

The Correlation Between Job Stress, Fatigue, and Quality of Life among Nurses in Karbala City, Iraq

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ABSTRACT

Job stress and fatigue are occupational safety and health factors that occur very often among the workers in the health sector including health workers. It is possible that nurses who require work tasks, which are not only repetitive but also long working hours can lead to job stress and affect fatigue. The purpose of the research was to find out the relationship between fatigue, work-related stress and quality of life three-way among nurses. The study design was a cross-sectional study with an approach of comparison and that was conducted in the three Karbala hospitals “ Imam al-Hasan al-Mujtaba Teaching Hospital, Karbala Children Teaching Hospital and Al- Kafaheel Specialty Hospital”. The research with the four instruments: First the demographic, second the The Work-Related Quality of Life Scale, three of them to assess work fatigue in nurses, the (KAUPK2), fourth the DASS (21 scale), which is an indicator of work stress. Data analysis was done using the SPSS program version (26). The most striking existing results point to the existence of a strong positive relationship between the quality of life of nurses (psychological, physical, social, and spiritual) and their fatigue perception and point that (0.211**) is significant. The present research found that stress was positively related to fatigue among nurses. In addition, quality of life versus fatigue posed the strongest positive correlation.

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