

Título: REDUCTION OF THE GRADE OF UNCERTAINTY OF NURSING AND PHYSIOTHERAPY STUDENTS IN THE DEVELOPMENT OF THE FINAL PROJECT DEGREE AND MASTER'S THESIS.

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RESUMEN:

The Final Degree Project and the Master's Thesis are the culmination of formal studies in our universities, according to the creation of the European Higher Education Area. This project demands new competencies such as the writing of scientific literature and oral presentations in the disciplines of Health Sciences, which generates a high degree of uncertainty in our students.

Aiming to reduce it, a symposium was organized at the beginning of the academic year in the Degrees and Master's Degrees in Nursing and Physiotherapy of the University of Cádiz (Spain), in which graduated students made a defense of the most valued projects from previous academic years, establishing a debate forum between graduates, teachers and students, in which the latter could raise their doubts and have a first contact with the process of preparation and presentation of their work.

In that way, the degree of uncertainty (0-10) that generated in students face this new challenge before and after the symposium completion was analyzed, decreasing this significantly.

The experience was very positive for all the participants, establishing collaborative learning that supposed an essential orientation for the students that face this challenge, reducing the anxiety to optimize the later learning.

PALABRAS CLAVE: *Proyecto, Innovación, Mejora, Docente, Trabajo Fin de Grado, Trabajo Fin de Máster, Ansiedad, Fisioterapia, Enfermería.*

INTRODUCTION

The Final Degree Project is one of the requirements for the completion of the Degree programs, regulated by Royal Decree 139/2007, of October 29 (1). In the degrees in Health Sciences, it also constitutes a first approach to research (2) and an excellent way to unite university, research and clinical practice (3), generating joint scientific knowledge.

It is, therefore, a cross-disciplinary subject since it integrates what has been learned in the rest of the subjects of the degree at the same time that its free theme also encourages the integration of content from other disciplines related to Health, with themes of social responsibility, sustainability curricular, etc. (4). Issues related to Public Health (5), as well as interdisciplinary approaches, favor that two disciplines such as Nursing and Physiotherapy can strengthen ties of knowledge and participation in its preparation.

Therefore, this subject can be considered "as a unifying subject that reflects the competences acquired in the first level of Higher Education that are included in Royal Decree 1027/2011, of July 15, which establishes the Spanish Framework for Qualifications for Higher Education" (2).

It is a challenge for teachers and students to continuously improve the quality of these projects, progressively achieving a researcher's sufficiency in the student. However, we find some difficulties (6):

- Set of structural conditions that will determine the organization of the training process.
- Management of uncertainty on the part of the teacher, having to think and/or rethink contexts, agents and training elements with which we are not socialized.

- Defense of more traditional models to conceive learning, in which emphasis is placed on the product of research and not on the process of learning and competence development.

In addition, academic stressors should be taken into account, understood as "the process of change through a series of adaptive mechanisms, both individuals and institutional, in the components of the teaching-learning process, product of the overwhelming demand required in the teaching-learning experiences during the educational process". During the degree studies, for example, the students participate in group activities in which they develop skills to speak in public, but this time they face alone the defense of a work that, despite having been elaborated with dedication, it must be finally justified and well argued before the attending public.

Since methodological deficiencies of the teaching staff, public interventions and exams are considered the most stressors factors for the students (7), these variables influence the Final Degree Project and Master's Thesis. So, it's very interesting to implement strategies that allow specific training in this area, as well as to promote forums that facilitate collaborative learning among teachers, students who are currently studying this subject, and graduates who have already faced this challenge. Visualize the presentation that other colleagues have made in previous years, ask about the factors to be taken into account in the defense before the court and get ideas about the potential topics that can be developed in the project, could help the students to reduce their degree of anxiety and better focus Project planning.

Thus, in this process, the students' evaluation of the teacher tutoring plan can be a useful tool to implement improvement measures, with tutoring instruments that specifically include

the Final Degree Project (8). In addition, the sharing of impressions and experiences between students and teachers would make it possible to detect specific points of improvement

The aim of the present work is the implementation of some Conference of Final Degree Project and the Master's Thesis and the measurement of the degree of difficulty and uncertainties perceived by the students before and after the Conferences.

