

# A Study to Assess the Family and Social Life among Nurses Working Night Shift Duty at Nizwa Hospital

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**Abstract— Background:** Nurses as healthcare providers are obliged to work rotation shift to provide the needs of sick people. Nurses working night duty spend all night awake which has a bad effect on them by increasing the load and led to the difficulty to meet their family life and social life needs in the next day. Therefore this study focused on assessing the family life and social life needs among nurses doing night shift in Nizwa Hospital in Sultanate of Oman. **Aim:** To assess the family life needs and social life needs among nurses doing the night shift. **Methods:** A descriptive quantitative survey design was used in this study. Data was collected through self-administration questionnaire. Using convenient sampling 100 staff nurses from all the departments were selected for the study. Collected data were analyzed using frequency and percentage. **Results:** The findings of the study indicate that the majority of the nurses are female (67%) are married (82%), most of them (54%) have 1 to 2 children. Over of family needs, 90 (90%) of the family sleep pattern is disturbed. While 88 (88%) of their family depends on nurses in most of their personal needs. Majority of the respondents 72 (72%) do not have a good relationship with the spouse. 88 (88%) of the subject doing night shift restrict them from attending any social functions in their village. And 47 (47%) of them they are not able to maintain social relationships with their friends or relatives. There are some factors affecting and influencing night duty. Effect on sleep pattern 62 (62%), drowsy driving 33 (33%), are affecting factors wherein the most factors influencing nurses during night shift are able to finish personal morning work 24 (24%), night off days are good for relaxation and visit beauty center 17 (17%). **Conclusion:** Nurses' family life and social life needs affect by doing night duty but there are some factors which help in the persistence to do night shift and it motivates nurses to continue their service for the patients.

**Index Terms- :** Night shift, family life needs, social life needs, nurses.

## I. INTRODUCTION

### 1.1 Background of the Study

Nursing is one of the oldest and most honorable professions in the world and nurses play a vital role in patient care. When patients are ill or injured, it is often the nurses that provide the majority of care and support. It can therefore be inferred that in medical domain high percentage of workforce may be affected by problems related to shiftwork (Rathore, Shukla, Singh and Tiwari, 2012). The term shift is commonly understood to define the period of time worked by a group of workers who starts work as another group finishes (Hornby, 2000). Nurses working in the night shift have been found to experience physiological difficulties and sleep related change of their sleep pattern. (Vitale, Ganesh and Vu, 2015). Berger, Ann Hobbs and Barbara (2006) stated that night shift work generally is defined as work hours that are scheduled outside of daylight. Night shift usually starts from 8pm till 7am. Hospitals are the biggest employer in the health care field; employ more night shift workers than any other industry. Shift work often upsets the synchronous relationship between the body's internal clock and the environment. Working night shifts requires extra effort to stay awake and be effective; this alone puts a lot of

stress on the body and can cause health problems and fatigue. Moreover, night shifts are often not aligned with the work time and the responsibilities of other family members, friends, and the social environment in general (Simunic, and Gregov, 2012).

Moreover, other difficulties like spending less time with the family and social life needs among the nurses. Vitale, et al.(2015) stated that negative health effects of night duty have been researched internationally, resulting in a number of studies on issues of family or social implication. As working and cultural influences differ, finding may vary as to their generalized applicability. Some studies have been conducted related to this issue in Spain, a self-reported survey of 476 nurses found a higher incidence of varicose veins, appetite disturbance; sleep disorders, altered well-being, less social support and less leisure time with night versus day shift nurses (Vitale, et al, 2015). A large study on 25,924 nurses from 10 European countries found that nurses tended to work nights in order to reduce work and home conflicts. This often resulted in loss of health, decreased patient safety and increased burnout. Recommendations included workplace childcare, night shift naps, reducing short notice of shift changes and increasing collegial support and team-building (Estryn-Behar and Van der Heijden,

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2012). Night work can even be more negative impact for female nurses who also have family responsibilities such as pregnancy and child rearing (Abdalkader and Hayajneh, 2008). In Egypt study have been conducted by Attia , 2016 and he stated that “nurses working the night shift experience physiological difficulties and sleep related issues, family/child care difficulties and less leisure time, fatigue, drowsiness, poor sleep quality and dangerous drives home were found in nurses who could not adapt to shift work.

