



SELF DISCIPLINE, A SKILL

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Abstract: Self-discipline is a deep seated aspect of Yoga, the key to personal transformation, empowering individuals to control their minds and bodies through structured practices. It can transform the scattered attention into a finely tuned instrument for both academic and professional excellence. By practicing mindfulness, youth stay grounded in the present moment, develop ability to observe their thoughts and emotions calmly which equip them to handle challenges with patience, clear judgement, constructive problem solving and calm rational decision making. Schools that introduced yoga programs also saw improvement in memory and attention among students. Case vignettes have been presented to discuss the importance of self discipline in nursing profession and strategies to strengthen. Yoga acts as a shielding strand to cope and navigate challenges like internet addiction, substance use disorders, procrastination, beating disorders and neuropsychiatric disorders among all age groups. Consistent self-discipline in small tasks builds patient safety and professional responsibility.

Index Terms: Self discipline, Strategies, Performance, Staff nurse, Nursing students.

INTRODUCTION

Discipline is the practice of self-control and adherence to rules, fostering order and success. It involves managing actions, thoughts, and emotions to achieve goals. In essence, discipline is about developing good habits, staying focused, and making responsible decisions. Self-discipline is a deep seated aspect of Yoga, the key to personal transformation, empowering individuals to control their minds and bodies through structured practices. It can transform the scattered attention into a finely tuned instrument for both academic and professional excellence. By practicing mindfulness, youth stay grounded in the present moment, develop ability to observe their thoughts and emotions calmly which equip them to handle challenges with patience, clear judgement, constructive problem solving and calm rational decision making. Schools that introduced yoga programs also saw improvement in memory and attention among students.

It quotes that yoga can significantly reduce heart rates and lower blood pressure levels and promote relaxation and help overcome addiction problems in the long suit. Meditation exhibits signs of positive improvement in the immune system, nervous system, respiratory system and pain management thereby improving the quality of life. Patanjali Yoga can play a crucial role in promoting good health and well-being, aligning closely with the United Nations Development Programme goals for 2023. Yoga acts as a shielding strand to cope and navigate challenges like internet addiction, substance use disorders, procrastination, beating disorders and neuropsychiatric disorders among all age groups.¹

This review paraphrased implications as monumental for policymakers to alphabetize yoga in curricula by upholding standardized programs. This vitality motivate and inspire students to practice yoga from an early age.

Science of self discipline

Self-discipline involves the prefrontal cortex, particularly the dorsolateral prefrontal cortex and the anterior cingulate cortex, which manage decision-making and impulse control. These brain areas work together to help you delay gratification and pursue long-term goals. Because the prefrontal cortex has limited capacity and is prone to fatigue, strengthening these neural pathways through consistent practice such as mindfulness and creating habits can improve self-control and make discipline more automatic.^{2,3,4}

Research has discovered that people who practiced meditation had more gray matter in parts of the brain linked to memory and managing emotions. This increase in gray matter helped them think more clearly. Meditation has a significant positive impact on problem-solving skills and strategic thinking, essential for navigating complex tasks in a demanding environment.⁵ Previous studies suggest that yoga practices resulted in improved self-management, better time management, and improved learning outcomes.⁶ Studies have shown that adolescents who practice yoga developed positive interpersonal skills, greater emotional awareness and better communication skills.⁷ The importance of structure our lives is indispensable especially when it comes to growing students.⁸

Nursing is a profession that requires a wide range of knowledge to provide high-quality care. Becoming an effective and successful nurse requires building certain characteristics into self-discipline. Self discipline of nursing personnel is influenced by honesty, trustworthiness, adaptive behaviour and genuineness. Without a clear foundation of discipline to guide the development of the profession, it is easy for the students to lose their way.⁹

CASE VIGNETTES

Self Discipline among Staff Nurses

Case Narration 1:

A research observation was conducted on a 32-year-old staff nurse working in a government hospital surgical ward. During a peak period of admissions, she consistently demonstrated self-discipline by adhering strictly to duty timings, maintaining accurate patient records, and following infection control protocols despite staff shortages. She avoided shortcuts in procedures, managed her workload by prioritizing tasks, and maintained composure while mentoring junior staff. Her self-regulated behavior contributed to reduced medication errors, improved patient satisfaction and smoother ward functioning. The case highlights how self-discipline directly enhances professional accountability and patient safety in high-pressure healthcare settings. This case emphasizes the importance of self-discipline as a behavioral trait among nursing staff, suggesting its role in improving efficiency, reducing errors, and sustaining quality care. It can serve as a practical example supporting the need for training programs that strengthen self-discipline skills in nursing practice.

Case Narration 2:

A staff nurse in a busy surgical ward was responsible for medication administration during night duty. Despite feeling fatigued, she followed the ten rights of medication without skipping steps. She avoided shortcuts, double-checked prescriptions, and maintained proper documentation, even when her colleagues were rushing. Her self-discipline in adhering to protocols prevented a potential medication error when she noticed a wrong dosage written for a post-operative patient. By calmly cross-checking with the doctor, she ensured patient safety and maintained professional integrity. This case highlights how self-discipline in routine tasks like medication administration safeguards patients, strengthens trust in nursing care, and sets a professional example for peers.

