

Original Research Article

Exploring the Factors Affecting Academic Performance of Undergraduate Nursing Students

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Abstract

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Academic performance is the ability of students to manage their studies and the various tasks are given to them by their teachers. It includes the capability to study and remind information and to convey this knowledge acquired either verbally or in written (Elsabagh). A Cross-sectional descriptive study was conducted among the 135 nursing students of Lahore School of Nursing (BSCN (Bachelor of Science in nursing) and Post RN (Post-Registered Nurse), The University of Lahore, Pakistan from September 2019 to December 2019. The instrument used for the data collection was adopted questioner and a convenient sampling technique was used. The data collected through the questionnaires are tested using the SPS software. While the relationship between the variables was tested using the multiple linear regression test. Findings show that teaching method, time management, attendance of students, and sleep have a positive influence on the academic performance of nursing students. Racial ideology has a negative effect on tertiary education student's academic performance. This study has discovered that teaching methods, attendance, time management, and sleep positively influence the academic performance of Undergraduates nursing students.

Keywords: Factors, Academic Performance, Nursing students

INTRODUCTION

Learning is an ongoing process that takes place throughout the lives of the individual. When one teaches others, it is a contribution to the development of knowledge, skills, and behaviors at the professional level, while there is still a responsibility of partnership between teacher and learner (Khadim, 2019). Student's performance plays an important role in providing quality education for students. And taking

part in the country's development and becoming the country's leaders, nursing students are the country's backbone in the health care system (Fajar, Hussain et al. 2019). The performance of nursing school undergraduate influences graduates quality production. These will, in turn, be the country's future leaders and staff in improving the healthcare system. It is therefore imperative that the students achieve a

good level of education. Academic achievement or success is the degree that a learner, educator or organization has accomplished their short-term or long-term learning goals (Mushtaq, Hussain et al., 2019).

Organization success is can be shown by its academic or by how well students obey the standards set. At present, the academic failure of nursing students is a trend of growing international interest because due to its economic impact and negative impact on the production of the nurses in the future in different healthcare systems. Factors identified that affect education among nursing students are teacher relationships, family income, demographic factors, nurse educator quality, facilities provided by the institution, and communication (Dube and Mlotshwa, 2018). Despite these factors, there are some others factors which also affects students' performance in quality education these are related to time management, attendance, health, and ethnicity (Kasantra, Ho et al., 2013)

The factors affecting a student's academic performance are triggered by different causes. Thinking different skills mainly affect learning abilities of students if they do not learn what important and need to learn. If the instructors do not identify how to attract the student's attention, then the student cannot make him pay attention to the subject and make students becomes lazy because he thinks that subject does not consider so relevant to his course; however, they still study it (Alos, Caranto et al., 2015). The teaching and learning is a process of dialogue, in which the tutors and students learn from each other's, the tutors supported the students in education and provide an opportunity to enhance knowledge, promote the theory and practical skills. Tutors provide a fertile space for students to question openly and content review (Andrade, Rodrigues et al., 2018). A good teacher is who helps students in their learning. The teacher contributes in many ways. He or she will provide information and having key roles in education. Nursing teachers have a role beyond those in encouraging students to bond thorough theory with practice and practice with theory. Within the clinical setting, there is a challenge for teacher nurses to make sure that they remain credibly and learning and support, which is definitely established on practice and theory. Each student learns differently and at a particular space. There may be definite factors that can stimulate your learning skills and experiences. Therefore, in order to facilities learning, it is important to identify and give due importance to these

factors. (Gillespie and McFetridge, 2016).

The teaching method has a great role in the educational performance of any institution. The students think the method of teaching, connection with the teacher, and barriers in communication impede their academic performance. The teacher role is significant in academic performance and hence strongly accountable for bad or good performance of students (Alshammari, Saguban et al., 2017). Nursing teachers have a role beyond those in encouraging students to bond thorough theory with practice and practice with theory. Within the clinical setting, there is a challenge for teacher nurses to make sure that they remain credibly and learning and support, which is definitely established on practice and theory. Each student learns differently and at a particular space. There may be definite factors that can stimulate your learning skills and experiences. Therefore, in order to facilities learning, it is important to identify and give due importance to these factors. A caring and supportive education environment change the teacher-student relationship into a cooperative corporation that helps the students to most socialize and professional empowerment (Gillespie and McFetridge, 2016).

