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Effectiveness of magical mirror therapy on enhancing self-confidence and emotional well-being among nursing students: A quasi-experimental study

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Abstract

Nursing students frequently experience academic stress, performance anxiety, and low self-esteem. Innovative psychological interventions such as *Magical Mirror Therapy* a form of guided positive self-talk and self-image reinforcement using mirrors have shown promise in improving emotional well-being. This study aimed to evaluate the effectiveness of Magical Mirror Therapy on self-confidence and emotional well-being among nursing students. A quasi-experimental pre-test/post-test control group design was used. A total of 60 first-year B.Sc. Nursing students from a selected nursing college were assigned to experimental (N=30) and control (N=30) groups. The experimental group received 15-minute sessions of Magical Mirror Therapy for two weeks. Self-confidence and emotional well-being were measured using the Rosenberg Self-Esteem Scale (adapted) and a validated Emotional Well-being Checklist. Data were analysed using paired and unpaired *t*-tests.

Post-intervention results indicated a significant increase in self-confidence (mean difference = 12.4, $p < .01$) and emotional well-being (mean difference = 14.8, $p < .01$) in the experimental group compared to the control group. Qualitative responses supported the therapy's positive impact on student morale and perception. Magical Mirror Therapy is an effective, low-cost intervention that can enhance self-confidence and emotional well-being among nursing students. Its implementation is recommended as part of psychological support in nursing education.

Keywords: Magical mirror therapy, nursing students, self-confidence, emotional well-being, mental health, quasi-experimental

Introduction

Nursing students often face intense academic and clinical demands that affect their psychological well-being. Emotional distress, anxiety, and self-doubt are frequently reported among nursing trainees. While traditional coping mechanisms include counselling, mindfulness, and peer support, innovative techniques like *Magical Mirror Therapy* are emerging as effective tools in psychological empowerment.

Magical Mirror Therapy (MMT) involves standing in front of a mirror, engaging in affirmative self-talk, and developing a more positive self-concept through repeated visual self-exposure and verbal affirmations. This intervention aligns with cognitive-behavioural therapy principles and has shown anecdotal success in confidence building.

The present study evaluates the impact of MMT on self-confidence and emotional well-being in nursing students.

Objectives

1. To assess the pre-test and post-test levels of self-confidence and emotional well-being among nursing students.
2. To evaluate the effectiveness of Magical Mirror Therapy in enhancing emotional well-being and self-confidence.

Methodology

Design

A quasi-experimental pre-test/post-test design was adopted.

Participants

Sixty first-year B.Sc. Nursing students were selected using purposive sampling and assigned to experimental (N=30) and control (N=30) groups.

Intervention

The experimental group underwent daily 15-minute Magical Mirror Therapy sessions for 14 days. Each session involved looking into a mirror and repeating scripted affirmations related to self-worth, competence, and future goals. The control group continued with routine academic activities.

Instruments

- Adapted Rosenberg Self-Esteem Scale
- Emotional Well-being Checklist (validated by experts)
- Qualitative open-ended feedback form

Data Analysis

SPSS Version 25 was used. Paired *t*-tests compared pre-and post-test scores within groups; unpaired *t*-tests compared

between groups. A significance level of $p < 0.05$ was considered.

Results

Variable	Experimental Group (M ± SD)	Control Group (M ± SD)	P-Value
Self-confidence (Pre-test)	56.2±5.1	55.8±4.9	.73
Self-confidence (Post-test)	68.6±4.3	56.4±5.0	< .01
Emotional well-being (Pre)	58.7±6.2	59.1±5.8	.82
Emotional well-being (Post)	73.5±5.7	60.2±6.1	< .01

Qualitative Feedback Themes

- "I saw a new version of myself".
- "This helped me believe in my potential".
- "A new habit that gave me strength every morning"

Discussion

The results support the effectiveness of magical mirror therapy in improving nursing students' self-confidence and emotional resilience. The technique appears to work by strengthening self-perception and empowering students through repetition of positive self-statements. The findings are consistent with cognitive-behavioural theory and highlight the relevance of low-cost psychological interventions in academic settings.

MMT can be a practical adjunct to conventional mentoring and wellness programs in nursing institutions.

Conclusion

Magical mirror therapy significantly improved self-confidence and emotional well-being among nursing students. The intervention was well-received and easy to implement, suggesting its potential as a regular psychological support strategy in nursing education.

Recommendations

- Incorporate MMT into stress management and orientation programs.
- Train faculty members in facilitation of mirror therapy.
- Conduct longitudinal studies to assess sustained effects.

Ethical Considerations

Ethical clearance was obtained from the Institutional Ethics Committee. Informed consent was collected from all participants. Confidentiality was maintained.

Conflict of Interest

Not available

Financial Support

Not available

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