A Study of Physical Fitness and Health-Related Quality of Life Among Nursing Staff

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Abstract

The purpose of this study was to examine physical fitness and health-related quality of life among nursing staff. Ninety-nine volunteer nurses participated in this study. Measurements of physical fitness included functional capacity, muscular strength, physical reaction, flexibility, and body composition. A subject's quality of life was measured by means of the SF-36. Results of this study revealed that the average estimated functional capacity was 11.57 METs. A significant positive correlation between age and flexibility and a negative correlation between age and body mass indexes were observed. With respect to quality of life, the average score for physical component summary was higher than score for mental component summary. The findings of the study can serve as a reference for improving nurses' physical fitness and quality of life.

Key words: physical fitness, health-related quality of life, nurses

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