CHILD REARING SUPPORT OF NURSES WHO ARE MOTHERS OF PRE-SCHOOL AGE CHILDREN

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BACK GROUND

Managing both job and child rearing is a big challenge for women, and it is specifically difficult for nurses to manage both and that many nurses are susceptible to stress.
Severe stress is one of the factors contributing to burnout, a state of physical and mental exhaustion. Once burnout occurs, a nurse may be prone to short-tempered outbursts and a general inability to maintain a harmonious balance between work and home life.
This study aimed to clarify the factors relating to burnout in nurses who have preschool-age children, with a focus on their social support.
METHODS(1)

The subjects were 2,151 nurses who have pre-school-age children, working in 70 hospitals with at least 200 beds, established by cities and towns across Japan.
The questionnaires were completed by 1,644 nurses (92.3%) in October 2010, and they were divided into two cohorts to observe the incidence of burnout, which was investigated in October 2011.
To assess child rearing support, nurses were asked whether there were any persons who support them and with whom they can consult in child rearing, and how often they have occasion to talk with their spouse about their children (Anme, 1996).
RESULTS (1)

By excluding nurses whose total burnout score was in the top one-third or higher (12.14 point or higher), a cohort was set up (n=1,096).

In the survey conducted in October 2011, the number of valid responses after excluding the ones that were incomplete or duplicated was 1,008 (82.4%).
RESULTS(2)

After matching the responses obtained in the baseline survey with the survey in October 2011, the number of nurses that were eligible for a follow-up survey was 523 (47.3%), and the burnout incidence group had 117 nurses (22.4%).
As a result of the chi-square test, child rearing support related to burnout was existence of consulters about child rearing, especially neighbors (0.01<P<0.05).
CONCLUSIONS(1)

According to the factors affecting burnout of nurses, ‘service years at the present workplace (Driscoll et al. 1988)’, ‘will to continue the work (Larrabee et al. 2003)’, ‘assertiveness (Suzuki et al. 2006)’ and ‘overtime work (Higashiguchi et al. 2003)’ were already reported in the previous studies.
CONCLUSIONS(2)

However, there are a few researches for nurses who have pre-school-children. Since ‘Child rearing support’ is unique to this study, it can be regarded as a newly found factor.
This suggests that, in order to support nurses in their management of both jobs and child rearing, more neighbors with good relationship are needed.
REFERENCES