

JOINT EVENT

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Relations of sleep quality on wellness among nursing students: With focus on quality of life and wellnessYoungjin Lee² and Sunghee Park¹¹Ajou University Hospital, South Korea²Ajou University, South Korea

Purpose: Influencing factors for sleep quality among nurses and nursing students has been discussed several times but the relationship between sleep quality and wellness has not been emphasized. Thus, the purpose of this study was to examine the level of sleep quality and wellness among nursing students in South Korea.

Methods: This study was a descriptive survey design using convenience sampling in South Korea. After the IRB approval exemption, there were 166 nursing students, who agreed to participate in this study, taking a self-report questionnaire from June to July 2017. The study was conducted in web-based survey. The study included general information about participants, sleep quality, quality of life, and wellness. SPSS 21.0 version was used for descriptive analysis, independent t-test and correlation.

Results: The level of sleep quality, quality of life, and wellness were 5.68 (standard deviation 2.96), 3.43(standard deviation .53), 3.40(standard deviation .63), respectively. There was positive correlation between quality of life, wellness of the nursing students and sleep quality ($t=-0.36, <.001$; $t=-0.19, =.012$). In addition, there were significant differences in quality of life and wellness between high and low sleep quality groups ($t=3.64, <.001$; $t=2.01, =0.046$).

Conclusion: The findings from this study suggest that improving sleep quality is important to enhance the wellness among nursing students. In the future, a program to improve sleep quality needs to be developed and applied to nursing students.

yjlee531@gmail.com

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