

ORIGINAL RESEARCH

Professional Quality of Life: A Study Among Staff Nurses at a Selected Hospital in Mangaluru, India

Calidad de vida profesional: un estudio entre enfermeras de un hospital seleccionado en Mangaluru, India

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Abstract

Background. Professional quality of life refers to overall satisfaction and well-being within work roles. For nurses, this is influenced by the work environment and various professional challenges. Nurses often face severe pressure, high-risk infections, challenging clinical situations, multiple responsibilities, and resource shortages, all of which can impose physical and psychological burdens that affect their health and well-being. **Aim.** This study aims to examine the professional quality of life among nurses. **Settings and design.** The study was conducted at a selected hospital in Mangaluru, Karnataka, India, employing a descriptive survey design. **Methods and material.** Convenience sampling was used to gather data from 237 staff nurses. **Statistical analysis used.** The data were analyzed using descriptive and inferential statistics. **Results.** According to the study, none of the nurses expressed dissatisfaction with their profession. Instead, 2.5% reported being slightly satisfied, 25.7% were satisfied, 51.5% were very satisfied, and 20.3% were extremely satisfied. The mean NPQoL scale score was 69.30 ± 13.48 .

Keywords: hospital, nurses, profession, quality of life, well-being

Resumen

Contexto. La calidad de vida profesional se refiere a la satisfacción y al bienestar general durante el desempeño laboral. Para las enfermeras, esto se ve influenciado por el entorno laboral y diversos desafíos profesionales. Con frecuencia, enfrentan gran presión, infecciones de alto riesgo, situaciones clínicas complejas, múltiples responsabilidades y escasez de recursos, todo lo cual puede imponer cargas físicas y psicológicas que afectan su salud y bienestar. **Objetivos.** Este estudio tiene como objetivo examinar la calidad de vida profesional de las enfermeras. **Metodología y diseño.** El estudio se llevó a cabo en un hospital seleccionado en Mangaluru, Karnataka, India, empleando un diseño de encuesta descriptiva. **Métodos y material.** Se utilizó un muestreo por conveniencia para recopilar datos de 237 enfermeras. **Análisis estadístico utilizado.** Los datos fueron analizados mediante estadística descriptiva e inferencial. **Resultados.** Según el estudio, ninguna enfermera expresó insatisfacción con su profesión. En cambio, el 2.5 % se mostró ligeramente satisfecha, el 25.7 % satisfecha, el 51.5 % muy satisfecha y el 20.3 % extremadamente satisfecha. La puntuación media de la escala NPQoL fue de 69.30 ± 13.48 .

Palabras clave: hospital, enfermeras, profesión, calidad de vida, bienestar



Introduction

Nursing care is essential for patients, providing both physical and emotional support throughout treatment. Nurses frequently navigate demanding situations, complex clinical scenarios, heavy workloads, and traumatic events, all of which can significantly impact their well-being and professional quality of life. While nursing emphasizes compassion and empathy, continuous caregiving without adequate boundaries and support can result in stress and burnout. Job stress among nurses often arises from healthcare provider shortages, inadequate resources, and high job demands.¹

Nurses with higher professional well-being often deliver more compassionate and exceptional patient care. Conversely, those experiencing compassion fatigue may withdraw from professional activities. In oncology and critical care specifically, nurses face unique pressures that affect their professional quality of life. Despite the rewarding nature of nursing, the profession involves significant physical challenges, irregular schedules, lengthy shifts, and frequent exposure to suffering and loss, all of which impact overall well-being.^{2,3}

Materials and Methods

Design A descriptive cross-sectional study was employed to assess the Nurses' Professional Quality of Life (NPQoL).

Study participants selection criteria The study included nurses with at least one year of experience who were currently employed at a selected hospital in Mangaluru. Nurses on long-term medications were excluded from the study.

Instrument The study utilized the NPQoL scale ($r = 0.76$) to measure professional quality of life across three subscales: personal life, work life, and social life. The questionnaire consisted of 20 questions, with seven questions each dedicated to personal and work life, and six questions focused on social life.

Sample Size The sample size was determined based on findings by Eka NG *et al.*⁴ using the formula: $n = (Z\alpha^2 p \times (1-p)) / d^2$

Where: $Z\alpha = 1.96$ at a 95% confidence interval $P = 66.67\%$ Proportion (from reference article) $E = 6\%$ margin of error. The final sample size for this study was 237.

