

# 20<sup>TH</sup> GLOBAL NURSING EDUCATION CONFERENCE

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## Health promoting behaviors of nursing faculty and perceived levels of stress

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The purpose of the quantitative descriptive correlational study was to investigate a correlation between health-promoting behaviors of nursing faculty working in North Carolina (N.C.) and their perceived levels of stress. The research questions guiding the study were: 1. What is the relationship between health promoting behaviors and perceived levels of stress of nursing faculty teaching in North Carolina, 2. What are the health promoting behaviors utilized by nursing faculty working in North Carolina and 3. What are the perceived levels of stress reported by faculty working in North Carolina. The Health Promotion Lifestyle Profile II (HPLP II) by Walker, Sechrist and Pender (1995) measured health-promoting behaviors. The Perceived Stress Survey (PSS) by Cohen, Kamarck and Mermelstein (1983) measured perceived levels of stress. The data was analyzed using the SPSS software to perform descriptive, correlation and multiple regression analysis. The analyses depicted a statistically significant, moderately strong negative relationship between health promoting behaviors and perceived levels of stress. The study also identified a statistically significant moderately negative relationship between three subscales of the HPLP II (health responsibility, physical activity and spiritual growth) and perceived levels of stress. The null hypothesis was rejected and it was concluded that there is a statistically significant, moderately strong negative correlation between health promoting behaviors and perceived levels of stress. Health promoting behavior does inversely affect perceived levels of stress? After this study, the primary investigator created and implemented an online course for nursing students in the RN to BSN program at Western Carolina University, health promotion in nursing practice is a comprehensive exploration of global nursing issues and health promotion in the 21st Century. The course explores the concepts of health promotion and the application of health promotion concepts to improve well-being and optimum health of health care professionals and the clients they serve.

### Biography

Summer Huntley Dale has her clinical background in Adult Health and Critical Care Nursing. Currently, she teaches online RN to BSN Program based in Asheville North Carolina and practices as a Board Certified Family Nurse Practitioner, focusing in women's health. She is engaged in the community and serves as an Advocate for health and wellness. She is a member of the American Association of Nurse Practitioners and Sigma Theta Tau International Nursing Honor Society.

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