



LINKING SELF-PERCEIVED HEALTH TO OVERALL WELL-BEING: INSIGHTS FROM NURSING STUDENTS

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ABSTRACT

Nursing students face demanding academic and clinical requirements that affect their physical, emotional, and psychological health. Self-perceived health, a subjective evaluation of one's overall health, has been shown to predict well-being and life satisfaction. This study explored the relationship between self-perceived health and general well-being among nursing students, guided by Pender's Health Promotion Model and Maslow's Hierarchy of Needs.

A quantitative, cross-sectional design was employed, involving 300 undergraduate nursing students recruited through convenience sampling. Self-perceived health was measured using the Single-Item Self-Rated Health tool, while general well-being was assessed with the General Well-Being Schedule. Data were analyzed using Pearson's correlation and linear regression to determine the strength and predictive value of self-perceived health on well-being outcomes.

Findings revealed a statistically significant and moderately strong positive correlation between self-perceived health and general well-being ($p < .001$). Regression analysis indicated that self-rated health predicted approximately 39.9% of the variance in well-being scores. Students who reported better self-perceived health demonstrated higher emotional

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stability, vitality, and optimism, underscoring the role of health perceptions in academic resilience and life satisfaction.

The results highlight the importance of fostering positive health perceptions in nursing education. Integrating wellness initiatives, mental health support, and self-care education into curricula can strengthen resilience and prepare students for the emotional and professional demands of nursing practice. Future studies are recommended to adopt longitudinal and mixed-method approaches to capture cultural and contextual influences on student well-being.

Keywords: *self-perceived health, general well-being, nursing students, resilience, health promotion, Pender's Health Promotion Model, Maslow's Hierarchy of Needs*

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