

Impact of Night Shifts on Health, Attitude, and Social Life of Nursing Students and Staff Nurses at Selected Hospital, Gurugram, Haryana: A Comparative Study

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Cite this paper as: Ms. Sneha Priya, Ms. Manidipa Sarkar, Ms. Sushmita Sharma, (2025) Impact of Night Shifts on Health, Attitude, and Social Life of Nursing Students and Staff Nurses at Selected Hospital, Gurugram, Haryana: A Comparative Study, *Journal of Neonatal Surgery*, 14 (30s), 42-47

ABSTRACT

Introduction: Shift work in healthcare, including rotational and fixed night shifts, is essential for providing continuous patient care. However, these irregular work schedules often lead to circadian misalignment, resulting in negative effects on healthcare workers' health and overall quality of life. Nurses working night shifts may experience a range of health issues, such as gastrointestinal problems, sleep disturbances, stress, job strain, and weakened social and familial relationships. This study aims to compare the impact of night shifts on the health, attitude, and social life of nursing students and staff nurses at SGT Hospital, Haryana.

Objectives: The study aims to assess and compare the effects of night shifts on the health, attitude, and social life of nursing students and staff nurses in SGT Hospital.

Method: A comparative study was conducted at SGT Hospital using a self-structured questionnaire to gather data. The data were analyzed using percentages and frequencies.

Design: This research adopts a quantitative approach with a non-experimental comparative descriptive design.

Tools and Techniques: The study used socio-demographic data and a self-structured questionnaire to assess the impact of night shifts on physical health, mental health, and psychosocial/social life. A Likert scale was used to evaluate nurses' attitudes toward night shifts. Data were collected via Google Forms from 100 individuals, including 50 nursing students and 50 nursing officers working night shifts, to assess the impact on their health, attitude, and social life.

Results: The findings indicate that while nursing students and staff nurses share similar educational backgrounds and face common challenges during night shifts, they significantly differ in terms of age, marital status, and work experience. Both groups experience notable impacts on their physical health, mental well-being, and social life, underscoring the need for targeted interventions to address these challenges.

Keywords: Impact, Night shift, Health, Attitude, Social Life, Nursing officer, Nursing students.

1. INTRODUCTION

As important as it is to have a plan for doing work, it is perhaps more important to have a plan for rest, relaxation, self-care, and sleep.²²

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The healthcare sector is indispensable, with nursing professionals playing a critical role in patient care and hospital operations. However, the demands of this profession often require nurses to work night shifts, a factor that can significantly affect their physical health, mental well-being, and social lives. This research study aims to compare the impact of night shifts on nursing students and staff nurses, focusing on three key areas: health, attitude, and social life.

Night shifts, by their very nature, disrupt the body's circadian rhythm, leading to a range of health problems. Nurses working these shifts are more prone to sleep disturbances, fatigue, gastrointestinal issues, and even long-term conditions such as cardiovascular diseases and metabolic disorders. The irregular working hours also contribute to mental health challenges, including increased levels of stress, anxiety, and depression. These health impacts are particularly concerning given the demanding nature of nursing work, which requires high levels of concentration, physical stamina, and emotional resilience.

The attitudes of nursing professionals towards their work and patients can also be adversely affected by night shifts. Chronic fatigue and health issues can show reduced job satisfaction, lower motivation, and a higher risk of exhaustion. For nursing students, who are still in the formative stages of their professional development, these negative experiences can shape their future career outlook and professional behaviour. Staff nurses, on the other hand, may experience a cumulative toll from years of night shift work, affecting their long-term career sustainability and professional commitment.

Social life is another critical area impacted by night shift work. The irregular hours can disrupt personal relationships, limit social interactions, and reduce time spent with family and friends. This social isolation can further intensify feelings of stress and burnout, creating a chain of events that impair the overall quality of life of nursing professionals. For nursing students, balancing academic responsibilities with night shifts can be particularly challenging, affecting their academic performance and social engagement.

By comparing the experiences of nursing students and staff nurses, this study seeks to provide a comprehensive understanding of the multifaceted impact of night shifts. The insights gained from this research will inform the development of targeted interventions and support systems to enhance the well-being and job satisfaction of nursing professionals. Additionally, the study aims to contribute to the broader discourse on workforce management in healthcare, advocating for policies that promote healthier work environments and sustainable career paths for those in the nursing profession.