Case Narration 3:

A 28-year-old staff nurse working in a tertiary care hospital manages patients in the intensive care unit. The unit demands high levels of alertness, adherence to protocols, and emotional control. Her role involves not only technical skills but also time management, teamwork, and personal balance. She faced a challenging situation when her hospital experienced a sudden influx of critically ill patients following a mass accident. She had already completed an 8-hour shift but was asked to extend her duty due to staff shortage. Despite physical exhaustion and personal commitments, she practiced self-discipline by time management through organizing patient care tasks in order of urgency and importance. Her emotional control was through maintaining calmness while attending multiple critical patients. She portrayed professional commitment by staying focused on following medical protocols without cutting corners, even under stress. She maintained self-regulation by avoiding distractions and negative emotions, and motivating junior nurses by example. After the extended duty, she ensured proper rest and nutrition to avoid burnout, showing discipline in balancing self-care with professional duty. That was how she made her personal care planning. Because of her self-discipline, she successfully handled five critically ill patients without errors, earned the respect of her team, and set an example of professional responsibility. Her actions reduced the chances of medical errors, improved teamwork, and boosted patient safety.

Self-Discipline among Nursing Students Case Narration 4:

Student 1 prepared thoroughly before clinical duty by reviewing patient cases, which enabled him to provide accurate care and gain the trust of his supervisors. Student 2 showed discipline by avoiding distractions like mobile phones during ward hours, allowing her to notice and report a patient's discomfort on time. Similarly student 3 consistently followed strict hand hygiene practices before and after each patient interaction, reducing infection risks and setting a positive example for his peers. Student 4 during clinical posting was assigned to monitor a post-surgical patient. Even when her friends were chatting, she stayed focused on recording vital signs every 30 minutes as instructed. Her self-discipline helped detect an early drop in blood pressure, allowing timely intervention by the staff nurse and preventing complications.

These instances show that self-discipline in small, everyday actions whether in preparation, attention, or adherence to protocols strengthens nursing practice and builds responsibility. Self-discipline is an essential quality for nursing students, as it directly impacts patient safety and professional growth.

DISCUSSION

This critique is in line with the following literatures:

A cross-sectional descriptive correlational research design aimed to examine the correlation between self-control and self-efficacy among nursing students during their clinical practicum. Data collected from 321(94%) respondents in five hospitals located in China. Results exhibited a significant positive correlation between self-control, self-discipline, and self-efficacy. The study revealed a strong connection between self-discipline and self-control in self-efficacy, indicating that fostering self-control in nursing students at an early stage could potentially improve their self-efficacy. The study revealed a strong connection between self-discipline and self-control in self-efficacy, indicating that fostering self-control in nursing students at an early stage could potentially improve their self-efficacy.¹⁰

Work Discipline is an important thing for the success of every organization. An organization or government agency will be successful in achieving goals if each individual or employee applies discipline at work.¹¹

A qualitative, descriptive design with a content analysis approach highlighted nurses' experiences and insights regarding self-control during high-pressure scenarios. It emphasizes that enhancing emotional intelligence, adhering to professional standards and effectively managing stress are crucial for overcoming workplace challenges. These factors not only foster resilience but also support self-control which is essential for maintaining composure and making informed decisions during emergencies. The findings advocate for creating supportive work environments and implementing evidence-based policies to improve nurses' self-control skills through nursing training programs, ultimately leading to better patient outcomes. These insights can guide enhancements in nursing education, boost their resilience, reduce burnout and maintain focus on patient-centered care and overall care quality. By fostering a culture that promotes continuous learning, ethical leadership, and effective communication, organizations can enhance nurses' abilities to maintain self-control during high-pressure situations, ultimately improving their job satisfaction and the quality of patient care.^{12,13}

Nurses work in a high-risk and uncertain environment, which may lead to harmful social interactions resulting in self-regulation impairment. The aim of this study was to examine the effects of perceived social undermining and how and when this perception affects nurses' knowledge-sharing behavior. It developed a conceptual framework of self-regulation impairment in which nurses' perceived social undermining from supervisors and coworkers depletes self-control resources, dampening their knowledge-sharing behavior. It hypothesized social adaptability and resource management ability as self-regulating capacities that mitigate the impairment process. Results from a multisource and multiwave in the public hospitals provided support to our hypotheses. This study yielded significant findings with theoretical and practical implications that provide leads for future investigations in the field of healthcare research.¹⁴

IMPLICATIONS

Relevance to Healthcare

Learning and practicing self-discipline is a lifelong ability that will be very beneficial in one's professional endeavors. A student physician or a student nurse will inevitably encounter periods of distraction and stressful situations. It is critical to cultivate self-discipline during periods of lower motivation. Developing strategies is something one can do even if it's not something we are naturally good at. Therefore it is important to acquire strong self-discipline.¹⁵

Strategies to strengthen self discipline in health professionals and students:

- ❖ Place mobile phone and other distracting items away from patient area.
- ❖ Make thorough self awareness notes on clinical skills as part of journal a day.
- ❖ Make frequent calendar updates and deadline reviews with faculty, seniors and peer groups support.
- ❖ Set own unique due dates for longer assignments for clinical achievements.
- ❖ Get better at time management for a balanced mind set.
- ❖ Schedule day-to-day activities thoughtfully.
- ❖ Start a day with five minutes yoga in the ward with others professionals.
- ❖ Project positivity throughout the day as a milieu.
- ❖ Self introspect each day. Make it a bedtime ritual.
- ❖ Create a productive work space for self at home.
- ❖ Establish friends in workplace. Make it healthy and endurance.
- ❖ Model self discipline by demonstrating consistency in clinical practice by cognitive, affective and psychomotor domains.
- ❖ Perform Strengths Weakness Opportunities Threats SWOT analysis. Motivate colleagues on all sides.
- ❖ Enamel a clinical day finish with distinct yoga to take away fatigue and boredom.

Developing self-discipline is a skill that may be mastered to improve work performance. All needed is a constructive mindset and a well-defined plan to adopt.

CONCLUSION

Self-discipline helps nurses manage stress, workload, and emotions effectively. It ensures adherence to hospital protocols, improving patient outcomes. Balancing professional duty with self-care is an essential component of sustainable nursing practice. Consistent self-discipline in small tasks builds patient safety and professional responsibility.

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