



## **A Cross Sectional Study to assess Preferred Learning Styles among Nursing Students at State Institute of Nursing and Paramedical Sciences, Badal**

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### **ABSTRACT :**

Learning style is the way in which each learner begins to concentrate on, process, absorb, and retain new and difficult information. The aim of present study was to assess preferred learning styles among Nursing Students at State Institute of Nursing and Para Medical Sciences, Badal. A non- experimental research approach, cross sectional research design was used to conduct this research study. Simple random sampling technique was used to select 100 nursing student from State Institute of Nursing and Paramedical Sciences, Badal, Shri Muktsar Sahib. The data was collected using VARK Structured questionnaire. The study result revealed that out of 100 nursing students 11% preferred visual learning styles, 22% used audio learning styles, 9% has followed the reading learning style, kinesthetic and multimodal learning style are preferred by 38% and 20% respectively.

**Keywords:** Preferred learning style, Visual, Audio, reading, kinesthetic, multimodal and Nursing Students.

### **Introduction & Background of Study:**

Learning styles are viewed as distinctive cognitive, affective, and psychological patterns of behaviour that work as comparatively stable indications of how students view, engage with, and react to their learning environment. A person's normal and preferred method of taking in, processing, and remembering new knowledge and abilities is referred to as their learning style. <sup>(1)</sup>

Learning styles, as they are commonly known, reveal a person's preferred method of learning or information acquisition. The manner in which students achieve the program's aims and objectives is also influenced by their learning preferences. The VARK questionnaire is one of the most widely used instruments, with adequate reliability and validity. Dr. Neil Fleming, the original creator of the VARK learning styles inventory, reviewed and approved the final version of the VARK questionnaire, and his feedback was incorporated into this tool. VARK is an abbreviation for Visual, Aural, Read/Write, and Kinaesthetic sensory modalities. Learning styles are classified into two types. Unimodal learners have a single dominant learning preference and are classified into four learning styles: V, A, R/W, and K. <sup>(2)</sup>

The initial research on learning styles has had a significant impact on learning preferences in education, despite the need for more study. Therefore, the researcher aims to assess learning styles are essential for undergraduate students and assist in their improvement. <sup>(3)</sup>

### **Objectives**

1. To assess preferred learning styles among nursing students at State Institute of Nursing and Paramedical Sciences, Badal.

### **Material & Methods**

**Research Approach:** Quantitative non-experimental approach

**Research Design:** A cross – sectional study design

**Research Setting:** The setting for the present study was State Institute of Nursing and Paramedical Sciences, Badal.

**Target Population:** The target population of the present study was Nursing Students at SINPMS, Badal.

**Variables:** Variables studied in the research are Age, class, education board, type of school, percentage in previous class, and area of residence, learning styles.

**Sample size and Sampling Technique:** A total sample of 100 nursing students was selected by stratified simple random sampling. Randomization of study subjects was achieved with help of Random Number Generator available online at <https://www.calculatorsoup.com> by using class roll number of respective under-graduate nursing students.

### Development and Description of tool

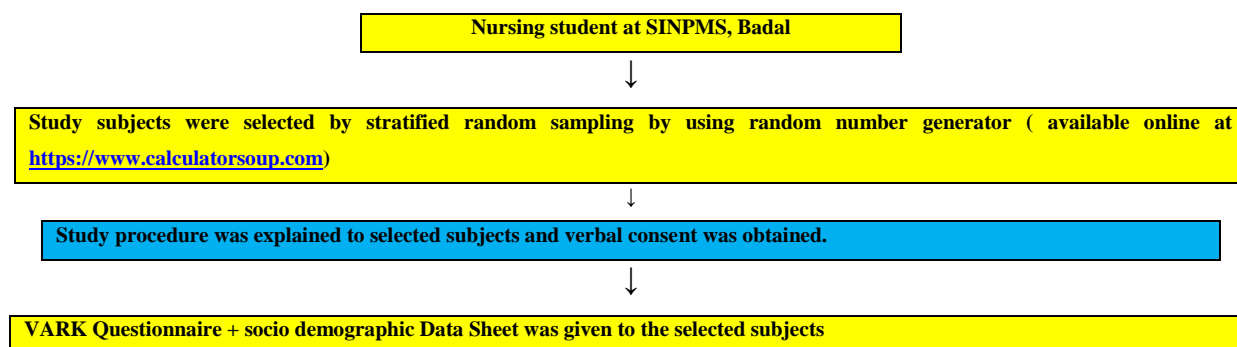
**Section A:** Demographic data of the study participants comprised of items seeking information pertaining to the selected demographic variables such as Age, Class, Education board, Type of school, Percentage of 10+2 and area of residence.

**Section B:** The preferred learning methods of nursing students were evaluated using VARK questionnaire (version 8.01)

### Ethical consideration

Ethical approval to conduct the study was obtained from the institutional committee of State Institute of Nursing and Paramedical Sciences, Badal. Verbal consent form was obtained from the participants for willingness.

### Procedure of Data Collection



### Analysis and Interpretation

Table no. 1 Frequency and Percentage Distribution of preferred learning styles as per their demographic variables.

