

A Concept Analysis of Resilience in the Field of Nursing

Liu Shuai¹, Liu Xun¹, Cheng Yi¹, Tang Qilan^{2,*}

¹School of Nursing and Health, Zhengzhou University, Zhengzhou, China

²The First Affiliated Hospital of Zhengzhou University, Zhengzhou, China

Email address:

740870882@qq.com (Liu Shuai), 2397441786@qq.com (Liu Xun), 2601850661@qq.com (Cheng Yi),
870217499@qq.com (Tang Qilan)

*Corresponding author

Abstract

Background: Nurses are the largest group within the healthcare workforce. Possession of a high level of resilience is beneficial for effectively coping with occupational stress, overcoming negative emotions, and enhancing their professional identity and the quality of medical care. However, there is no agreed definition of nurse resilience. **Aim:** The study aimed to conceptually define “resilience” within the field of nursing. **Methods:** A concept analysis using Walker and Avant's eight-step method. **Data sources:** We searched using Pubmed, Web of science, CINAHL, PsycINFO and MEDLINE for literature published from the establishment of the database until March 2025. We searched for keywords “resilience,” “psychological resilience” and “nurs*” with the condition that the keywords must be included in the title or abstract. **Results:** Resilience in the nursing field has nine antecedents. Antecedents of resilience in nursing include demographic factors, physiological factors, psychological and cognitive factors, as well as external factors. Consequences of resilience in nursing involve impacts on level of job burnout, work engagement, job satisfaction, turnover intention and quality of work life. **Conclusions:** Nurse resilience is a multidimensional and complex concept that encompasses multiple conceptual attributes and is influenced by various factors. A concept analysis of nurse resilience is conducted to provide a reference for relevant theoretical research and the development of assessment scales.

Keywords

Concept Analysis, Nurse, Nursing, Resilience