

**A STUDY TO ASSESS THE QUALITY OF SLEEP AMONG NURSING OFFICERS  
WORKING IN CRITICAL CARE UNITS AT SELECTED HOSPITALS JAIPUR,  
WITH A VIEW TO DEVELOP AN INFORMATION BOOKLET.**

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**ABSTRACT**

*Introduction:* - Sleep disorders are the cause of morbidity and mortality and can decrease functional capacity and quality of life. Sleep is a necessity for nourishing, refreshing, and healing. As shift duty workers including nurses should be awake, whether partial or total of some of their nights, they face various hormonal disturbances, which makes them prone to sleep disorders.

*Method & Material:-* The descriptive design was used for this study Convenient sampling technique was used for 100 nursing officers regarding sleep quality. In this study the research variables is quality of sleep among nursing officers working in critical care units.

*Result:* - Finding revealed that mean score of total 100 nursing officers is 19.73, is the average quality of sleep, mean % 43.84% and standard deviation is 0.63 show that it is deviation of score from their centre point. The no any association between quality of sleep among nursing officers with their demographic variables like Age (in years), Gender, professional qualification, and years of working experience, marital status, occupation of spouse, the obtained chi square value is more than tabulated value value at 0.05 level of significance.

**Keywords:** Nursing Officers, Sleep, Quality Of Sleep, Critical Care Units, Information Booklet, SMS Jaipur.

**INTRODUCTION**

Sleep disorders are the cause of morbidity and mortality and can decrease functional capacity and quality of life. Sleep is a necessity for nourishing, refreshing, and healing. As shift duty workers including nurses should be awake, whether partial or total of some of their nights, they face various hormonal disturbances, which makes them prone to sleep disorders. Poor sleep quality was indicated as one of the disorders with a high incidence in nursing, which caused consequences on the physiological functioning of people, both during the day and night, interfering in the psychological and social aspects.

### STATEMENT OF THE PROBLEM

“ A study to assess the quality of sleep among nursing officers working in critical care units at selected hospitals Jaipur, with a view to develop an informational booklet.”

### OBJECTIVES OF THE STUDY

- To assess the quality of sleep among nursing officer’s working in critical care units at selected hospital Jaipur.
- To find out the association between quality of sleep among nursing officer’s with their demographic variables.
- A view to develop an informational booklet on improving quality of sleep among nursing officers.

### METHODOLOGY

In this study, a quantitative approach was found to be suitable to assess the quality of sleep among nursing officer. The descriptive design was used for this study.

Research variable is quality of sleep among nursing officers working in critical care units.

The tool developed and used for data collection was socio-demographic data (6 variables) and structured pittsbuerg sleep quality index (30 index).

The pilot study was conducted on 10 samples. The tool was found to be reliable and fesiabile. The reliability of the tool was established by using cronbach’s alpha method. The value of reliability coefficient is  $r = 0.73$ .

## RESULTS

Finding revealed that mean score of quality of sleep among nursing officers is 19.73, is the average quality of sleep means nursing officers have quality of sleep is average, mean % 43.84% and standard deviation is 0.63 show that it is deviation of score from their centre point.

In case of finding there are no any association between quality of sleep among nursing officers and with there selected socio demographic variables like Age (in years), Gender, professional qualification, and years of working experience, marital status, occupation of spouse, the obtained chi square value is more than tabulated value value at 0.05 level of significance.

**Table no. 1** Mean, Mean percentage and Standard deviation of quality of sleep among nursing officers

N=100

N	Max. score	Mean	Std. Deviation	Mean %
100	45	19.73	0.63	43.84 %

**Table no. 2** Assessment the quality of sleep among nursing officer's working in critical care units.

Quality Of Sleep	Scoring criteria	Frequency (F)	Percentage (%)
Good quality of sleep	0-14	20	20.0 %
Average quality sleep	15-30	73	73.0%
Poor quality of sleep	31-45	7	7.0%

**Table no.3** Association between quality of sleep and selected demographic variables.

N = 100

S. n o.	Demographical variables		Quality of sleep			Chi-square	d f	Tabulated value	Result
			Poor	Average	good				
1.	Age	25-35 years	0	32	8	5.09	2	5.99	NS
		>35 years	7	41	12				
2.	Gender	Male	3	40	12	0.60	2	5.99	NS
		Female	4	33	8				
3.	Professional qualification	GNM	7	64	14	7.14	4	9.49	NS
		B.Sc.	0	7	6				
		M.Sc.	0	2	0				
4.	Year of experience	<5 years	0	14	0	6.56	4	9.49	NS
		5-10 years	2	25	8				
		>10 years	5	34	12				
5.	Marital status	Married	7	64	17	5.03	4	9.49	NS
		Unmarried	0	9	2				
		Widow	0	0	1				
6.	Occupation of spouse	Govt.	3	21	5	2.73	6	12.59	NS
		Private	2	22	4				
		Home maker	2	23	8				
		Other	0	7	3				

## DISCUSSION & CONCLUSION

So it can be concluded that there is average quality of sleep among nursing officers working in critical care units and socio demographic variables like Age (in years), Gender, professional qualification, and years of working experience, marital status, occupation of spouse not affect the quality of sleep.

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