In conclusion, the comparative analysis of the impact of night shifts on health, attitude, and social life among nursing students and staff nurses is not only timely but essential. It addresses a critical gap in understanding the unique challenges faced by these two groups and provides evidence-based recommendations to improve their professional and personal lives. This study underscores the importance of supporting nursing professionals in maintaining their health and well-being, ultimately leading to better

2. RESEARCH METHODOLOGY

In the current study, the research design used was the Non-Experimental Descriptive quantitative research design. The study was done on 50 staff Nurses and 50 Nursing Students in the SGT Hospital, Haryana. Data was collected by the self-structured questionnaire from the Nursing Students and Staff Nurses. Ethical Clearance, Formal permission, and consent were obtained prior to the research process. The researcher established rapport with participants, ensured confidentiality, and explained the study's purpose. Analysis and interpretation of data was done to evaluate the effectiveness of the tool. After analyzing it was found that the Both Nursing Students and Staff Nurses Faces the same impact on Health, attitude and Social life due to Night Shift.

3. RESULT AND ANALYSIS

Section I: Present findings regarding the frequency and percentage of the demographic features of nursing students and staff nurses.

This section describes the demographic variables of Nursing Students and Staff Nurses in terms of age, gender, occupational rank, educational status, marital status, work experience, working unit. Data represents most nursing students 45(90%) are in the age group 21-23 years of age, and 5(10%) are 24-26. Females 37(74%) were more than males 13(26%). 100% have less than six months of working experience, and 100% are unmarried. Most Nursing officers/Staff Nurses 23(46%) in the age group 24-26 years of age. Females 27(54%) were more than males 23(46%). 25(50%) of them have experience of More than 3 Years.

Section II: Classification of the impact of Night Shifts on the Health, attitude, and social life of Nursing Students and Staff Nurses in SGT Hospital, Haryana.

Majority of the Nursing Students, 23(46%) get 4-6 hours of sleep after a night shift, 21(42%) frequently have trouble in falling asleep, 23(46%) experience fatigue or Exhaustion, 23(46%) having symptoms of frequent headache, backache, persistent tiredness, while the majority of the Nursing Officers: 27(54%) get 4-6 hours of sleep after a night shift, 23(46%) occasionally experience difficulty in falling asleep, and sometimes 23(46%) experience fatigue or Exhaustion, 25(50%)

having symptoms of frequent headache, backache, persistent tiredness.

Represents the Majority of the Nursing Students (36%) frequently feel anxious, irritable or depressed during or after the night shift, (28%) have mixed opinions related to their concentration, (36%) don't prefer the night shift, while the Majority of the Nursing officer 20(40%) occasionally feel anxious, irritable, or depressed during or after the night shift, 27(54%) noticed no changes in their memory, 19(38%) don't prefer night shift,

Table 1 represents the work-life balance ability of the nursing students and staff nurse. Data shows Majority of the Nursing Students 15(30%) work-life balance is manageable, while 23(46%) Nursing Officers able to manage their work-life balance.

Figure 1 shows that both groups suffer from frequent headaches: 6% of nursing officers and 22% of nursing students; backache nursing officers 18% and nursing students 10%; persistent tiredness nursing officers 26% and nursing students 22% and all of the symptoms nursing officers 50% and nursing students 46% during their night shifts.

Figure 3 shows that both groups frequently feel irritable, anxious, or stressed 28% of nursing officers and 36% of nursing students; 40% of nursing officers and 26% of nursing students occasionally feel irritable, anxious, or stressed; 28% of nursing officers and 24% of nursing students rarely feel irritable, anxious, or stressed, and 4% of nursing officers and 14% of nursing students never feel irritable, anxious, or stressed during their night shifts.

Table 1: Represents the work-life balance ability of the nursing students and staff nurse n = 50

Categories	Nursing students		Staff nurse	
	Frequency	Percentage	Frequency	Percentage
Poor	12	24%	18	36%
Good	12	24%	8	16%
Manageable	15	30%	23	46%
Not sure	11	22%	1	2%

