Titel: Assessment the relationship between job stress, quality of sleep and fatigue among nurses in selected hospitals of Tehran, 1391.

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Abstract

Background & purpose: The nursing profession has great stressful situations that can cause problems such as physical disease, reducing the quality and quantity of treatment that may lead to fatigue and disorder sleep. This study examines the relationship between job stress and sleep quality and fatigue in nurses.

Methods: This is a cross-sectional correlation study. Through stratified random sampling, 200 nurses who worked in hospitals affiliated to Tehran University of Medical Sciences were selected. Data was collected by demographic form, and Taft Gary Anderson job stress and Pittsburgh sleep quality questionnaires. All questionnaires filled based on Likert scale. Descriptive statistics (mean and SD) and statistical tests (Pearson correlation and ANOVA) through SPSSV-16 were used for data analysing.

Results: The results showed that 54, 43 and 3 percent of nurses had experienced high, moderate and mild stress, respectively, and stress directly and significantly correlate with sleep quality (P<0/004) and fatigue (P<0/001) of nurses. From stress dimensions, "suffering from death of patients" was associated with sleep quality (r=0/27) and "high workload" had high relationship with fatigue of nurses (r=0/29). Results showed that with increasing stress, increasing fatigue and reducing nurses' sleep quality. So managers can make appropriate decisions based on the results of this study, to reduce fatigue and sleep disorders in nurses.

Keywords: stress, sleep quality, fatigue, nurse