

Investigation of the key determinants of Asian nurses' quality of life

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INDUSTRIAL HEALTH
Volume: 56 Issue: 3 Pages: 212-219
DOI: 10.2486/indhealth.2017-0066
Published: 2018
Document Type: Article
[View Journal Impact](#)

Abstract
The study aimed to compare nurses' quality of life and investigate key determinants among Asian countries with different economic status. A cross-sectional survey was conducted across five Asian countries (Japan, Singapore, Malaysia, Thailand, and Bhutan). Quality of life (WHOQOL-BREF), job stress (National Institute of Occupational Safety and Health questionnaire), and demographic data were assessed. Stepwise multivariate linear regression analysis was performed to identify the key determinants of quality of life. Participants were 3,829 nurses (response rate: 82%) with a mean age of 33 +/- 10 yr and majority were women (92%). Regarding quality of life, Bhutan yielded the highest scores, followed by Malaysia, Thailand, Singapore, and Japan, and these results were statistically significant. The key determinants that were significantly related to quality of life were "stress coping ability," "life satisfaction," "Japan," "social support," "job stress," and "Singapore" (adjusted R-2 =1.46). In conclusion, nurses' quality of life differs across Asian countries and is not linked to the country's economic development. To maintain a good quality of life for nurses, an international exchange program like international nursing conferences for work environment and staff coping strategies is recommended to broaden institution' minds and share experiences and exchange views to be able to realize their own problems and discover global solutions to them.

Keywords
Author Keywords: Asian nurses; Quality of life; Occupational health; Stress at work; Hospital
KeyWords Plus: IN-HOSPITAL NURSES; WORK-LIFE; DEMOGRAPHIC CHARACTERISTICS; WORKPLACE STRESSORS; MENTAL-HEALTH; JOB-SATISFACTION; PREDICTORS; IMPACT; LEAVE; ORGANIZATIONS

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Funding Agency	Grant Number
Akita University	

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Journal Information

Impact Factor: [Journal Citation Reports](#)

Categories / Classification

Research Areas: Environmental Sciences & Ecology; Public, Environmental & Occupational Health; Toxicology

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