A Study of Fatigue / Stamina, Healthy Lifestyle and Health-Related Quality of Life Among Nurses

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Abstract

The purpose of this study was to explore the measurements of fatigue / stamina, a healthy lifestyle, and health-related quality of life among 99 nurses. We applied a cross-section design method using self-administered, structured questionnaires for data collection. Instruments included a fatigue / stamina scale, a healthy lifestyle profile, and the SF-36. The main findings were: (1) the average score on the fatigue scale was 13.8 (0-40), indicating a light-to-medium degree of fatigue; (2) a significant negative correlation was found between fatigue and a healthy lifestyle ($r = -0.24, p < 0.05$), particularly in interpersonal relationships ($r = -0.22, p < 0.01$); (3) a healthy lifestyle showed a significantly positive correlation to general health ($r = 0.30, p < 0.01$), vitality ($r = 0.36, p < 0.001$), and social functioning ($r = 0.21, p < 0.05$), as well as mental health ($r = 0.26, p < 0.05$). We suggest that nursing administrators develop on-job training and fatigue-release programs that aim at relieving fatigue, and provide a good support system for nurses. These steps would provide useful means for nurses to relieve their fatigue, as well as have a more healthy lifestyle and an improved quality of life.

Keywords: Fatigue / stamina, Healthy lifestyle, Health-related quality of life

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