#### 1.2 Statement of the Problem

Nurses working in hospital have to do night duty and it depends on hospital protocol how many days per month. Doing night duty has negative effect on nurse's family and social life. They will be awake all night taken care for the patient and doing other ward's work, then next day they will be not able to perform normal family and social needs. Female staff does not find enough time in taking care of their children and other family members. According to the Australian Journal of Advanced Nursing the domestic disruption has been shown to be a key consequence of night shift work affecting relationships with partners, children and friends, also a large number of shift workers experience social isolation due to the nature of their work as they find it difficult to spend time with friends and relatives. As a further consequence many nurses reportedly use smoking and binge drinking as coping strategies.(Health Times, 2016). In Oman, a study conducted by Aljabri (2014) in Al Nahdha Hospital found that 84% percent of participants stated that they are not spending time with family and 77% of participants are not maintaining the social relationships with friends while doing night shift.

Based on the discussion above this study is designed to assess family life needs and social life needs among the nurses doing night shift in Nizwa Hospital.

#### 1.3 Research Questions

Based on the objectives formulated above, several research questions are designed to guide the study to meet its objectives.

- i What are the family life needs among the nurses?
- ii. What are the social life needs among the nurses?
- Iii what are the significant factors affecting and influencing night duty among the nurses?

#### 1.4 Objectives of the Study

The primary objective of this study is to assess family life needs and social life needs among nurses doing night shift at Nizwa Hospital, Sultanate of Oman.

Beside the main objective, this study also intent to:

- i. Assess the family life needs among the nurses
- ii. Assess the social life needs among the nurses
- iii. Identify the significant factors that affect and influence night shift among the nurses.

#### 1.5 Significance of the Study

The finding of this study will benefit the nurses to identify the areas of family life and social life needs, also to identify the factors affecting and influencing the nurses. It may help the administration to aspect in to the factors to make arrangement and rectify accordingly. The findings from this study will add to the collection of literatures and study on the issue related to nursing profession which can be a source of reference for the future researchers who are intense to explore in this issue in much in-depth.

#### 1.6. Definition of Terms

In the effort of making the study a reliable source of information, several key terminologies used in the study were defined based on reliable and established references. For the purpose of this study these key concepts were given the conceptual and operational definition.

##### Night shift

Conceptually, Collins English Dictionary,2012 defined night shift as a group of employees who work a shift during the night in an health care industry or occupation. Night shift is defined as work performed after 6pm and before 6am the next day (Abdalkader and Hayajneh, 2008). Operationally, night shift in this study refers to period of time that nurses in Nizwa hospital working from 9pm to 7am according to the Ministry of Health policy.

##### Family life needs

Conceptually, Family life needs defined as two or more people who share goals and values, have long-term commitments to one another and reside usually in the same dwelling (Blessing, 2006).A group consists of parents and their children living together as a unit (Oxford Dictionary,2000). The routine interactions and activities that a family have together (YourDictionary,2017). Operationally, family life needs in this study refers to nurses spending time with wife/husband and children and other family members (parents or sibling) in terms of house hold activities, caring children and caring parents.

##### Social life needs

The Macmillan Dictionary (2002) defined social life needs as the time that one spends enjoying one's self with friends' or other people. As defined in Cambridge dictionary, (2016) the activities you do with other people, for pleasure, when you are not working Partington,(2011) stated that social life is the combination of various components: activities, people, and places. While all of those components are required to

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define a social life, the nature of each component is different for every person, and can change for each person, as affected by a variety of external influences. Operationally, social life in this study refers to nurses spending time with one's self, with their relatives and friends and social media

