

Sleep Quality, Job Satisfaction and Mental Health Problems in Nurses



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DECLARATION

I, Mr. **Muhammad Irfan** ID: **13003146010** Student of MS Clinical Psychology in the subject of Clinical Psychology session 2013-15, hereby declare that the matter printed in the thesis title Job Satisfaction, Sleep Quality and Mental Health Problems in Nurses is my own work and has not been printed, published and submitted as a research thesis work or publication in any form in any university, research institution etc. In Pakistan or abroad.

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Certificate of Approval

Accepted by the Faculty of Institute of Clinical Psychology, School of Social Sciences & Humanities, University of Management and Technology, Lahore in partial fulfillment of the requirements for the degree of MS in Clinical Psychology.

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Dedication

I dedicate my thesis to my favorite and ideal and perfect person of the universe

HAZRAT MUHAMMAD (SAW) was the best person, true well-wisher of humans.

The big psychologist of the world. No person is complete in the world, every person

has some good quality and bad quality but only my inspiration **HAZRAT**

MUHAMMAD (SAW) is only who had good qualities. One teacher may have expert

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awesome.

Abstract

The study focused to examine the relationship of sleep quality, job satisfaction and mental health problem in nurses. The aim of this study was to assess the job satisfaction, sleep quality and mental health problem of nurses in Pakistan culture. As nurses duty is very stressful duty and it could be a highly risk factors for developing mental health problems. The cross sectional research design was used to examine relationship among sleep quality, job satisfaction and mental health problems. Stratified random sample of 200 nurses (35% males and 65% females) were taken from public hospitals of Faisalabad, Punjab Pakistan. The study was carried out with three scales namely The Pittsburgh Sleep Quality Index, Job Satisfaction survey and Depression Anxiety, Stress Scale. All the measures were adapted. The result revealed that there are positive correlation of sleep quality with job satisfaction and mental health problems. The results also revealed that there was a negative correlation of job satisfaction and mental health problem. A possible future effect or result of this research can be busting up the job satisfaction with the improving of sleep quality of the nurses and counter those factors which cause low quality of sleep and poor quality of sleep lead to the dreadful consequences. Current study helps in understanding the sleep problems of nurses and explore the consequences of poor sleep quality on mental health problems and the job.

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List of Abbreviations

<i>M</i>	Mean
<i>SD</i>	Standard deviation
<i>r</i>	Correlation
<i>t</i>	t-test
<i>p</i>	Level of Significance
PSQI	Pittsburgh Sleep Quality Index
DASS.....	Depression Anxiety Stress Scale
JSS	Job satisfaction survey
df.....	degree of freedom
ICU.....	Intensive Care Unit

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