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Study on the factors affecting the general well-being of health care nurses in the cadre sanatorium

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Objective: To explore the status and factors of general well-being of health care nurses in the cadre sanatorium and to provide a theoretical basis for improving their happiness.

Method: Invest 457 students of a military medical university to attend general medicine rotation training for health care nurses in military cadre sanatorium with general situation questionnaire, general well-being schedule, coping style questionnaire and mental health knowledge questionnaire.

Result: The general well-being of health care nurses in military cadre sanatorium was higher than that of domestic females ($t=13.884$, $P<0.01$). There was statistical significance difference in the general well-being of the health care nurses in military cadre sanatorium with different ages, education degree, health status and administrative post ($P<0.01$). General well-being was negatively correlated with self-blame, fantasy, retreat and rationalization ($P<0.01$), which was positively correlated with mental health knowledge ($P<0.01$). The independent variables that entered the general well-being of health care nurses in military cadre sanatorium regression equation in turn for education degree, self-blame, retreat and mental health knowledge. These four variables jointly predict the variation of 19.3% dependent variable.

Conclusion: The general well-being of health care nurses in the military is good and the less method of self-blame, fantasy, retreat and rationalization and more mental health knowledge, the better general well-being. Exposure to education degree, self-blame, retreat and mental health knowledge is the main factor affecting the general well-being of health care nurses in military cadre sanatorium regression.

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