Assessment of shift work problem faced by female nurses

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ABSTRACT

Shift work is a major feature of work life across a broad range of industries. Shift work and work-related stress are important topics in the healthcare sector due to their possible negative impact on the workers' health and safety, in terms of health and well being. So, the study was conducted in Maharana Bhopal Govt. Hospital at Udaipur. The sample consisted of 60 female nurses between the age group of 30-60 years, working in flexible rotating shifts. A standardized tool i.e. the Standard Shiftwork Index (SSI) was used to elicit required data from each respondent. Changes in work schedules were particularly problematic for those with less seniority. The amount of sleep and disturbed sleep has a great impact on the shift workers the highest being impact on general feeling of tiredness was amongst old group respondents with a score of 134. While the young group respondents were having its highest impact on normal amount of sleep (98). The overall scores health and well being problems and their impact was very high in young group as compared to the old group with a total score of 1079 and 807, respectively. The respondents expressed that shift work interfered more with family related problems because of the lack of synchrony between theirs hours on job and their families daily routine. The most serious impact was for those who worked evenings and night shifts. From old group 32 per cent, 46 per cent, and 23 per cent of respondents said that they used their disengagement strategies ‘a little’, ‘somewhat’, ‘quite’ often, respectively. Both the groups coped with the domestic situations by solving problems, reorganization of work, letting out evaluation and talking about their feelings. Coping strategies related to social life, domestic life and sleep gave us an understanding that the female nurses solve the problems and reorganize them properly instead of avoiding situation or criticizing themselves. This point needs special attention that is age is a factor of adopting disengagement mode of coping with work situations in female nurses.

KEY WORDS: Shift work, Fatigue, Coping strategies


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