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The relationship between job stress and quality of life for nurses who care sectors hospitals medical sciences in Zanjan

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Background: Although it is a very important source of livelihood and establish social status, yet can lead to physical and mental dementia. Job stress, disease of the 21st century is different in terms of the quality of human life is affected. The aim of this study was to investigate the relationship between job stress and quality of life of nurses in intensive care hospitals of Medical Sciences in Zanjan city.

The purpose of the present study and the most practical method of collecting data, descriptive. The population in this study, all nurses in the hospitals of Zanjan special care that period of study (1394) on The above list of hospitals Ayatollah Mousavi& Valie Asr were. according to Morgan formula for simple random sampling was 130 Sample and questionnaire to collect information from the 36-item quality of life (SF-36)& job stress Philip L. Rice (1992) that validity and reliability were confirmed. The data collected in both descriptive and inferential statistics were analyzed. To analyze the data, SPSS version 20 was used.

The results showed that among the 130 respondents, 100 were female and 30 were male. The relationship between job stress and quality of life in the intensive care nurses in hospitals of Medical Sciences at the 5% level is acceptable. The mean 04/176 and 52/27, respectively, are job stress questionnaire. Between quality of life and job stress men and women are different.

The results showed that job stress and quality of life and there is a significant relationship between gender. So apply effective strategies, such as increasing specialized staff, creating rotating shifts, reduce the risks by holding training sessions and workshops to reduce stress and improve the quality of life for nurses from the health ministry, is recommended.

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