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A Study of Promoting Mental Health Among Nursing Students Using The Friendship Circle Model

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ABSTRACT

Mental health is an essential component of the overall well-being of nursing students, as they often face academic pressure, clinical training stress, and emotional challenges during their educational journey. These stressors can sometimes affect their confidence, concentration, and happiness. Therefore, promoting mental health among nursing students is very important to help them maintain emotional balance and perform effectively in both academic and clinical settings. One effective approach to support students' mental well-being is the Friendship Circle Model. This model encourages students to form small supportive groups where they can share their feelings, experiences, and challenges with one another in a friendly and understanding environment. Through regular interaction and mutual support, students can reduce feelings of loneliness, stress, and anxiety. The Friendship Circle Model also promotes communication skills, cooperation, and a sense of belonging among students. When nursing students feel supported by their peers, they become more confident, motivated, and emotionally stable. Educational institutions can implement this model through group discussions, peer support meetings, and collaborative activities.