

Subjective well-being of nurses

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Madam, subjective well-being concerns peoples' self-reported assessment of their own wellbeing.¹ Having a good subjective well-being has always been desirable for humans, and the concept of a good life and the ways of achieving it have become important over the years.² Subjective well-being is an issue of concern for nurses. However, little is known about the subjective well-being of nurses working with frequent exposure to distress.³ This study was undertaken to assess the level of subjective well-being in nurses.

We performed a descriptive study in an University in Kocaeli, Turkey, during October 2013. The study was conducted by a sample of convenience. Nurses undertaking a one-year master programme for a professional degree in management in hospital and healthcare departments. Participants volunteered to take part in the study. Data were gathered using Personal Information Form and The BBC subjective well-being (BBC-SWB) scale. Participants' consent was obtained to use their answers for the purpose of this study. Statistical analysis was performed using the SPSS (SPSS for Windows, version 16.0).

The BBC-SWB scales have been used to identify populations' general wellbeing.⁴ Respondents were required to select their answer from one of five options that best describes their experience. One item, asking about anxiety and depression, was reversed scored. Higher scores reflect a higher degree of general wellbeing. It has previously been shown to be a reliable and valid measure of subjective well-being in the general population with good psychometric properties.⁴ In this study Cronbach's alpha coefficients calculated using the whole sample (n = 160) revealed high levels of internal consistency for the total 24-item scale

(Cronbach's alpha = 0.90, 24 items).

Mean age of the study participants was 34.9±5.6 years (range: 25-55 years), 92.5% (n=148) of them were female. 77.5% (n=124) of them was married, and 40.0% (n=64) of them was not children, and 90.6% (n=145) of them was worked in the hospital. 32.5% (n=52) of them was job background among 12-16 years.

The mean score was 3.27±0.54; ranging from 2.44±1.08 to 4.19±0.84. Mean scores were of psychological well-being domain 3.29±0.65+, physical health and well-being 3.00±0.68, relationships domain 3.51±0.65.

The mean item score for the BBC-SWB was 3.27±0.54, which was high to those of reported (3.05±0.70) by Pontin et al.⁴ In our study, higher scores (3.51±0.65) came against questions related to relationships. In our study, low scores (3.00±0.68) came against questions related to physical health and well-being and the results were not similar to those done among English populations. However, in that study, low scores came against questions related to general wellbeing.⁴

The subjective well-being was less than ideal in the study population, indicating the need of proper improving the subjective well-being care to maintain a desirable subjective well-being as a first step in nurses. Hospital managers or health care organizations has been made, it is recommended that information on perceptions of the general wellbeing status are evaluated and gathered.

References

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