Figure 1: comparison of symptoms experienced during night shifts.n=100

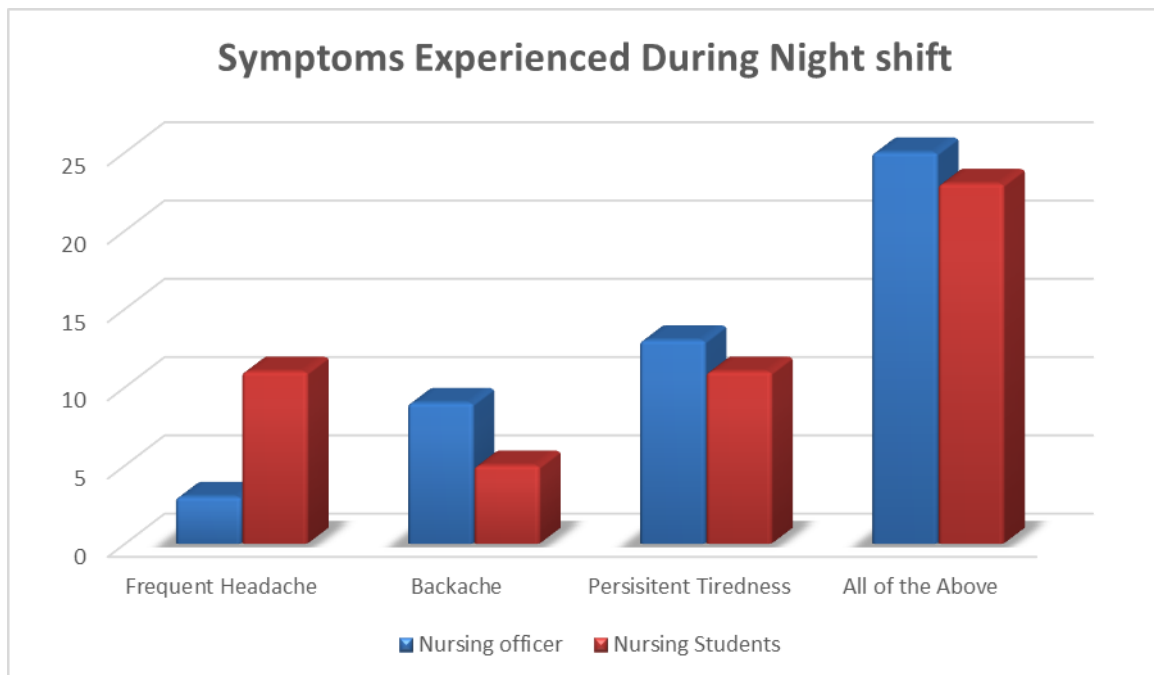
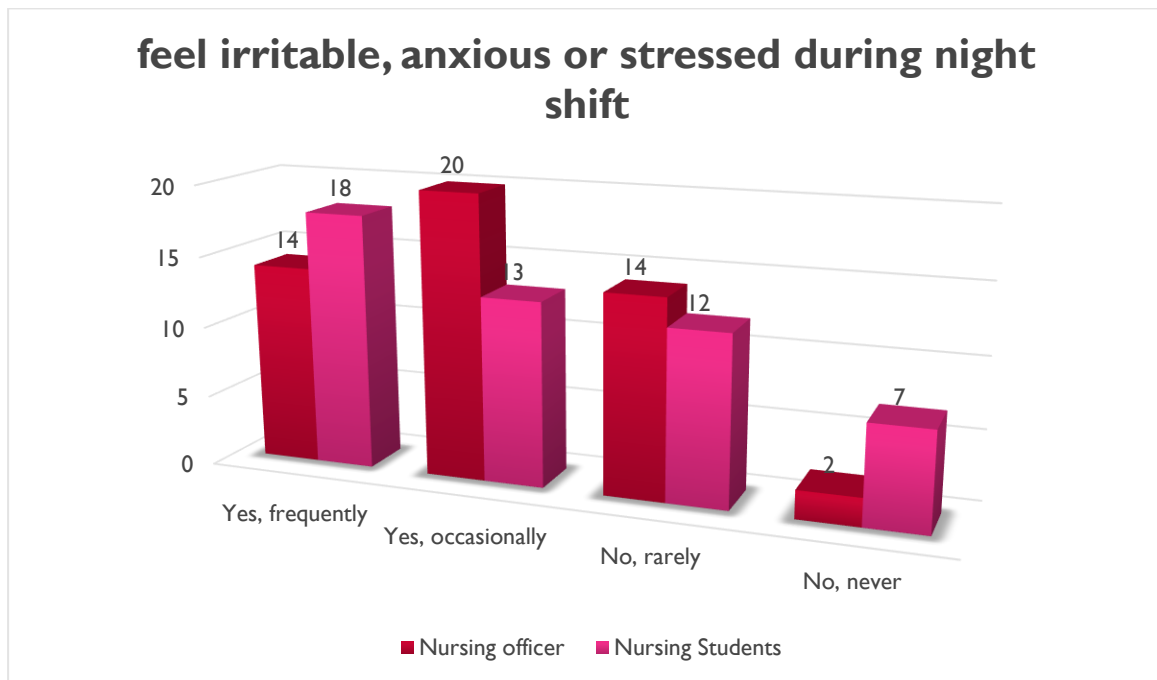


Figure 2: The Clustered Column chart compares nursing officers' and nursing students' experiences of feeling irritable, anxious, or stressed during the night shift. n=100



Section III: Present findings compare the impacts of night shift between Nursing Students and Staff Nurses.

