

# 護理人員疲倦/活力度、健康促進生活型態與健康相關生活品質之研究

## A Study of Fatigue/Stamina, Healthy Lifestyle and Health-Related Quality of Life among Nurses

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### 摘要

身為護理人員在醫療團隊一直扮演著吃重的角色，但其本身健康狀態、健康促進生活型態或與健康有關生活品質之現況卻鮮有人探討。因此，本研究籍由橫斷式調查法，以自填式結構問卷作為資料收集的工具，探討 99 名護理人員之疲倦／活力度、健康促進生活型態與健康相關生活品質狀況。研究結果發現：(1).護理人員平均疲倦感得分為 13.8 分(0~40)，介於輕度到中度的疲倦感受；(2).疲倦度與健康促進生活型態呈現顯著負相關( $r=-.24, p<.05$ )，且人際支持發展與疲倦感呈現顯著負相關( $r=-.32, p<.01$ )；(3).健康促進生活型態與健康相關生活品質中的一般健康認知( $r=.30, p<.01$ )、活力( $r=.36, p<.001$ )、社會功能( $r=.21, p<.05$ )與心理健康( $r=.26, p<.05$ )呈顯著正相關。建議未來在臨床的在職教育中，可舉辦如何緩解護理人員的疲倦感、增進人際發展，及提昇護理人員健康促進之運動方案等相關課程，同時增加護理人員的支持網絡，藉由增進臨床護理人員處理自身疲倦感的情形，培養良好的健康促進生活型態，發展良好的人際支持系統，以達到提昇護理人員自身的健康與生活品質，進而為護理界留任更適用的人才。

### Abstract

The purpose of this study was to explore the measurements of fatigue/stamina, a healthy lifestyle, and health-related quality of life among 99 nurses. We applied a cross-section design method using self-administered, structured questionnaires for data collection. Instruments included a fatigue/stamina scale, a healthy lifestyle profile, and the SF-36. The main findings were: (1) the average score on the fatigue scale was 13.8 (0~40), indicating a light-to-medium degree of fatigue; (2) a significant negative correlation was found between fatigue and a healthy lifestyle ( $r=-.24, p<.05$ ), particularly in interpersonal relationships ( $r=-.32, p<.01$ ); (3) a healthy Lifestyle showed a significantly positive correlation to general health ( $r=.30, p<.01$ ), vitality( $r=.36, p<.001$ ), and social functioning ( $r=.21, p<.05$ ), as well as mental health ( $r=.26, p<.05$ ). We suggest that nursing administrators develop on-job training and fatigue-release programs that aim at relieving fatigue, and provide a good support system for nurses. These steps would provide useful means

for nurses to relieve their fatigue, as well as have a more healthy lifestyle and an improved quality of life.