Family income has a great effect on the educational performance of underrated nursing students. Either high or low also has an impact on the performance of the undergraduate students in all his learning years. As in their initial years, their family income can impact their education. Another difference is the environmental influence of high/low-income families on their student's learning. Some low-income students have difficulty understanding or learn as fast as others. Moreover, the way of learning and understanding is also different from others, because their parents may not support them. These can influence their qualifications because no one helps them or even sometimes they worry about their success. Many people think that most nurses belong to the poor family and it's a great effect on the academic performance of nursing education (Jensen, 2019). Due to poor economic status, enrollment has been decreased by up to 20% to 30% in higher education. High financial status helps students fulfill educational needs. Poor financial status causes stress and depression in students in their capabilities (Engelke 2016). Low family income factor has a great role in affecting educational success. They are the backbone of providing students with financial support and mental confidence. The socioeconomic status of the parent is widely believed to have a relatively

strong impact compared to other variables (Salahuddin and Talukder 2017). Students from poor families have limited educational resources in the home and did not receive support and encouragement for homework. Research shows that students from poor families tend to have significantly lower academic performance rates than their affluent peers (Çiftçi and Cin, 2017).

Another factor, time management is also one of the significant factors for an undergraduate's academic performance. It is also an important factor for the development of clinical skill and for the success of nursing students. Time management is an important skill that nursing students use, resulting in academic success. The study showed that Time management and academic performance of nursing students have a significant and positive relationship. It indicates that academic activation of the student's Improvements in time by effective preparation and tracking of activities (Ghiasvand, Naderi et al., 2017). Time management in nursing student's academic life is an important skill and career as they need to be prepared for unexpected crises and emergencies at work. Therefore, knowing the essence of the notion of time and learning time management skills is important for learners. I am sorry, I have not had enough time to study and I have not had time to complete the task. It's the voice of a lot of students. The predicament of not having sufficient time to perform the necessary tasks for education is often a phenomenon facing by students. Change commitment is very important for time management (Nayak, 2018).

Students' ability to show the actual performance in academics depends on their teachers who give different assignments. Skills in oral and writing strengthen the skills of the students. Nursing students are influenced by many problems, such as employment, time management and domestic issues (Elsabagh, 2017). Attendance has a great influence on the students' results. About 20% of the students who attended regular classes are more expected to pass nursing schools and those who absent from classes are more likely to fail in an exam (Alos, Caranto et al., 2015). Absenteeism is one of the major problems in skills and achieving personal and professional goals and gaining. Absenteeism from classroom and clinical settings has an adverse influence on the nursing academic performance of the students and prolong study duration (Nawaz, Hussain et al., 2018).

Absence from clinical and lectures among student nurses is a significant problem if not tackled, the

quality of nursing care will be adversely affected. Nursing students absence from clinical and classroom has a negative impact on education and prolonged study duration. In a study, the clinical instructor reported that Most of the students mark attendance in their logbook in the morning when they have the plan to miss classes the next day (Abdelrahman and Abdelkader, 2017). Nursing students have less awareness that in a medical or work environment chronic sleep deprivation may lead to personal and patient safety problems. As a result of sleep deprivation and substances use to stay alert or get sleep, students may be exposed to health problems acute and chronic. The number of consecutive clinical and work shifts must be reduced by nurse instructors and nurse supervisors. Reduce overtime hours and provide students with better education on the adverse influence of sleep deprivation (Thomas, McIntosh et al., 2017). Nursing students, are engaged in poor sleeping habits even they are aware of the appropriate length of sleep. Poor sleep quality has adverse health effects, It has noticed that college students who nap more than 2 hours more than 3 days a week, or later, between 6 p.m. and 9 p.m., worse quality of sleep at nighttime and they are at the high risk of sleep deprivation (Ye, Hutton Johnson et al., 2015).