According to the data, nursing officers' attitude is likely to disagree, with a mean attitude scale of 3.2. Similarly, nursing students' attitude is also likely to disagree, with a mean attitude scale of 3.5 based on the data.

4. DISCUSSION

The purpose of the current study was to assess the impact of night shift on health, attitude and social life of nursing officer and nursing students and association between Health, Attitude and social life with socio demographic variables among Nursing students and Nursing Officer at SGT Hospital, Haryana.

The study clearly reveals that the Both nursing officers and students experience significant challenges with sleep patterns after night shifts, with a majority reporting 4-6 hours of sleep. Fatigue levels are notable, particularly among nursing officers, indicating potential long-term health implications. Common physical health issues include headaches, backaches, and persistent tiredness, particularly prevalent among those who work night shifts regularly. Engagement in regular physical activity varies, with a notable portion not engaging regularly, potentially affecting overall health and well-being. Nursing officers generally have a more varied attitude, with a significant portion adapting to the demands of night shifts, while nursing students show a mixed perception, likely due to their limited exposure. Coping mechanisms such as exercise, mindfulness, and dietary changes are utilized to varying degrees, indicating proactive efforts to manage night shift challenges. Both groups report significant levels of stress, anxiety, and occasional depression associated with night shifts, highlighting the need for targeted support mechanisms. Night shifts negatively impact social activities and relationships, with nursing officers experiencing more pronounced effects compared to nursing students.

Work-life balance is a challenge for both groups, though nursing officers demonstrate greater adaptability in managing this balance. Support from family and friends is perceived as crucial, with varying levels of support reported among nursing officers and students. Nursing education plays a pivotal role in preparing students for the demands of night shifts, though opportunities exist for enhancing curriculum content related to shift work management, health impacts, and coping strategies. Continuous professional development is essential for nursing officers to sustain their ability to cope with night shift challenges effectively. Healthcare institutions should implement comprehensive support systems tailored to the unique needs of nursing officers and students working night shifts, including wellness programs and counseling services. Nursing education programs should revise curricula to include more robust training on sleep hygiene, stress management, and strategies for maintaining physical and mental well-being during night shifts. Policy makers should consider regulations and guidelines aimed at optimizing shift scheduling practices to minimize health risks and enhance overall job satisfaction among nursing

professionals. In conclusion, while both nursing officers/staff nurses and nursing students face similar challenges associated with night shift work, including sleep disturbances, fatigue, and social disruption, there are notable differences in their attitudes, coping mechanisms, and the long-term impacts on health and well-being. By addressing these challenges through targeted interventions in education, workplace support, and policy development, healthcare institutions can foster a more resilient nursing workforce capable of effectively managing the demands of night shift work while maintaining overall health and job satisfaction.

5. CONCLUSION

Based on the present study following conclusion were drawn: In this study, a significant portion of nurses expressed dissatisfaction with night shift work due to various associated risks. However, nurses experience several health issues as a result, such as sleep deprivation, persistent fatigue, and workplace injuries. Furthermore, night shifts adversely affect their concentration levels, increase their workload, and disrupt their social lives and overall attitude. Therefore, it is crucial to gain a deeper understanding of these challenges and implement measures to help nurses prevent the long-term consequences of working night shifts.

Most of nursing officers (54%) typically get 4-6 hours of sleep after night shifts, while nursing students (46%) report the same sleep duration.

In terms of work-life balance, 46% of nursing officers and 30% of nursing students find it manageable. Social life has significantly suffered for 50% of nursing officers and 32% of nursing students, with both groups struggling to prioritize self-care and social activities (50% nursing officers and 30% nursing students). Family and friends are somewhat supportive for 60% of nursing officers and very supportive for 50% of nursing students. Personal life impact is neutral for 46% of nursing officers and 42% of nursing students, with significant adjustments made to personal life due to night shift schedules by 54% of nursing officers and 30% of nursing students.

According to the data, nursing officers' attitude is likely to disagree, with a mean attitude scale of 3.2. Similarly, nursing students' attitude is also likely to disagree, with a mean attitude scale of 3.5 based on the data.

Overall Nursing Students and Nursing Officer Both dislike the night shift and faced many Health Problems, Mental Problems and Social life Adjustment issue But the Nursing Students suffers more than the Nursing officers

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