

**RELATIONSHIP BETWEEN PSYCHOLOGICAL STRESS WITH WORKING
CONDITION AND ENVIRONMENTAL TOWARDS HEALTH-
RELATED QUALITY OF LIFE PHYSICAL AND MENTAL
AMONG MINISTRY OF HEALTH'S NURSES
IN KEPONG**

ABSTRACT

The rapid pace of development in the present era of globalization has led to the existence of various psychological pressures that could threaten the stability of life and thus interfere in individual's health-related quality of life. As the frontlines in health service provider, nurses are highly exposed to various challenges which may contribute to psychological stress and yet reduce their health-related quality of life; both physically and mentally. Therefore, this study aimed to investigate the relationship between psychological stress and working conditions and environmental health on quality of life among Ministry of Health's nurses in charge in Kepong. This cross sectional study is carried out with 145 nurses by using a survey questionnaire. The set of questionnaire used were Short Form SF-36, Job Content Questionnaire (JCQ) and Beck Depression II (BDI II). Data were analyzed by using SPSS software Version 21.0 through testing methods of multivariate, bivariate and Pearson correlation. Results showed that quality of life among the respondents were at the average level (RKF = 55.37, RKM = 53.48). As for psychological stress, 88 nurses were at the minimum level of stress, 26 nurses were in a normal stage and 27 nurses were at average level of stress. Only 4 nurses were found depressed. Furthermore, it was found that there is no significant difference in the quality of life for the physical components of health (RKF) and mental (RKM) according to the level of marriage, age, position or rank and gross income. But there is an impact on the gross income of the mental component (RKM) on the earnings of respondents under RM3000. In addition there is a relationship between psychological stress and working conditions and environmental on health-related quality of life. Therefore, these findings should be taken into account in preparing the module and intervention programs to ensure that the nurses who are always vulnerable and at risk of mental problems has knowledge and skills in controlling their emotional stress while doing their job. In addition, social support from various parties including family, community and the government is needed in providing a conducive working environment to the nurses so that in return they can deliver the best health services to the community.