The amount of sleep quantity by self is inadequate to measure. The study of sleep quality and its relationship with health is also significant. An adequate amount of sleep can be obtained per night but still, you don't feel rested because of poor sleep quality or nighttime disturbances (Weaver, Stutzman et al., 2016). Good sleep value, as less than or equivalent to 30 minutes of sleep latency. Waking up one or none at whole night. A wakeless or equal to 20 minutes after the onset of sleep. There are several measurements that disturb sleep quality are Sleep delay, awakening, waking up and sleeping performance. For students, both quality and quantity of sleep are essential improper sleep quality and quantity make students disturb and unable to perform their work proper (Ohayon, Wickwire et al., 2017). The perceptions of the students and understandings of racism have permitted to identify different actions that may be racist or supposed as such. Discrimination problem unacceptable and potentially racist behavior is increasing (Tilki, Dye et al., 2017) Discrimination remains to disturb the nursing student's academic performance. Registered nurses and the profession as a whole must tackle discriminatory practices that are either intentional or unintentional. All nurses must

examine their biases and prejudices for indications of discriminatory actions based on attitudes and stereotyping. The nursing profession is responsible for promoting an inclusive environment in which everyone receives healthy, high-quality care and careers are intolerant of any discriminatory practice (Ambrose Gregory 2018). Ethnicity among nursing students is identified to be an important predictor of academic success. The endemic lack of nursing has improved the impetus for variation. Due to which people from every ethnicity group enroll in the nursing profession. There is collective pressure for nursing students to take part while undertaking higher education, which can impact their academic performance (Salamonson and Andrew, 2016). The academic performance which may positively influence nursing students' education is teaching methods, time management, students' attendance, and sleeping while the main negative factor in that regard is, the racial ideology that harms the nursing students' academic performance (Kasantra, Ho et al., 2015).

AIMS OF THE STUDY

The aim of this research is to explore the factors affecting the academic performance of the students in the Lahore School of Nursing.

Significance of the Study

This research is carried out to study the factors influencing nursing students' educational performance. This study will, therefore, contribute to managing nursing education institutions in order to clearly know the factors that influence the academic performance of students and enable them to conduct a more thorough analysis of the factors by making some changes to them. Boost the quality of students. Changing the teaching method, for example, may further boost the comprehension of students. In addition, the information contained in this study could serve as a potential guide for other researchers on the subject's prognosis. The performance of the students is related to organizational development as well. Policies makers in that regard can minimize the negative factors. The educational performance of all the students will be improved by the organization to conduct seminars and workshops.

This study will help teachers to get assessed how to deliver knowledge in different educational

institutions. Teaching-learning strategies can be implemented to boost up the students' interest in studies, especially, nursing education. Quality of education and learning will be improved as a result; the CGPA can be improved as well. The parents can understand the problems of their children in academic areas and encourage them. Significantly, this research will help students to understand the main factors which can impact the educational presentation of the students. The educators would be enabled to perceive the issues of students' area of learning. The importance of this researcher's study can benefit all students of nursing by cooperating with them to understand all the factors that can influence the academic performance of nursing students.

Furthermore, the community can also be benefited from this study as it will guide parents about the factors that are affecting or that may affect their children's academic achievements. This may reduce the risk of family-related factors. It will also help the future researcher because it was providing a baseline for doing future research. It will open the door for another researcher to conduct a study on the factor that impact the academic performance of nursing students

Literature Search

The study was conducted to identify students' perceptions of factors affecting their educational performance. The finding of research showed that parental involvement in education, Good relationships of support between teachers and students; computer equipment in class, the connection to the Internet and the appropriate learning facilities promoted a better nursing student's academic performance. On the contrary, the low family background, the use of English language for classroom instruction and the negative influences of the peer group, was leading to poor academic results. Therefore, it was concluded that nursing institutions should, therefore, select students with higher-level admission qualifications, identify students at risk early, recruit more qualified nursing educators and improve their facilities (Dube and Mlotshwa, 2018). The opinion of teachers and nursing students related to the poor academic performance cause among the underrated students have shown that teachers' qualifications and students' environments do not affect the poor performance of students but teaching method impacts academic performance. The result of the study shows that only

