

عنوان مقاله:

Sleep Quality among Shift-working Nurses in the Hospitals of Rafsanjan City, Iran, in ۲۰۱۸

محل انتشار:

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خلاصه مقاله:

Background: Nursing deals with shift working in different hours of the day and night. Sleep disorders due to disturbed sleep-wake cycle and the circadian cycle lead to physical and mental disintegration of the person. This study was conducted to examine the sleep quality of shift-working nurses in the hospitals of Rafsanjan. Methods: This descriptive and analytical cross-sectional study was carried out on ۱۸۰ shift-working nurses in educational hospitals of Rafsanjan during April and May ۲۰۱۸. In order to collect data, the Pittsburgh Sleep Quality Questionnaire was used. Data analysis was done using t-test, Chi-Square, Fisher Exact test and through SPSS ۱۸. Results: The sleep quality of ۵۶ shift-working nurses (۳۱.۱۰%) was optimal, while ۱۲۴ nurses (۶۸.۹۰%) had inappropriate sleep quality. There was a statistically significant relationship between sleep quality and job satisfaction among nurses ($P=۰.۰۳۶$), so that, nurses who had job satisfaction had also optimal sleep quality. In terms of sleep quality dimensions, delayed sleep was the most prominent problem of nurses. Conclusion: Research findings showed improper sleep quality of shift-working nurses in hospitals of Rafsanjan, which probably affects their job satisfaction, as well as their mental and general health. This can cause serious disorders in professional performance, quality of nursing services, personal life and other roles.

کلمات کلیدی:

Sleep quality, Nurses, Shift Work, Pittsburgh Sleep Quality Questionnaire, Rafsanjan

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