education through accreditation by Lembaga Akreditasi Mandiri Perguruan Tinggi Kesehatan (LAM PTKes), doing competence examination of nurse at the end of the study, registration give health workers in the form of STR (Surat Tanda Registrasi) that can be used to work in Indonesia and abroad, harmonisation of standard competency, harmonisation of certification system, international certificate and encourage the deployment of a nurse to a foreign country by the Indonesian government (Rosyati, 2015).

Participation of Indonesia nurses in MEA 2015, especially in the mobility of Indonesia nurses going abroad have many challenges. The challenge

including nursing graduates Indonesia has not been owning confession certification internationally competence, Indonesia has not been have institute of profession certificates internationally recognised, the absence of a legal act that regulates the test competency and international certificate for Indonesia nurses who want to work abroad (Rosyati, 2015). One of effort to improve the quality of nurses to participate in MEA by improving graduation of nursing students in the National Council Licensure Examination-Registered Nurse (NCLEX-RN) (Kline, 2010).

NCLEX is an examination systems using computerized to know the ability of a nurse whether cognitive, affective and psychomotor order to be able giving the care of nursing safely and effective in all the nursing service. The program these tests started to be known since 1994 and undertaken in computerized based in the United States and have some branches in several country appointed by an agreement of the national council of state boards of nursing (NCSBN). Test scores of NCLEX will be the basis for NCSBN in giving license as Register Nurse (RN) or Practical Nursing (PN) (NCSBN district, 2014).

Nurses Preparation in the face of competency NCLEX test not given by academic institutions because most preparation competency

test done by education institutions is to the national competence. So students needs to learn independently preparing for international test competency or NCLEX. One form of preparations can be done by students is to follow learning remotely about try out nclex and discussion about NCLEX online. Distance learning is a plan teaching / learning experience that uses a broad spectrum of technology to reach students in the distance and designed to encourage interaction students learn and certification.

Phenomena about competency test of international nursing student is largely student d iii nursing not know about nclex test .This is in accordance with the results of the preliminary study done to several student d iii nursing that most of them do not yet know about nclex test and did not understand about international competency test.

Based on the theory and phenomenon associated with the international competence, needs to be done research on nursing academy of student experience against international competency test made it through learning online (NCLEX online training).

## **Method**

Design used in this research was qualitative approach phenomenology interpretive. Phenomenology interpretative is phenomenology who insists on interperiasi and the understanding of human life experience. The study is done in a academy nursing the district government Lamongan. Participants to research were chosen to purposive sampling technique appropriate criteria inclusion. As for criteria inclusion in research is a student of academy nursing the district Lamongan government the first half the end, follow the trial NCLEX and online learning, able to communicate using indonesian and willing to become participants and providing information about his experiences related pilot NCLEX and online learning. The number of participants was 6 students.

The collection of data using methods interview semistructur and recorded with the tape recorder .The results of interviews verbatim then ditranskip and analysed using braun and clarke thematic analysis to get themes as the result of research (Braun & Clarke, 2006).

## **Result and Discussion**

The interviews conducted by researchers to nursing academic students resulted seven themes.

The themes seemed owns the links between the theme is one of the others

### **Inadequate information**

Information is notice , newspaper or news about something. Based on the experience nursing academic student during follow the pilot program NCLEX and online lectures they do not get adequate information associated with NCLEX and implementation as well as lectures exams online. Information which does not obtain student is a description or explanation about NCLEX and time management online lectures .The theme of inadequate information composed by two sub theme namely the implementation time the exam and descriptions of NCLEX .

*“...terkadang pada waktu jadwalnya tidak sesuai dengan jadwal yang diberikan pada saat pemberitahuan di awal..” (P2)*

Information relating to nclex and college online need to be given to students before the activities .Useful information to improve their knowledge , reduce the uncertainty information , reduce the risk failure and give standard , rules , size and the decision to determine the goals and

objectives (Sutanta, 2003). Students need information regarding the implementation of the NCLEX to reduce the risk inactivity student during out of the SEAMOLEC.

Lack of information on NCLEX examination is worrying for nursing students for information that is inadequate maybe a negative impact on a graduate student against their ability to NCLEX final exams. Lack of information about NCLEX cause students do not know standard, rules, and measures of size thus students cannot take the right decision to achieve goals and objectives desirable (Etheridge, 2007; Sutanta, 2003).

