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The correlations between job stress, psychical and mental health for nursing staff

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Nursing staff is the largest number of professionals in the hospital, is the main clinical care manpower, and can provide 24-hour care services for patients. It is an important asset in the medical team. Most research data indicate that most nursing staff suffers from moderate to severe work. Stress, however, if the nursing staff are under severe or long-term work stress that will affect the physical and mental health of the nursing staff, the purpose of this study is to explore the work pressure, physical and mental health status, relatedness, difference, and physical and mental health prediction of nursing staff with different demographics and work characteristics. In this study, a cross-sectional correlation study design was used to explore the work stress, physical and mental health status, correlation and predictors of nursing staff. The research subjects were regional teaching hospital nurses, structured questionnaires: demographics, Work characteristics questionnaires, work stress scales, and general health scales were investigated. There were 124 valid questionnaires with a recovery rate of 98.41%. They were independent sample t-test, single-factor variance analysis, snowflake post-inspection, analysis, and Pearson correlation. Analysis and complex regression analysis and other statistical methods for data analysis. As a result, it was found that nursing staff with different demographics and work characteristics had significant differences in work stress and physical and mental health. The older the age was, the greater the feeling of work stress was, and the N4 and above ranks, junior college years were more than 10 years, and the physical and mental health status was poor. Nursing staff's work stress and physical and mental health are significantly related. The higher the work pressure, the worse the physical and mental health of the nursing staff. The main work stress is perceived as workplace environment, communication and relationship, and professional care. The significant impact of professional care on physical and mental health can explain the 21.7% variation in physical and mental health. It is obvious that the higher the pressure on nursing professionals, the higher the pressure on professional care, and the worse the physical and mental health status. It is hoped that the results of this study can serve as a reference for hospital administrators in the relief of work pressures of nursing staff and promotion of health.

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