

XI. Abstract

Title of doctoral dissertation: Health-related behaviours and personal resources of professionally active nurses.

Introduction: Difficult and stressful professional situation of nurses has an impact on their diversified behavioural and emotional functioning due to shift work intolerance, excessive psychophysical burden, making decisions and working under time pressure, as well as arduous working conditions and insufficient rest. The analysis of literature indicates that the above - mentioned factors have a negative influence on health-related behaviours and are linked to sleep disturbances, poor physical activity, increased intake of addictive substances, higher level of occupational stress and lower satisfaction level. Personal resources constitute a significant element influencing health-related behaviours as they support an individual in positive and efficient functioning, determinedness in achieving goals and undertaking appropriate and necessary efforts in difficult and heavy situations. The psychological concept, which refers to personal resources is *Psychological Capital*, *PsyCap*, that is a positive psychological state for the development of an individual. It covers four personal resources, namely: self-efficacy, resilience, optimism and hope. In Poland, still there are not any studies devoted to the analysis of the impact of personal resources (optimism, resilience, self-efficacy) and socio-demographic variables on health-related behaviours of professionally active nurses. The mentioned concept may prove useful, especially where positive and negative consequences of working as a nurse in relation to the level of personal resources and health-related behaviours become subjects of interest.

Aim: Defining the relationship between healthy-related behaviours and personal resources in professionally active nurses.

Materials and methods: The research covered nurses working in hospitals located in the Małopolskie Voivodeship. The sample consisted of 1420 people. The following standardised questionnaires were used in the research: Health Behaviour Inventory (HBI), Resilience Scale (SPP-25), Life Orientation Test (LOT-R), Generalised Self-Efficacy Scale (GSES) together with socio-demographic data – author's questionnaire.

Research results and conclusions: The vast majority of the respondents were females. Over a half of the nurses lived in the country. The largest age-groups represented in the study were 41 - 50 as well as 51-60 years. Most of the respondents were in a relationship. A considerable group of the surveyed nurses had a bachelor degree and good financial situation. The vast

majority of the surveyed nurses worked shifts. Over half of the respondents were employees of nonsurgical wards. The analysis of collected material in the field of the overall score for health-related behaviours proved to indicate an average or slightly increased level among professionally active nurses. The nurses under research were characterised by increased or high level of personal resources. Individuals working single shift proved to have a higher level of health-related behaviours and personal resources more often than respondents working shifts. The analysis carried out with step linear regression enabled the author to show that the resilience level, self-efficacy, optimism and some socio-demographical variables (i.e. being 51-60 and over 61 years old, being in a relationship, living in a town, having 21-30 years of experience), resulted in higher level of the overall score for healthy-related behaviours. In turn, two scales for resilience (*openness to new experiences and sense of humour, tolerance for failure and considering life to be a challenge*) as well as some socio-demographical variables (i.e. working in nonsurgical ward, average financial situation, 41-50 age range, BMI) predicted lower level of the overall score for healthy-related behaviours. The obtained results show that it's worth continuing and multiplying the research that may provide the foundation for educational programs. It is, therefore recommended for nurses to take part in various forms of support workshops (for instance psychological counselling workshops and trainings), which deal with shaping health-related behaviours and developing personal resources.

Key words: health-related behaviours, personal resources, nurses, positive psychological capital