*“...kita diberi sosialisasi dulu bahwa NCLEX itu seperti ini, ujiannya itu sebanyak berapa kali, kemudian syarat – syarat kelulusannya.. kemudian indikasi atau indikator kelulusannya itu seperti ini, jumlah soalnya segini,, kemudian, eee.. yang kedua itu dari jumlah soalnya bu.. dari jumlah soal dan waktu..” (P5)*

Socialization regarding nclex desperately needs students so that they have a description of NCLEX. Participants hope that before exams, them first is given information about requirements



graduation, the number of about, time, and how many times this examination are held. Preliminary information this will help students to prepare by better to join the NCLEX exam.

Nursing students often expertise have both in the areas of science and art in nursing, but students were find it difficult to achieve success at undergo competency test. This is because so much information must be known by a nursing student and they had difficulty to determine what is important to see that cause students often failures when followed test. Educational institutions need to with other parties in learning that would give information required by students who do not get during the lecture (Carrik, 2011; Cherkis, & Rosciano, 2015).

### **Student's physical and psychological reaction**

Students reaction at the time follow program from SEAMOLEC of the NCLEX test and online learning came in the form of physical and psychological reaction. This reaction experienced by students because they have to test for five hours in english and dealing with computer. Physical reaction of mostly participants are those was tired of, while reaction psychological experienced among others feeling confused, lazy, bored and saturated.

*“Mungkin capeknya itu karena tidak terbiasa melihat layar terlalu lama yang pertama, kemudian mungkin ya belum paham juga tentang soal – soalnya...” (P3)*

Fatigue is reaction functional from the center awareness that is the cortex serebri influenced by the system antagonistic and system locomotion. Mechanism of systems antagonistic and system activation is rises to reduction capacity work and endurance the body. Fatigue cause students decreased motivation to be doing the optimally (Amrizal, 2005).

*"saat kuliah online ya seperti tadi.. seperti ya agak membosankan kalau saya bilang..." (P6)*

Bored is feeling is not like anymore because we too often or many. Participants said he bored at the college and test. Participants bored at in college for the matter delivered on at college had gained when they are still learning on campus. While, ennui in exams caused by the number of about too many and worked in a long time and end up often feel bored.

The NCLEX test implemented in five hours make participants bored or saturated. Feeling

saturated will make motivation students in doing the be reduced. Saturated can be caused by for him who think for too long where when it comes to thinking of the brain that use is left brain (Hadiyanto & Mulyaningtyas, 2008).

### **English expertise is still lacking**

In following NCLEX online training program students had difficulty both internally and externally. internal Obstacles experienced by students is the ability in english. English be the language introductory used good at the test and on at online learning. Student who does not have the ability in english are running into problems in following this program. The theme expertise in english weakly prepared by three sub the theme that is lack of knowledge of material about, of english used not easy and the vocabulary new not yet understood.

*“Ya.. itu.. memahami soal itu sudah pasti.. soalnya kan pake bahasa Inggris sedangkan ya.. kalau bisa dibilang ya.. ilmu bahasa inggrisnya kurang..” (P1)*

Obstacles for participants in the Nclex examination and online learning is english. Participants having trouble when they translate

about NCLEX thus although they have never be able to those on matter at learning but because they do not get thinking about they cannot do that situation. During college, english also barrier for participants because lecture speaking fastly so they had difficulty to catch the contents of talks.

Expertise in english is one of the success of the obstacles nclex-rn to a great extent nursing students. Most students tired mentally because they have to test in english .Their ability to speak english needed to understand about NCLEX (Finfgeld & Johson, 2013).

### **Inadequate Time management**

Time Management is planning, organizing, and supervision productivity time. In doing a program then required a good time management so that the result would be maximized . Based on the research, time management in the program nclex and online training is not yet optimal. The theme of time management is inadequate consisting of three sub the theme that is schedule collide with time college, the distance between tests and discussion too long and the beginning lectures are too afternoon.

*"Kalau dari segi waktu ya sama kayak ujian tadi kalau bisa jangan terlalu sore soalnya kalau terlalu sore kesannya itu.. kayak gimana ya.. kayak males gitu lo.. mengikuti kegiatan itu.. e-learning itu.. kalau bisa ya pagi.. atau mungkin... pokoknya sebelum pukul 12 siang la..." (P3)*

According to Forsyth (2009) management of the time is how make time be restrained so as to ensure the creation of a truly effectiveness and efficiency also productivity. Time management also leading to the process manage yourself to reach desired results. In reducing the during the lecture and online test, students can do manajemen a good time and therefore the obtained will be more maximal .

The condition of learning at the daytime different from the morning. In the morning the condition of physical and spiritual students still fresh and memory the brain was empty, so easy to absorb the materials that given. While, the condition of learning on the afternoon or daylight that is the times of sleeping going to make students not optimal receive the subject matter (Herlina, 2010).