METHODOLOGY

The I Conference of Final Degree Project and the Master's Thesis in Nursing and Physiotherapy of the University of Cádiz were planned, framed within the call for Teaching Innovation of the same University.

An Organizing Committee of professors of the Department of Nursing and Physiotherapy of the University of Cádiz was formed, scheduling meetings to distribute tasks (creation of a registration platform, registration of students, recruitment of graduates, students, development of advertising posters, diffusion of the Conference, moderation of the same, issuance of certificates, etc.).

The sessions were aimed at students in the 4th year of the Degrees in Nursing and Physiotherapy and both Masters, as well as the tutors of Final Degree Project (TFG) and the Master's Thesis (TFM) of both degrees.

Graduated Students of the 2017-2018 Academic Course from the Official Master's Degrees in Neurological Physiotherapy, Official Master's in Nursing Research and Advanced Professional Practice and the Degrees in Nursing and in Physiotherapy, who were selected among those who had obtained better qualification in the TFG and TFM subjects, made a presentation in which they exposed their work and experience in the elaboration and defense of the same.

A discussion forum was established in which students expressed their doubts and uncertainties about the process and ideas were shared on the different topics addressed in these subjects in Health Sciences. A collaborative learning model was established among graduates, students and teachers.

Likewise, a synthesis of the rules of the TFG and TFM of the Faculty of Nursing and Physiotherapy of the University of Cádiz was presented.

The grade of difficulty of the elaboration and defense of the Final Degree Project and the Master's Thesis perceived by the students was measured, as well as the grade of uncertainty generated by this process at the beginning and once the Conferences were over, to check if there were changes regarding these variables among participant students.

A total of 80 students completed the surveys, which measured the grade of difficulty (none, low, average, some, high) and the grade of uncertainty (0: no uncertainty, 10: much uncertainty).

RESULTS

Degree of difficulty

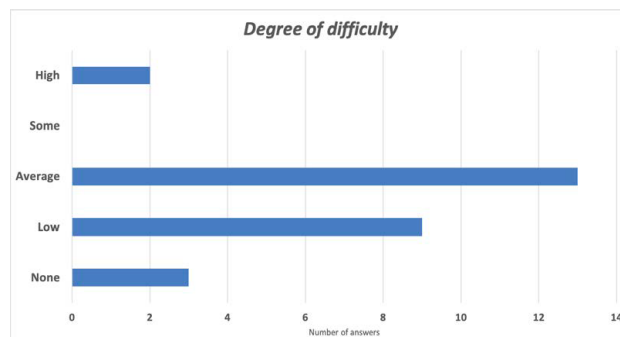


Figure 1. Degree of initial difficulty perceived in the elaboration of the Final Degree Project and the Master's Thesis.

Degree of uncertainty

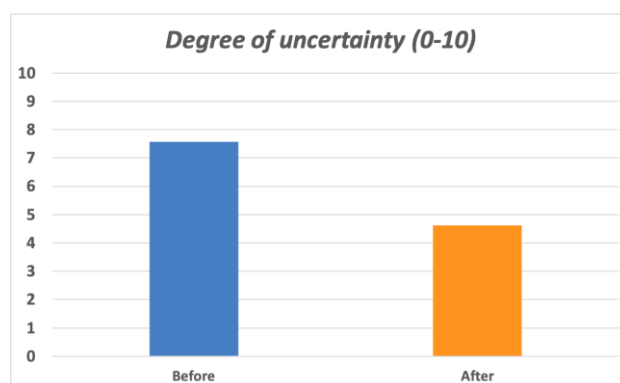


Figure 2. Uncertainty generated by the elaboration and presentation of the Final Degree Project and the Master's Thesis.

CONCLUSIONS

The majority of the assistants perceived the difficulty of the elaboration and the defense of the Final Degree Project and the Master's Thesis in Nursing and Physiotherapy as medium. The grade of uncertainty decreased substantially after participating in the Conference.

It is necessary to organize this type of activities in the University, to reduce the anxiety of the students and facilitate the work of the teachers, optimizing the learning and the individual tutorials that each student will later have.

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