



A DESCRIPTIVE STUDY TO ASSESS THE QUALITY OF LIFE AMONG STAFF NURSES WORKING IN SRM GENERAL HOSPITAL, POTHERI

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ABSTRACT

Aim-The main aim of the study was to assess the quality of life among staff nurses working in SRM General Hospital, Potheri. **Objectives-**To assess the quality of life among staff nurses. **Method-**The main study was conducted at S.R.M Medical College, Hospital and Research Centre.100 staff nurses were selected using non-probability convenient sampling technique .The assessment for demographic variables and questionnaires used to assess the quality of life among staff nurses working in the SRM General Hospital .**Result:** There is a significant association between the demographic variable and quality of life. **Conclusion -** The result of the study concluded that quality of life among staff nurses in SRM hospital was moderate level. This is a major challenge for nurses to achieve a reputed position in the health care system. Quality of nursing work life is an important factor that should be considered to improve the working standards of nurses.

KEYWORDS: Quality of life, health, staff nurses, hospital



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INTRODUCTION

Nurses are trained to consider the patient's quality of care and life, but seldom their own; they rarely consider that they themselves or others in the profession may need care. The quality of working life is a system of analysing how people experience work, how the experience relates to job satisfaction, intent to leave, turnover rate, personality and work stress.¹ It is now almost universally recognized that nursing is, by its very nature, a stressful occupation.¹ Nursing was chosen as one of the occupations of which the International Labour Organization (ILO) has commissioned a manual on stress prevention.² Due to insufficient staffing, nurses experience difficulties in meeting patient needs. They become frustrated about their inability to complete their work to their professional satisfaction and express wishes to leave the nursing profession.³ According to World Health Organisation quality of life is defined as an individual's perception of his or her position in life in the context of the cultural and value system in which he or she lives and in relation to his or her goals, expectations, standards, and concerns. The quality of life is a subjective satisfaction expressed by an individual in his physical, mental, social and spiritual situation. It is a term which varies from person to person and depends on each individual's capacity to cope with a situation.² Considering the WHO concept of health as a state of physical, mental, and social wellbeing, the improvement in the quality of life of nurses becomes a very important since they have to play multiple roles in their lives⁴. Maryam Aalaa (2004), the study showed that more than half the nurses evaluated their QOL to be at a moderate level. The results from this study can be used by policy makers to help make improvements to nurses' QOL that may enhance the quality of care they deliver to their patients. Future research, including a group of nurses from over the whole country is essential so that a more representative cohort can be studied. It would also pave the way for the establishment of a QOL database for nurses in Iran that could monitor changes in the nursing population.⁶ Khaghanizadeh M (2008), found that nurses with high Quality of work life tend to have lower job stress, therefore suggested education for hospital managers on job stress and QWL issues are planned in order to develop strategies to address and improve the QWL conditions and to decrease level of job stress for nurses life for example employee participation, supervisor supports, decrease overload and conflict and ambiguity and also psychological intervention for increase cope with job environment.⁷ Mohammed j Almaki (2012), suggested that the respondents were dissatisfied with their work life. The major influencing factors were unsuitable working hours, lack of facilities for nurses, inability to balance work with family needs, inadequacy of vacations time for nurses and their families, poor staffing, management and supervision practices, lack of professional development opportunities, and an inappropriate working environment in terms of the level of security, patient care supplies and equipment, and recreation facilities.⁸ TayebMoradi (2012), a cross-sectional study concluded that Nurses' quality of work life was on the moderate level. As the quality of work life has an important impact on attracting and retaining employees,

it is necessary to pay more attention to the nurses' quality of work life and it's affecting factors⁹. Pamila N R Jathanna(2014), concluded that Hospital authorities and health managers of any type of health care setting need to plan for enhancing better quality of life for nurses by planning for the better working environment by providing facilities for coping mental demands, software systems, and work-rest schedules to reduce the job physical demands. Thus, enhance QOL of nurses resulting in better health care services to the community.¹⁰ Quality of life (QOL) is an important dimension of health. It is a subjective term which varies from person to person and depends on each individual's capacity to cope with a situation. It is important to know how satisfied nurses are with their QOL and jobs and what characteristics influence their quality of life. Hence, this study aimed to find out the Quality of life among staff nurses working in the SRM General Hospital.

METHODOLOGY

The research design applied in this study was descriptive survey design. This study was conducted at the SRM general hospital, Potheri. Ethical clearance from the institutional ethics committee approval (SRMCON/2014-2015/bsc/51) has been obtained. 100 samples were selected by non-probability convenient-sampling. The WHOQOL-BREF is a 26-item instrument consisting of four domains: physical health (7 items), psychological health (6 items), social relationships (3 items), and environmental health (8 items); it also contains QOL and general health items. Each individual item of the WHOQOL-BREF is scored from 1 to 5 on a response scale, which is stipulated as a five-point ordinal scale. The scores are then transformed linearly to a 0–100-scale. The physical health domain includes items on mobility, daily activities, functional capacity, energy, pain, and sleep. The psychological domain measures include self-image, negative thoughts, positive attitudes, self-esteem, mentality, learning ability, memory concentration, religion, and the mental status. The social relationships domain contains questions on personal relationships, social support, and sex life. The environmental health domain covers issues related to financial resources, safety, health and social services, living physical environment, opportunities to acquire new skills and knowledge, recreation, the general environment (noise, air pollution, etc.), and transportation.

MEASUREMENT PROCEDURE

Data was collected from 100 nurses in SRM General Hospital, the rapport was established with the nurses and the purpose of the study was explained and consent was taken. The nurses were given the questionnaire and asked to fill immediately. The questionnaire was collected back after 1 hour.

