The Effects of Night Shift Work on the Psychosocial Status of Nurses in Akre City Hospitals

Mohammed Haider Musa* Shevan Younis Othman** Zekri Mahmood Merza***

ABSTRACT

Background and aim: Over the last several decades, there has been a rapid increase in the number of shift workers worldwide. In general, the shift has been divided to the day and night shifts. Nurses working the night shift have been found to experience physiological, social, and psychological problems. General purpose of this study is to identify the effects of night shift on nurses.

Materials and method: A descriptive study conducted on nurses working in Akre governmental hospitals to identify sources of the effects of night shift work on nurses. The study included (76) samples of nurses from the period 30th February to 2nd April 2016.

Results: The results of the study have shown that there are real problems in all areas; psychosocial problems come first in rank.

Conclusion: The study also revealed that there are significances between night shift work and variables of (sex, years of experience, married status).

Keywords: Effect, Night shift, Social problems, Psychological problems.