N=100

S.no.	Socio Demographic variables	n	%
1	<b>Age in years</b>		
	17-20	72	72%
	21-24	40	40%
	Above 25	7	7%
2	<b>Class</b>		
	BSC 1 <sup>st</sup> year	22	22%
	BSC 2 <sup>nd</sup> year	22	22%
	BSC 3 <sup>rd</sup> year	22	22%
	Post Basic 1 <sup>st</sup> year	18	18%
	Post Basic 2 <sup>nd</sup> year	16	16%
3.	<b>Education board in 10+2</b>		
	ICSE	0	0%
	CBSE	21	21%
	PSEB	68	68%
	Others	41	41%
4	<b>Percentage in previous class</b>		
	50-60%	1	1%
	60-70%	18	18%
	70-80%	34	34%
	80-90%	36	36%
	Above 90%	5	5%
5	<b>Area of residence</b>		
	Hostlers	63	63%
	Day scholars	37	37%

Table 1 depicts that, majority of 72(72%) nursing students were in age group of 17-20 years. 22 (22%) students were from BSC (N) I semester and BSC(N) II year respectively. According to education board in 10+2 standard, 68% study subjects were from PSEB, Mohali. As per in Percentage in previous class 36(36%) students obtained 80-90% marks. 63(63%) nursing students were from hostel.

**Table no. 2: Preferred learning styles of study subjects.**

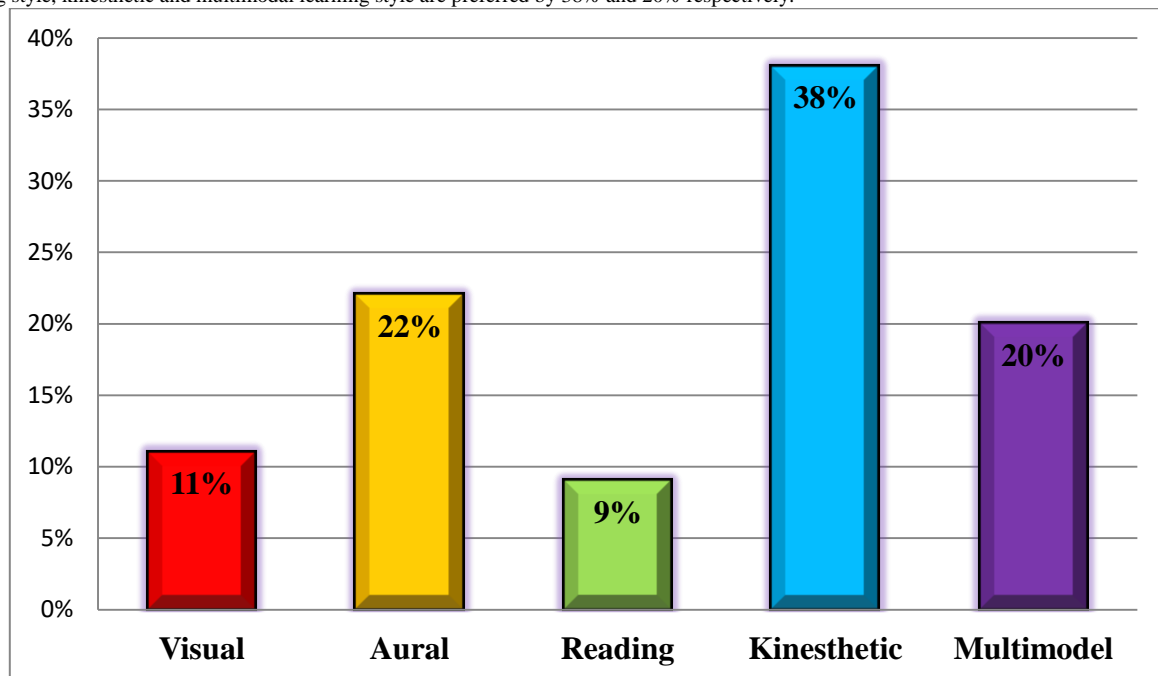
**N=100**

S.no	Preferred learning styles	(f)	(%)
1	Visual	11	11%
2	Audio	22	22%
3	Reading	09	9%
4	Kinesthetic	38	38%
5	Multimodal	20	20%

**Maximum score: 38**

**Minimum score: 09**

**Table 2** reveals that out of 100 nursing students 11% preferred visual learning styles, 22% used audio learning styles, 9% had followed the reading learning style, kinesthetic and multimodal learning style are preferred by 38% and 20% respectively.



**Figure 1: Percentage distribution of study subjects according to their preferred learning styles.**

### Discussion:

The present study reveals that out of 100 nursing students about 38(38%) respondents were using kinesthetic learning styles, 22(22%) were using audio, 20(20%) were utilized multimodal, 11(11%) were using visual and only 9(9%) were using reading learning style. Similar study was conducted by **Rathnakar P. Urval, Ashwin Kamath, Sheetal Ullal et al (2014)** carried out a study to assess preferred sensory modalities of students for learning. 415 undergraduate students were administered VARK questionnaire (version 7.0). The majority of students had multiple learning preferences (68.7%). The predominant sensory modality of learning was aural (45.5%) and kinesthetic (33.1%).

### REFERENCES:

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