54% said that they are enjoying the student life. Only 52% agreed that clinical instructors' are friendly and are helpful in learning. It is concluded that undergraduate students have indicated that students favored teaching strategies that enhanced their own learning and they wanted good interaction between them and their teachers (Bigdeli, Pakpour et al., 2015). Behaviors of teacher and their teaching method are important characteristics of being a model teacher, very significant qualities (77.6%), persuade by teachers and students connection (72.9%) and (53.2%) students satisfied with the teaching method. Students are perceived most of the things by teacher behaviors such as how the teacher communicates with students and 88.7% listening actively (Sabog, Caranto et al., 2015). Effective teaching methods and good teachers give proper and practical feedback to students about their clinical and academic performance. 90% results in Clinical teachers give specific and helpful feedback about achievement and are educated about what students need to know and the criteria for acceptable performance (Aal, 2015). A study was conducted by Gemuhay and his fellows to show family income effect on learning of the students the results of the study show that the majority of the nursing students 84.4% agreed that family income has a great impact on academic performance. Poor students can't effort learning the material and can't fulfill other needs (Gemuhay, Kalolo et al., 2019). According to a study, the result shows that a Strong family financial status helps to improve the motivation of students, the Process of learning and therefore better academic performance. In the study, some of the respondents strongly disagreed with family income is essential for good educational performance. Concluded that more family income could improve the performance of students. But low family income should not be an excuse for the reduced performance of responsible and serious students (Adzido, Dzogbede et al., 2016). Time management is an important factor in nursing education. The study result shows that over 78% of students do nursing jobs in the second year. Half of the students who worked during their study time more than 16 hours a week had a negative effect on their educational performance. And students who had not found work had the best academic results. Furthermore, this study shows that nursing jobs are not helpful for the educational performance of students even for the subject of nursing (Salamonson and Andrew, 2016).

A study was conducted on 135 nursing students. The finding of the study shows that only (49%)

participants have good time management skills and the others (51%) of the participants no skills of time management and has great effect on their academic performance, so it is concluded from the study that for good educational performance of students it is necessary to improve management skills (Ghiasvand, Naderi et al., 2017). A study was conducted on the topic of the influence of time management on the academic performance of students to assess the association between the time management of the students and their academic achievement. The result of the study shows that three main factors related to time management that can be categorized as wasting of time, time planning, and attitude toward time. The result also showed that gender and races of students show no major differences in time management behaviors. Moreover, all the time management behaviors are significantly positively related to the academic achievement of students (Nasrullah_PhD and Khan_PhD, 2015). The study conducted in 2018 to examine the relationships between absenteeism and academic performance. The study results showed that major chi-square correlations with grading levels were observed with respect to entry at age and entry qualification. The author has shown that the lack of frequency is positively associated with the results of the grades in the three years of study, according to the results of numerous studies. Many of these results will help to inform future student care policies in which the study was conducted and are useful to other national and international institutions offering nursing education programs (Levshankova, Hirons et al. 2018). The results of research revealed that the factors affecting absence among the nursing students that involved main average score was associated with education aspects, surveyed by the assessment factors and the community factor in which the average scores were $(18.86 \pm 4.79$ and 17.27 ± 4.30 , 14.22 ± 3.15 respectively) in addition, the final reported average, score was related with the educational environment (mean = 12.48 ± 3.01). Therefore it is concluded from the study that important contributing factors affecting absence among students of nursing are educational factors. after the valuation aspect and the community factor was the contributed that supported to impact absenteeism (Fajar, Hussain et al., 2019).

One of the components of sleep quality is sleep duration, so, it's an important factor to remember. Up to 60% of nursing students reported sleeping less than 7 hours a night. A review of the results of nursing students indicates that 87% of participants thought

