

# Factors Influencing On Quality Of Work-Life Of The Female Nurses

## Working In Teaching Hospital Jaffna.

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### Abstract

Quality of work life is important for all employees especially for nurses as they are the largest workforces in hospitals. Aim of the study was to assess the quality of work life and the influence of socio-demographic and work related factors on it among the female nurses working in Teaching Hospital, Jaffna. Hospital based descriptive cross sectional study was carried out among 143 female nurses by using self-administered questionnaire. Data was calculated with percentages and Chi-squared test was used to find association. Mean age of the participants was 33.5 years and there were 102 Sri Lankan Tamils and 41 Sinhalese. Most of them (57.3%) were legally married. Majority was (84) working in wards and most of the nurses (105) having less than 10 years working experience. Nearly half of the participants (52%) were not satisfied with their quality of work life. However most of them (60.8%) were stated that they are able to maintain balance between work and personal life and the responsibilities in both sides are not affected. Nearly more than half of the nurses, who are working in high dependency units (63%), those with less than ten years working experience (54.3%), those worked 40 hours over time per week (67.4%) and those doing frequently night duties (55%) showed their dissatisfaction on quality of work life. Most of the nurses were not satisfied with their welfare facilities (73.5%) and transport facilities (80.5%). Majority of the nurses (93.8%) suggested that the training programs for nurses should be conducted frequently to improve the quality of patient care. There is no any statistical significant relationship between factors and quality of work life. Thus there is need of conducting a qualitative in-depth interview research approach to identify the more factors, and this may help to take action to improve the quality work of life of nurses in Teaching Hospital, Jaffna.

**Keywords:** Nurses, Quality, Work, Life