Results

Table 1: Description of the sample characteristics

Characteristics of the nurses	Values
Age	28.67±8.28 years
Gender	Males 6.3%, Females 93.7%
Educational qualification	GNM 37.1%, BSc Nursing 49%, PBBSc Nursing 13.5%, MSc Nursing 0.4%
Work experience	1-5 years 74.3 %, 6-10 years 11.8%, 11-15 years 3.4%, >15 years 10.5%
Current work position	Staff nurses 86.9%, Ward in-charges 10.1%, Supervisors 3%
Area of work	Critical care unit 38.8%, General wards 40.9 %, OPDs 1.7%, Private wards 17.3%, Daycare unit 1.3%
Marital status	Single 69.6%, Married 30.4%
Emotional exhaustion while working	Often 42.2%, Rarely 47.3%, Never 10.5%
Has attended a workshop/conference/ seminar related to professional quality of life	Yes 73.4%, No 26.6%

Statistical analysis Baseline variables and NPQoL scale data were examined using frequencies, percentages, means, and standard deviations. The Chi-square test was employed to determine associations between NPQoL and baseline variables.

Table 1 shows a predominantly female participant composition (93.7%), with males accounting for 6.3%. Approximately 49% held Bachelor's degrees, while others possessed various nursing qualifications such as GNM, PBBSc, or MSc. A total of 74.3% had 1–5 years of experience. The majority served as staff nurses, distributed across

critical care (38.8%), general wards (40.9%), OPDs (1.7%), private wards (17.3%), and day care units (1.3%). Regarding emotional exhaustion, 47.3% reported rare occurrences, while 42.2% often experienced it while working.

Nurses' Professional Quality of Life

Figure 1 depicts 51.5% of staff nurses as very satisfied, 25.7% satisfied, and 20.3% extremely satisfied based on the NPQoL scale. Notably, none reported dissatisfaction.

Figure 1: Bar diagram showing the NPQoL, n = 237

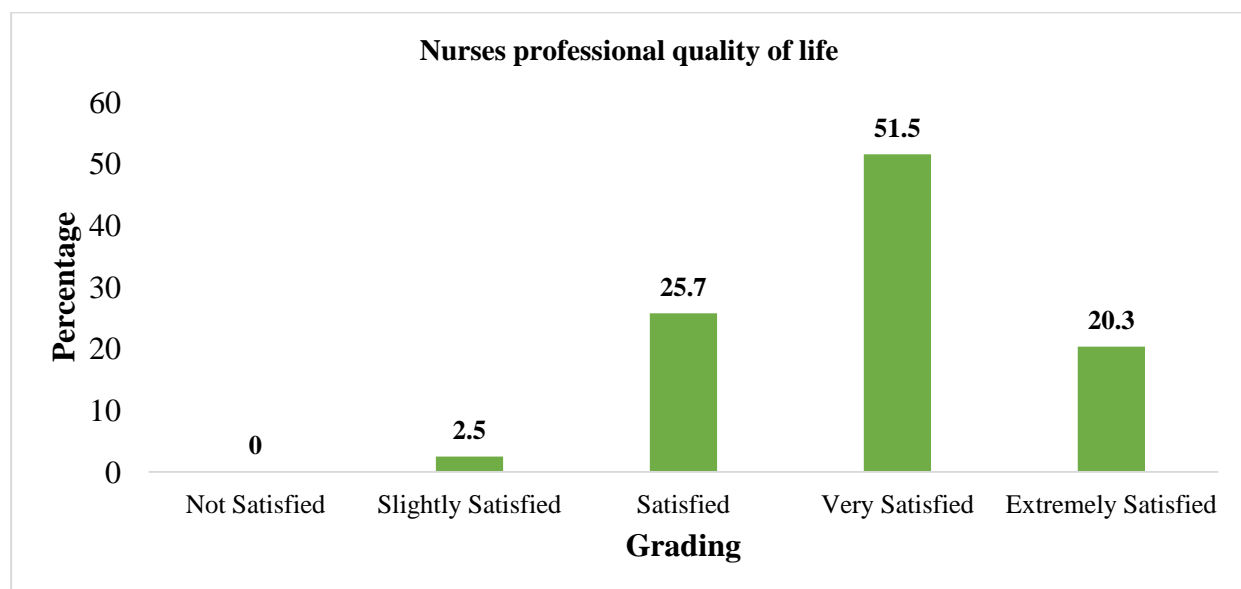


Table 2: Domain wise scoring of the nurses according to the professional quality of life scale, n = 237

Domain	No. of Items	Max Possible Score	Mean	Standard Deviation
Personal life	7	35	23.53	5.43
Work life	7	35	23.29	5.46
Social life	6	30	22.48	4.45
Overall score	20	100	69.30	13.48

Table 2 displays scores for NPQoL across domains. They rated their personal and work lives almost equally, with mean values of 23.53 ± 5.43 and 23.29 ± 5.46 , respectively. The social life domain received a slightly lower score of 22.48 ± 4.45 . The overall mean score on the NPQoL scale was 69.30 ± 13.48 .