they needed seven or more hours of sleep per night. However, approximately 60 percent of participants reported only 5 to 6 hours of sleep per night before class or clinical duty (Thomas, McIntosh et al., 2017). A study shows that 56% of the nursing students stated that they need eight hours of sleep in a night. But only 16% of the students are sleeping 8 hours per night, shows that there is no balance between what students identify and what is happening in actual. Furthermore, only 35% of participants thought that they had a proper amount of sleep each night (Wall, 2018). A study by Martha (2019) observed the issues that influence student achievement. This study measured the performance of university students in relation to testing and work performance. The most significant and appropriate way is the cumulative grade point average is used to measure the performance of university students in Malaysia (Martha, 2019). The study conducted by (George, Lakra et al., 2017) indicates that 50 percent of nursing students who are enrolled in the nursing profession for future job security 50% of the nursing students. About 58.7% of the schoolchildren did not expend time in every day for studies and the majority of the students (89.1%) had English as a means of coaching in the Pre University. The factor investigated has recognized five factors (educational environment, support services, professor characteristics, student challenges, and individual factors) that influence the learning of the student. Therefore, it was concluded that the perception of students influences the factors that influence learning. The result of the study described that minority students were more likely to report that their race/ethnicity had negatively affected their experience in medical school (11% vs. 2%; P.001) and mentioned racial discrimination, prejudice race, feelings of isolation and different cultural differences. Expectations as causes: the symptoms of suffering are frequent among medical students. While minorities seem to have a lower risk of exhaustion than non-minority students, the race contributes to the distress experienced by minority students (Dyrbye, Thomas et al., 2017).

Theoretical Frame Work

The goal is to evaluate the aspects that influence the resolution methods of determining with nursing student's educational preferences. This research is evaluating six issues that have been recognized in the analysis of literature: Teaching method, family

income, time management, attendance, health, and ethnicity related factors that affect on nursing student's academic performance. Adapted from (MAINA, 2015). **Figure 1.**

METHODS

setting

The study site was The University of Lahore New Campus.

Research Design

A descriptive cross-sectional study was used in this study.

Population

The target population of the study was the student of BSCN (Bachelor of Science in nursing) and Post RN (Post-Registered Nurse) of Lahore School of Nursing.

Sampling

A convenient sampling technique was used in this study.

Research Instrument

A well structured and adopted questioner from the study was used for collecting the data from the participant. After taking informed consent, data collected from students.

Data Gathering Procedure

The research tool used is an authentic, well-organized questionnaire with close-ended questions in it, as per the Likert scale. The questionnaire is taken from the prior research article "Factors affecting the academic performance of the student (Kasantra, Ho et al. 2015) The questionnaire consists of the closed-ended questions that are related to the factors; teaching method, time management, attendance, low income, ethnicity and health factors.

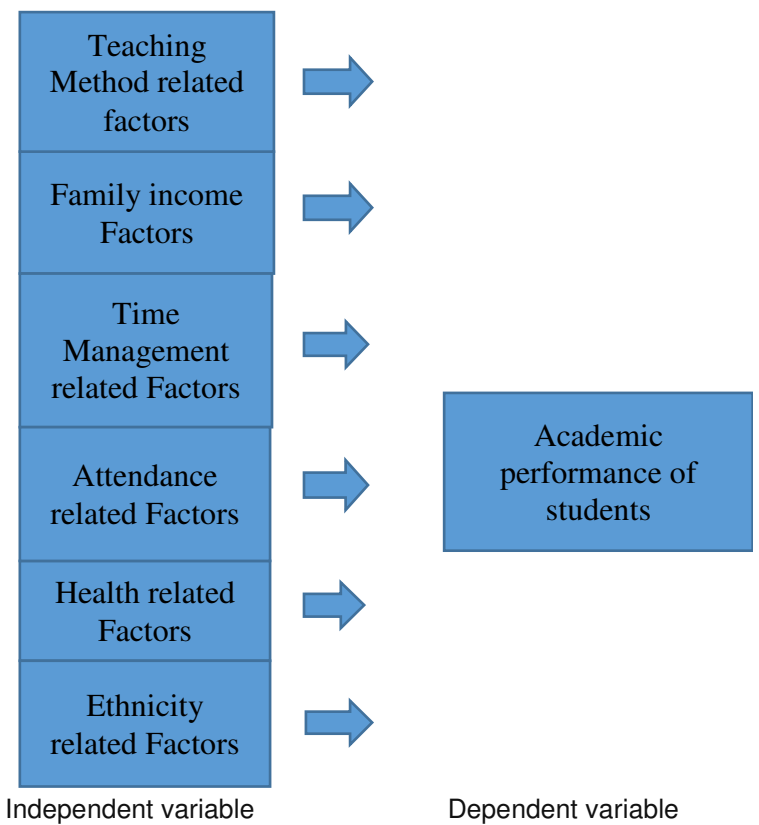


Figure 1. Theoretical frame work

Analyze Data

Data analysis will be done by SPSS version 21 SPSS is statistical computer software for data analysis. The study will be descriptive study and all the descriptive statistics will be obtained through the SPSS software.

