

# A Short Report on Healthy Habits and the Quality of Life of Nurses

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## Introduction

It is noteworthy that medical carers struggle regularly to maintain a high level of personal satisfaction despite having a heavy obligation (QOL). They typically deal with workplace problems like employee shortages, protracted workdays, and demanding duties. Personal satisfaction is defined by the World Wellbeing Association Personal satisfaction (WHOQoL) segment of the World Wellbeing Association (WHO) as an individual's assessment of their life situation in relation to the way of life and value frameworks in which they live as well as according to their goals, assumptions, norms, and concerns. Consequently, a broad concept encompasses completely that an individual's core features include their real welfare, mental condition, degree of freedom, social connections, personal convictions, and their relationships [1].

## Description

Studies on the health of medical carers have found that they don't always maintain healthy lifestyles. Medical professionals are aware of the value of living a healthy lifestyle, but they seldom use this knowledge to take care of themselves. To be powerful pioneers and wellbeing instructors, medical caretakers need to lead a solid way of life both by and by and expertly [2].

The nursing community is exposed to a variety of workplace and word-related risks, such as the kinds of relationships winning among colleagues and mounting pressure. This has a negative impact on the health and quality of life of nursing workers. Unlucky work ergonomics, personnel shortages, poor group leadership by the boss, and equipment shortages increase employees' emotions of anxiety while also raising the risk of occupational illnesses. It has been observed that the lack of available energy and frailty among medical carers promotes unhealthy lifestyle choices such as smoking and consuming processed foods rich in sugar and fat, and greatly demotivates teamwork in sports [3].

Therefore, medical professionals should give proper thought to their own wellbeing by adopting healthy behaviours and living healthy lifestyles so they may set an example for society by taking care of their own wellbeing. It is important to address the factors that affect medical attendants' personal QoL since they go above and beyond as members of the medical care framework to improve the quality of treatment and patients' quality of life. The introduced

study is one of just a few remarkable studies on medical carers' personal happiness and wellbeing behaviours, and there is generally a dearth of research on this topic [4,5].

## Conclusion

This research found that the QoL of nursing personnel is at a usual level. According to an analysis of the WHOQoL-BREF survey, the respondents said that among the four areas, their quality of life was highest in the mental area and worst in the actual area. As contrast to earlier exams, when the mean score for QoL and its components was lower than that of the real component and the total score for QoL and its components was in the middle range. More great and honest effort has been done by nursing personnel to promote patient well-being. Personal pleasure in the physical, mental, and social spheres is reduced by stoutness. Medical professionals rated their own personal pleasure in the mental circle as the highest.

## Conflict of Interest

None.

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**How to cite this article:** Uchmanowicz, Izabella. "A Short Report on Healthy Habits and the Quality of Life of Nurses." *J Nurs Care* 11 (2022): 566.

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**Received:** 21 October, 2022, Manuscript No. jnc-23-85772; **Editor Assigned:** 23 October, 2022, PreQC No. P-85772; **Reviewed:** 15 November, 2022, QC No. Q-85772; **Revised:** 19 November, 2022, Manuscript No. R-85772; **Published:** 26 November, 2022, DOI: 10.37421/2167-1168.2022.11.566