# ABSTRACT

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| **Thesis Title** | : | Life Quality of Nurses : A Case Study of the Hospital under the Central Administration of the Department of Medical Services ,Ministry of Public Health . |
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The three major objectives of the study were (1) to find out the life quality of the nurses as a whole and in individual aspects, i.e., work, health and family (2) to identify the relationship between the components of the life quality and three sets of variables: the personal variables (i.e., age, marital status, family status, income, education, work experience, and work position) ; the family variables (i.e., physical home environment, social support from the family, number of household member, number of household member who had income and household income) and the work variables (physical work environment and social support from colleagues) and (3) compare the daytime nurses with the night shift nurses in terms of the factors affecting their life quality. The sample group of 200 nurses was selected by the multistage sampling technique. A questionnaire was employed to collect the data. Pearson product moment correlation coefficient, point biserial correlation, multiple regression analysis were used to analyze the data. The findings were summed up below:

Most of nurses in the study were 31-40 years of age. They were married and lived with their husbands. Their family status was the housewife. There were 4-6 members in their households. One to two of them had an income. The household income range was 10,001-20,000 baht a month, The number of nurses whose household members had a lower income than 10,000 baht a month was close to the number of nurses whose household members had an income of 20,001-30,000 baht a month. These nurses had a Bachelor's degree and had 11-20 years of work

(6)

experience. Most of them held the position of regular nurse. They work in night shift about 6-10 times a month

The overall life quality of the nurses were found to be moderate (93.5%). Also , all the three aspects of the life quality-work, health, and family were found to be moderate (86.5%, 92.0% and 72.5%, respectively). When the groups of nurses classified by worktime were compared to find out their life quality level, it was found that the daytime nurses had a higher overall life quality than the night shift nurses. However, their life quality were more or less the same when individual aspects were considered.

When the household variables were considered, it was found that the physical home environment and social support from the family were highly positive. It was also found that the work variables that is , the physical work environment and social support from the colleagues-were moderately good.

The overall life quality and the quality of working life depended mainly on the work variables, followed by the household variables, and the personal variables, respectively. On the other hand, the quality of health and the quality of family life depended mainly on the household variables, followed by the work variables, and the personal variables, respectively.

When the factors affecting the life quality of the daytime nurses and the night shift nurses were considered, it was found that the personal variables affected the overall life quality and all the aspects of life quality of the daytime nurses only. In addition, the household variables affected the daytime nurses overall life quality , work, health and family more than the night shift nurses. In contrast, the work variables affected the night shift nurses overall life quality, work and health, but not family, more than the daytime nurses.

The following recommendations were made: 1) The hospital administrations should annually evaluate the life quality of the nurses at the hospital, 2) Activities to boost and development the life quality of the nurses should be held, 3)The afternoon and night shifts should be reduced, 4) More monthly holidays should be given to the nurses working in shifts, 5) The nurses should be supported to develop their skills and knowledge and 6) the government should give a higher pay and welfare to the nurses.