

April 18-19, 2022
London, UK

Occupational Medicine & Health Affairs
ISSN: 2329-6879

The Relationship between Sleep Disorders and Job Stress among Nurses

Mehrzad Ebrahemzadih

Faculty Member of Occupational health and safety, Neyshabur University of Medical Sciences, Iran

Background:

The purpose of this study was to investigate the relationship between sleep disorders and job stress among nurses working in educational hospitals in Sanandaj.

Methods:

This cross-sectional descriptive-analytical study was conducted on 160 nurses working in educational hospitals of Kurdistan University of Medical Sciences in Sanandaj in 2014. A quotient sampling method was used to select nurses. Data were gathered using two questionnaires: Expanded Nursing Stress Scale (ENSS) and Pittsburgh Sleep Quality Index (PSQI). Then, the results were analyzed by using SPSS 16 software, independent t-test, and Spearman correlation.

Results:

56 of the nurses (35%) were male and 104 nurses were female (65%). The results of Spearman correlation test showed that nurses' sleep quality was significantly correlated with nurses' job stress. Also, the findings of this study showed that nurses' sleep quality was significantly different in terms of working and age groups. However, nurses' job stress did not show any significant difference between different work experience and age groups.

Conclusion:

The study showed that there is a direct relationship between job stress and sleep quality in nurses. Therefore, it is necessary to identify the underlying factors that cause stress and sleep disorders and in addition to precisely planning the work shifts, preventing the increase of the volume and duration of work should be designed to eliminate them.

Keywords:

Job stress; Sleep quality; Nurses

Biography

Researcher and trainer of occupational safety and health with 4 years experience in occupational health, risk assessment and risk management, Environmental Impact assessment in OGP and construction projects. Published more than 30 scientific papers in refereed journals about OHS and EHS and occupational medicine. Oral presentations at world and international conferences and congresses in Europe and Asia

mhrzad12@gmail.com

Received: February 4, 2022 | Accepted: February 7, 2022 | Published: April 24, 2022