### **Inadequate Learning Facilities**

Learning will be effective if supported by facilities. Facilities is everything that physical and materials to facilitate the implementation of the learning process. To the process learning long-distance the facilities to be available among others room, audio, and the internet network. Facilities will ease learning. The theme facilities learning inadequate prepared by two sub the theme that is internet network annoyance and a means of supporting inadequate.

*“masalahnya juga tidak terlalu banyak juga.. tapi jaringan koneksi internetnya.. Seumpama nanti koneksi internetnya terputus berarti nanti kita mungkin tidak bisa mengikuti slidenya itu..seperti itu tadi.. jadi mungkin tertinggal..” (P3)*

Learning facilities provided by institution for NCLEX online training programs still inadequate. Inadequate Facilities caused by disorder of internet connection and inadequate supporting facilities. A means of supporting required in a test or online learning including loudspeakers and computer.

The implementation of the distance learning in Indonesia are still have obstacles both in terms of facilities and of human resources. Several problems

facing the efforts in the implementation of the distance learning are the low consistency school intuition, infrastructure the internet network that were lacking, lack of mastery english, staff that are not yet ready and the pattern think society that still oriented on education conventional. Network infrastructure the internet is weak or internet access difficult to obtain especially the power of a signal (Attri, 2012).

### **Increasing of Confidence**

Confidence is sure true or makes sure ability or credentials someone or something. The test is one form of stressor causing somebody having psychiatric problems as anxiety. If the person has no confidence and capability, they have would be lost a result of anxiety experienced. The theme of confidence exams increased arranged by four sub themes that is made in exams, add vocabulary english, train of concentrations when the test and being confident

*“setelah mengikuti perkuliahan kita waktu ujian bisa lebih mudah.. oo.. kemarin ada yang sudah membahas seperti ini jadi kita lebih mudah mengerjakannya soalnya pada waktu ujian” (P4)*

*“setidaknya pada saat uji kompetensi saya lebih percaya diri” (P6)*

Confidence is required by a student when NCLEX final exams. Confidence in exams can grow because the participation of participants in the NCLEX online training causing the final exams rejuvenescent, the number of vocabulary english increase, the concentration of being trained and greater confidence. Confident will make participants to be ready for examination.

The NCLEX trial can be beneficial for both psychologically or intellectually. Psychologically, the participants feel a sense of confidence and self-esteem of being increased. In an intellectual manner, they can fix the capacity to think critically them and increase their knowledge about professional nursing (Choe & Yang, 2009).

### **Increase Perspectives Concerning Nursing and Nclex**

Insight is the notion someone to something. Insight a person can magnified as the person get new information or experience of doing something. Insights into nursing and NCLEX can increase after joining a test of NCLEX and online learning. The



theme insights into nursing and NCLEX increased arranged by four sub themes that increase knowledge and experience, member descriptions of the competence, peel back matter college and motivated to find out.

*"mengerjakan soal sejumlah 270 dalam waktu kurang lebih 6 jam harus menghadap computer dan menghadapi soal bahasa Inggris.. Itu merupakan pengalaman baru..(P3)"*

The discussion at the time of online learning given by lecture conducted in depth against matter discussed. Lecture explain in detail about every item options that was in about. For the participants follow online learning very useful because she get reviews matter in depth than on at college. Participants also get experience in the form of NCLEX examinations.

Based on the results of research conducted by Choe dan Yang (2009) about experience of Korea nurse preparing and NCLEX final exams states that one of the benefits of of join the exam nclex is refection to nursing practices. When follow NCLEX-RN preparation test nurse realized that nurse is a profession. Nurse get knowledge rather through NCLEX preparation test. In fact, follow NCLEX

preparation led increasing their ability to understand medical terminology in English, knowledge professional association of nursing. The NCLEX test can also improve understanding of students about the care of nursing and can apply the capacity to think critical in order clinical .

## **Conclusion**

Nclex online training is new to nursing academic students. Experience that felt at the time to sit NCLEX is tired and confused. Students have not been given information in detail about NCLEX. The obstacles during NCLEX online training is English that were lacking, inadequate supporting facilities and management a time is inadequate. As for advantages students after undertaking NCLEX online training is insight related to nursing and NCLEX grows and a more confidence to follow competency test of international nurse

Educational institutions should introduce a student with an examination NCLEX since the beginning so that they can prepare by the time they was in college. Preparation of examination face NCLEX can be performed by a nursing student by following online learning.

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