STATISTICAL ANALYSIS

The obtained data from the respondents were tabulated with appropriate descriptive and inferential statistics. The descriptive statistics used are mean, percentage

and inferential statistics are chi -square used to associate the quality of life.

RESULTS

The result of this study was analysed by description of the study subjects, analysis and interpretation of data collected from the selected samples of 100 staff nurses in SRM General Hospital, Potheri to assess the Quality of Life among Staff Nurses.

Table 1
Frequency and percentage Distribution of the demographic data

Variables	Classification	Frequency	Percentage
Age	21 - 30 Years	98	98%
	31 - 40 Years	2	2%
Professional Qualifications	Basic B.Sc., Nursing	59	59%
	General Nursing & Midwifery	37	37%
	Post basic B.Sc., Nursing	4	4%
Marital Status	Married	3	3%
	Single	97	97%
Married Status	Staying away from spouse for job purpose	2	2%
	Staying with spouse	1	1%
Type of Family	None	97	97%
	Joint	17	17%
	Nuclear	83	83%
No. of Children	None	94	94%
	One	3	3%
	Two	3	3%
Monthly Income	< 5000	10	10%
	5001 – 9000	26	26%
	9001 – 13000	42	42%
	> 13000	22	22%

Table 2
Association between demographic variables with quality of life (general health) among Staff Nurses

Variables	Classification	Quality of Life and General Health			Chi Square value	Degrees of freedom	P- Value
		Poor	Moderate	Good			
Age	21 - 30 Years	19	49	30	2.16	2	0.340
	31 - 40 Years	1	0	1			
	Joint	5	8	4			
No. of Children	None	17	48	29	14.24	4	0.007*
	One	3	0	0			
	Two	0	1	2			
Daily working hours	8 Hours	18	49	31	8.16	2	0.017*
	10 Hours	2	0	0			
Experience	1 - 5 Years	14	41	25	1.67	2	0.434
	6 - 10 Years	6	8	6			

(N=100)

Table 3
Association between demographic variables with quality of life (physical health) among Staff Nurses

Variables	Classification	Physical Health			Chi Square value	Degrees of freedom	P- Value
		Poor	Moderate	Good			
Age	21 - 30 Years	11	75	12	13.66	2	0.001*
	31 - 40 Years	2	0	0			
Professional Qualifications	General Nursing & Midwifery	2	30	5	4.91	4	0.296
	Basic B.Sc., Nursing	11	41	7			
	Post basic B.Sc., Nursing	0	4	0			
Marital Status	Single	12	73	12	1.38	2	0.501
	Married	1	2	0			

(N=100)

DISCUSSION

The frequency and percentage distribution of demographic variables reveals that 98 (98%) are 21-30 age group and 2 (2%) are 31-40 years of age, the professional qualification 59 (59%) are basic B.Sc nursing, 37 (37%) are general nursing and midwifery

and 4(4%) are post basic B.Sc nursing ,the 2(2%) none, are staying away from spouse for job purpose,1(1%) are staying with spouse . In the type of family 17(17%) are joint family and 83 (83%) belongs to the nuclear family. Regarding number of children, 94(94%) have none,3 (3%) have one child and 3(3%) have two child . In on monthly income10 (10%) have <5000, 26(26%) have 5000-9000, 42(42%) have 90001- 13000 and 22(22%)

have above 13000. Regarding area of current work 7(7%) in casualty ,1(1%) in ENT,16(16%) in ICU,25(25%) in medical ,5(5%) in obstetrics and gynaecology , 5(5%) in ortho,5(5%) in OT,13(13%) in others ,3 (3%) in paediatrics and 20(20%) are in surgical ward . Considering Daily working hours 98 (98%) are working for 8 hours and 2 (2%) for 10 hours .In 80(80%) having 1-5 years of experience and 20 (20%) having 6 - 10 years of experience .The result of the study has been discussed based on the objectives stated for the study : The quality of life among staff nurses working in SRM general hospital is at a moderate level. This result is similar to Dinta suresh et al., (2013) nurses working in a hospital have the moderate quality of nurses working life³⁷. Other findings of our research are, a significant association between the number of children (χ^2 14.24 at p-value 0.007*) and daily working hours (8.16 at 0.017*)with the quality of life and general health among nurses. There is a significant association between age (χ^2 13.66 at p-value 0.001*) with physical health among nurses. There is a significant association between age (χ^2 12.54 at p-value 0.002*), number. of children (χ^2 10.28 at 0.036*) ,monthly income (χ^2 14.89 at p-value 0.021*)with psychological among nurses. And a significant association between professional qualification (χ^2 10.19 at p-value 0.037*)and social relationship among nurses, a significant association between number. of children (χ^2 15.56 at p-value 0.004*) and monthly income (χ^2 14.02 at p-value 0.029*) with environmental health .These findings are similar to Tessa et al., (2014) found that significant association

between quality of life and marital status and monthly income, area of work, working hours and total year of experience³⁸. The result of current study found that overall quality of life among nurses working in SRM General hospital was moderate level in various aspect like working hours, the health of the employees, personal life.

CONCLUSION

The study was done to determine the quality of life among nurses working in the SRM General Hospital , Potheri .The result of the study concluded that, quality of life among staff nurses in the SRM hospital was moderate level. There is less opportunity for development of their professional service. This is a major challenge for nurses to achieve reputed positions in health care system. Quality of nursing work life is an important factor that should be considered to improve the working standards of nurses.

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CONFLICT OF INTEREST

None.

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