

2. คุณภาพชีวิตของพยาบาลห้องผ่าตัดโดยรวมอยู่ในระดับปานกลาง เมื่อพิจารณารายด้านพบว่า คุณภาพชีวิตด้านสุขภาพและบทบาทหน้าที่ ด้านจิตใจและจิตวิญญาณ ด้านสังคมและเศรษฐกิจ และด้านครอบครัว อยู่ในระดับปานกลาง

3. ปัจจัยความเครียดในงานไม่มีความสัมพันธ์กับคุณภาพชีวิตของพยาบาลห้องผ่าตัด ผู้บริหารโรงพยาบาลและผู้บริหารการพยาบาล สามารถใช้ผลจากการศึกษาเป็นข้อมูลพื้นฐานในการบริหารงานเพื่อลดปัจจัยความเครียดในงาน ส่งเสริมคุณภาพชีวิต และเป็นข้อมูลพื้นฐานสำหรับการวิจัยที่เกี่ยวข้องกับพยาบาลห้องผ่าตัด

Thesis Title Occupational Stress Factors and Quality of Life Among Perioperative Nurses

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ABSTRACT

The perioperative nurses usually confront with occupational stress factors. These factors could affect their health and functioning, psychological and spiritual, social and economic as well as family aspects which are important components of quality of life of perioperative nurses.

The purposes of this study were to describe the occupational stress factors, quality of life and relationship between the occupational stress factors and quality of life among perioperative nurses. The subjects were 164 professional perioperative nurses who have worked in general hospital located in the northern region. The instruments used in this study consist of 3 parts. 1) Demographic Questionnaire, 2) Occupational Stress Factors Questionnaire, and 3) Quality of Life Questionnaire modified by Susanha Yimyam. The second and third part showed the content validity index of 0.93 and 0.88, respectively. The overall Cronbach's alpha coefficient of the second and third part were 0.98 and 0.88, respectively. Data were analyzed using frequency, percentage, mean, standard deviation and Pearson's product moment correlation.

The results revealed that:

1. The overall occupational stress factors score of perioperative nurses were at a moderate level. When considered each component, it was revealed that they perceived pressures

from patients at a high level while workload and time pressure, poor relationships among staff, organization and management problems as well as career issues were at a moderate level.

2. The overall quality of life score among perioperative nurses was at a moderate level. When considered in each component, it was revealed that component of health and functioning, psychological and spiritual, social and economic as well as family components were at moderate level.

3. Occupational stress factor was not correlated to quality of life of perioperative nurses.

The hospital administrators and nurse administrators can use the results of this study as basis data in their administration to reduce occupation stress factors and promote the quality of life. Moreover, this data can be used as a basis data for conducting research related to perioperative nurses.