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International Nursing Review
Volume 66, Issue 1, March 2019, Pages 61-69

Investigating nurses' quality of life and work-life balance statuses in Singapore (Article)

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Abstract

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Aims: To investigate the key determinants of nurses' quality of life and work-life balance statuses in a tertiary hospital in Singapore. **Background:** Nurses' quality of life can directly and indirectly impact patients' safety and quality of care. Therefore, identifying key factors that influence nurses' quality of life is essential in the healthcare delivery system. **Methods:** A descriptive quantitative study design was adopted, and validated questionnaires were used. Data were collected in a period of 3 months (March to May 2014) at a 600-bed tertiary hospital in Singapore. One thousand and forty nurses participated in the study. **Results:** Social support and sense of coherence were found to be significant predictors for high quality of life in all domains. Most nurses in this study spent more time on work than their private lives. However, there was no significant difference in job satisfaction among the four groups of nurses' proportions of percentages of actual time spent on work and private life. **Conclusions:** Cultivating social support from family, friends/colleagues and supervisors can help an individual cope with stress and enhance a nurse's quality of life. **Implications for nursing policy and practice:** Even though nurses who spent more time at work were still satisfied with their job, they might need to be aware of their physical health and work environment. Nursing policy related to nurses' physical health and environment should be established. Health promotion programmes such as physical exercise and mindfulness interventions should be conducted to promote nurses' well-being and healthy workplace environments to enhance nurses' quality of life. © 2018 International Council of Nurses

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Author keywords

nurses quality of life sense of coherence social support stress work-life balance

Indexed keywords

EMTREE medical terms:

article exercise friend health promotion human human experiment
job satisfaction mindfulness nurse quality of life questionnaire
sense of coherence Singapore social support stress study design
tertiary care center wellbeing work environment work-life balance workplace

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Funding details

Funding sponsor	Funding number	Acronym
Alexandra Health Systems	AHEG14001	

Funding text

This study was funded by Alexandra Health System in Singapore (Project code: AHEG14001). The authors would like to thank nurse managers, nursing administrators and all nurses for their great support to this study.

ISSN: 00208132

CODEN: INNRA

Source Type: Journal

Original language: English

DOI: 10.1111/inr.12457



PubMed ID: 29633267

Document Type: Article

Publisher: Blackwell Publishing Ltd

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ISBN: 978-331904600-6; 978-331904599-3
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