Study Timeline

The research was conducted in a 4 month period (September, 2019 to December, 2019).

Ethical Consideration

This research study met the national and international standards of research ethics as well as human subjects. The permission was taken from the research ethics committee of the Lahore school of nursing at the University of Lahore. All the students showed full

interest to join the interventional meeting after filling the consent form.

RESULTS

This section presents the outcomes of the study.

Profile of the Respondents

Section 1

Demographic

Respondents were taken from students of the University of Lahore. Table 1 shows that 34.1% (n=46) participants belong to 18-20 age group, 40.7% (n=55) belong to 21-23 age group, and 25.2% (n=34) participant’s age are more than 23 years.

In my research study, both male and female

Table 1. Demographic age

	Category	Respondents	
		Number	Percent
Age (years)	18-20	46	34.1
	21 -23	55	40.7
	More than 23	34	25.2
Gender	Male	16	11.9
	Female	119	88.1

Table 2. Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	16	11.9	11.9	11.9
	Female	119	88.1	88.1	100.0
	Total	135	100.0	100.0	

Table 3. Race

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Pakistani	135	100.0	100.0	100.0

Table 4. Year of Study

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Year 1	26	19.3	19.3	19.3
	Year 2	72	53.3	53.3	72.6
	Year 3	25	18.5	18.5	91.1
	Year 4	12	8.9	8.9	100.0
	Total	135	100.0	100.0	

Table 5. Multiple Linear Regressions

Model	Unstandardized Coefficients		T	Sig. (Pr> t)
	B	Std. Error		
1 (Constant)	0.70498	0.16279	4.33	<0.0001
Teaching Method	0.18011	0.06247	2.88	0.0042
Time Management	0.34024	0.05391	6.31	<0.0001
Attendance of Students	0.17411	0.05073	3.43	0.0007
Sleep	0.20053	0.03473	5.77	<0.0001
Racial Ideology	-0.14305	0.03177	-4.50	<0.0001

gender were included. As stable and 2 shows that 11.9% (n=16) participants belong to the male gender.

And 88.1% (n=119) participants are female gender. And 88.1% (n=119) participants are female gender.

Table 3 shows all the participants are Pakistani and belong to Pakistan. Table 4 shows that 19.3% (n=26) participants are from first years, 53.3% (n=72) are from second year, 18.5% (n=25) are from third year, and 8.9% (n=12) are from fourth year.

Hypothesis 1

H1: There is a positive relationship between teaching method and academic performance.

The above Table 05, shows that teaching method has a beta value of 0.18011 which indicates that teaching method has a positive relationship with academic performance. Since the significant value 0.0042 is lower than 0.05, hypothesis is supported. There is sufficient evidence to support H1. This indicates that there is a positive relationship between teaching method and academic performance.

Hypothesis 2

H2: There is a positive relationship between time management and academic performance.

Table 05 shows that the beta value of time management is 0.34024. Thus, time management is positively related with academic performance. As its p-value <0.0001 is lower than 0.05, hypothesis is supported with sufficient evidence. This shows that there is a positive relationship between time management and academic performance.

Hypothesis 3

H3: There is a positive relationship between attendance of students and academic performance.

The above table 05 show that beta value of attendance of students which is 0.17411 has indicated that attendance of students has a positive relationship with academic performance. Furthermore, the p-value in table 4.11 is 0.0007 which is lower than 0.05. Thus, hypothesis is supported with sufficient evidence. This depicts that there is a positive relationship between attendance of student and academic performance.

Hypothesis 4

H4: There is a positive relationship between the sleep and academic performance.

The result in above table 05 shows that sleep has a positive beta value of 0.20053 and p-value of <0.0001 which is less than 0.05. The positive beta value depicts that sleep is positive related with academic performance. Since the significant value is lower than 0.05, hypothesis is supported.

There is sufficient evidence to support H4, this indicates that there is a positive relationship between the sleep and academic performance.

Hypothesis 5

H5: There is a negative relationship between the racial ideology and academic performance.

