



Paper 12 - Allied Health

INFLUENCE OF HEALTH BEHAVIORS ON NURSES' PERSONAL WELLNESS IN INDONESIA

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ABSTRACT

This study aimed to examine whether health behaviors have an influence on the personal wellness of the nurses in Indonesia. This study used descriptive-correlation design, wherein 273 nurses were selected as the respondents of the study through purposive sampling method. The findings of this study showed that their health behavior in terms of diet was fair, physical activity was moderate, stress management was average, substance use in terms of caffeine consumption was high and only 8.4% of them were smoking. The level of personal wellness was high. There is a positive relationship between diet behavior and personal wellness in terms of physical, social and spiritual. Furthermore, there is a significant relationship between physical activity and personal wellness in terms of mental, social, and spiritual. There is a relationship between stress management and wellness as a whole. There is no significant relationship between caffeine consumption and wellness as a whole. There is a relationship between smoking behavior and social wellness. There is a significant difference on personal wellness in terms of mental among the respondents when age was considered. There is a significant difference on personal wellness in terms of spiritual among the respondents when civil status was considered. Stress management, vigorous activity and age are predictors of personal wellness (physical, mental, social and spiritual).

Keywords: health behavior, wellness, nurse, diet, physical activity, stress management, caffeine, smoking, physical, mental, social, spiritual