Association Between the NPQoL and Selected Baseline Variables

Table 3: Association between the NPQoL and selected baseline variables. n = 237

Sl. No.	Variables	Median		df	Chi – square (χ^2) test	p-value
		< 69	\geq 69			
1	Age (in years)					
	i. 21 – 30	89	81	3	4.41	0.22
	ii. 31 – 40	19	22			
	iii. 41 – 50	7	9			
iv. 51 – 60	2	8				
2	Gender			1	3.3	0.07
	i. Male	4	11			
	ii. Female	113	109			
3	Educational qualification			3	1.41	0.7
	i. GNM	41	47			
	ii. BSc nursing	59	57			
	iii. PBBS nursing	16	16			
	iv. MSc nursing	1	0			
4	Work experience (in years)			3	4.46	0.22
	i. 1 – 5	93	83			
	ii. 6 – 10	9	19			
	iii. 11 – 15	4	4			
	iv. > 15	11	14			
5	Currently working as			2	1.25	0.54
	i. Staff nurse	103	103			
	ii. Ward in-charge	12	12			
	iii. Nursing supervisor	2	5			
6	Area of work			4	1.61	0.81
	i. Critical care unit	46	46			
	ii. General wards	47	50			
	iii. OPD's	3	1			
	iv. Private wards	19	22			
	v. Daycare unit	2	1			
7	Marital status			1	0.52	0.47
	i. Single	84	81			
	ii. Married	33	39			
8	Emotional exhaustion			2	0.99	0.61
	i. Often	50	50			
	ii. Rarely	57	55			
	iii. Never	10	15			
9	Status of Attending workshop / conference / seminar related to professional quality of life			1	6.85	0.009*
	i. Yes	77	97			
	ii. No	40	23			

p-value < 0.05; * significance

Data from Table 3 indicates a significant association ($p=0.009$) between NPQoL and their attendance at workshops, conferences, and seminars.

Discussion

The study found that the majority of participants were female, held a BSc degree, worked in general wards, and were single. These findings align with previous research indicating that most nurses were female and employed in general ward settings.¹ Similarly, one study noted that most nurses were single and held a nursing diploma,⁵ while another investigation found that the majority were married.⁶ Further research also reported a high prevalence of female nurses with BSc degrees.⁷

In the current study, most nurses expressed high satisfaction with their professional quality of life. These results contrast with a study by Abraham and Dsilva, which found that while staff nurses had lower burnout levels than nurse educators, their overall quality of life remained low.⁸ Other research has identified higher levels of stress, anxiety, and depression among nurses,⁶ while some studies reported lower secondary traumatic stress compared to burnout and satisfaction.⁹ Additionally, one investigation indicated that nurses were satisfied with their physical quality of life but reported lower satisfaction in the social domain.¹⁰ Furthermore, research has identified moderate well-being among nurses,¹¹ and a systematic review spanning 2009 to 2021 showed that nurses experience moderate to high levels of burnout.¹²

This study also found that nurses were highly satisfied with their personal and work life but reported slightly lower satisfaction with their social life. In comparison, Rajeswari Hemanathan and colleagues reported that staff nurses experienced a moderate level of work-life well-being,¹³ while Farahaninia and colleagues identified a moderate level of social health among nurses.¹⁴

The present study identified a significant link between professional quality of life and attendance at workshops, seminars, and conferences. This finding contradicts the results of Tessa Treasa Jose and Shripathy M. Bhat, which showed correlations with marital status, income, work area, working hours, and experience.⁵ Additionally, a Chinese

study linked professional quality of life to family care and organizational support,¹⁵ while a Vietnamese study associated it with age and professional experience.¹⁶

Limitations

This study was limited to a single hospital setting within a specific geographic area, which may limit the generalizability of the findings to larger populations.

Conclusion

The study revealed that staff nurses experienced high levels of professional quality of life. Furthermore, participating in workshops, seminars, and conferences related to professional development was positively associated with higher satisfaction levels. Consequently, it is recommended that hospital administrators encourage and facilitate nursing participation in professional education programs to maintain and further enhance their professional quality of life.

Conflict of interest none declared.

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