

Lin, Jun- Dai Lin¹ ; Chen, Li-Li² ; Lin, Shu-Chuan^{3*}

¹ Assistant Professor, Department of Nursing, Asia University, Taiwan

² Associate Professor, School of Nursing, China Medical University, Taiwan

³ Director, Department of nursing, Show-Chwan Memorial Hospital, Taiwan

*Department of Public Health, China Medical University, Taiwan

PURPOSE :

The purpose of this study was to explore the relationship among personality traits, the intensity of stress, and Yang-Xu body constitution among adult intensive care unit (ICU) nurses.

METHOD :

A cross-section survey was designed. 202 adult ICU nurses were purposively sampled from four hospitals in central Taiwan. A questionnaire with good reliability and validity was used. The questionnaire includes personality traits, the intensity of stress, the Yang-Xu body constitution Questionnaire (BCQ+) and demographic data.

RESULTS :

Results showed the intensity of stress in adult ICU nurses being negatively correlated with extraversion and positively with neuroticism. Yang-Xu Body constitution was found to be positively correlated with intensity of stress. We found the intensity of stress to mediate or partially mediate the association between extraversion, neuroticism, and Yang-Xu body constitution in adult ICU nurses.

CONCLUSION :

The results suggest that nursing managers can screen the personality traits of nurses before enrolling adult ICU nurses. It is also recommended that stress-adaptation education courses be provided to adult ICU nurses as a preventive measure for Yang-Xu body constitution.

Table 1. Distribution of demographic information, personality traits, intensity of stress and Yang-Xu constitution (N=202)

	Mean±SD	Range
Age (years)	27.82±4.87	21-47
Work duration (years)	6.99±4.99	0.5-27
Personality traits		
Extraversion (0-12)	5.87±2.55	1-12
Neuroticism (0-12)	6.79±3.02	0-12
Intensity of stress		
Total stress (0-344)	154.32±48.69	32-267
Personal response (0-128)	66.61±25.47	0-125
Work concern (0-104)	40.17±20.09	1-95
Competence (0-88)	35.19±14.08	4-88
Incompleteness of personal arrangement(0-24)	12.88±6.46	0-24
Score of Yang-Xu constitution (19-95)	42.09±13.76	19-82

Table 2. Yang-Xu constitution correlated with age, work duration, personality traits, and intensity of stress

	extraversion	neuroticism	Intensity of stress	BCQ+
Age (years)	-0.163*	-0.149*	-0.216**	-0.071
Work duration (years)	-0.167*	-0.158*	-0.205**	-0.099
Extraversion (scores)	1.00	-0.020	-0.171*	-0.027
Neuroticism (scores)		1.00	0.511**	0.449**
Intensity of stress (scores)			1.00	0.554**
BCQ+ (scores)				1.00

Figure 1. Factors influencing the theoretical model of Yang-Xu body constitution.

Chi-squared =133.8, df =10, p < 0.001, RMSEA = 0.019; The number represent the path coefficient. Extra: Extraversion; Neuro: Neuroticism ; Stress : Intensity of stress; Yang : Yang-Xu body constitution (scores), *p<0.05 **P<0.01