As referred to the above table 05, racial ideology has a beta value of -0.14305 which proves that racial ideology has a negative relationship with academic performance. Moreover, its p value is at <0.0001 which is lower than 0.05. As the significant value is less than 0.05, hypothesis is accepted and supported with sufficient evidence. This shows that there is a negative relationship between racial ideology and academic performance.

DISCUSSION

The findings indicate that the teaching method has a positive relationship with academic performance. The role played by lecturers in the teaching process is essential. The interaction between lecturers and students through questioning able to enhance student's understanding and thus lead to better academic performance. Several past studies also show the same results as this research. The resulting study indicated that the interactive teaching method which was associated with better gains in test scores was more effective compared to the didactic method (Smith, Lee et al. 2016). The author found that an emphasis on thinking skills and frequent traditional testing of students are positively related to student's test scores taking into account student background and prior performance (Wenglinsky 2015). Time management has a positive significant relationship with academic performance. The result indicates that good time management practices, good organization of study time and leisure activities able to improve academic performance. This finding is consistent with the result obtained in (George, Dixon et al. 2017) which discovered that poor time management an excessive amount of passive leisure causes lower

personal success. Indeed, time management skills were the greatest predictor of GPA and thus time management practice was considered as the central to academic success.

The result suggests that the ability to follow the weekly plan able to avert time-wasting and enhance grades. This finding aligns with (Ali, Yunus et al. 2015) who found that the relationship between two variables was significant. It was found that time management was one of the key indicators to determine student's academic achievement where good planning of time.

The result is in line with the hypotheses developed where high academic performance could be obtained through more regular class attendance. The finding indicates that regular attendance has a strong impact on grades. The result was supported by many researchers who have explored the impact of a student's class attendance on his or her exam performance. The studies found out that attending lectures yielded a positive and significant impact on the exam (Rocca 2016). Hence, increasing class attendance could be substantially beneficial for students' academic performance. As predicted, most of the good performing students attend classes on a high-frequency basis where their main purpose is to obtain important material which deemed to be significant in exam preparation. The result established supported (Chen and Lin 2016) who observed a direct positive relationship between attendance of students and academic performance. The researchers concluded that class attendance would be a requirement for significant improvement in students' exam scores as regularly attending class can be expected to provide students with access to course material which will likely to be included in the exams and thus enhance test scores (Nihayah, Ismarulyusda et al. 2017). The finding of this research confirmed the result of the past studies that there was a positive relationship between sleep quality and academic performance. As found by (Nihayah, Ismarulyusda et al. 2017) students who sleep poorly for instances with elevated sleep fragmentation and with later bedtimes and early awakenings, usually tend to offer a decreased academic performance. A shift delay in the bedtime of college students can impair the students' academic performance as well.

The finding indicates that the relationship between sleep variable and academic performance is significantly positive. Thus, contrary to (Wall 2018) which pointed out that sleeping hours did not affect students' academic achievements CGPA, the result

developed provides the evidence that students having a good sleep quality will be useful for the improvement of academic achievement.

The result shows that the relationship between racial ideology and academic performance is significantly negative. It implies that the existence of racism among nursing students will incurred a negative impact on students' academic performance. The finding is consistent with the previous research conducted by the author who proposed that racism bring an impact on black students' academic performance. He had highlighted the issue of systemic racism in Canadian society as a significant barrier that stands in the way of Black academic achievement. Indeed, to address the chronic underachievement of Black students, the issue of racism must be tackled aggressively by educational institutions and school administrators

Limitations

Limitations of the Study Limitations of the study were following

- ✓ Sample size n=135, which is low and cannot be generalized to the larger population.
- ✓ There was a very short time to conduct this study, which can leads to some scientific and methodological mistakes.
- ✓ Students were busy in their routine work due to which they don't give enough time to understand and then answer the questions.

CONCLUSION

This study has discovered that teaching method, attendance, time management, and sleep positively influence the academic performance of Undergraduates nursing students. The racial ideology has a negative relationship with academic performance. Thus, throughout the process of completing the research, an in-depth understanding of the variables and their influence on the dependent variable was obtained. The findings further reveal that all five hypotheses were further supported by the multiple linear regression model.

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