



Health and Job Satisfaction among Nurses of Uttarakhand State

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ABSTRACT Nurses are the backbone of any medical entity or patient care in the health sector. But in India, this important section of workers is highly exploited. Their situation is very pathetic in terms of work environment under which they are working. Seeing this situation, a study with respect to the working environment of nurses was conducted using purposive-cum-random sampling technique in order to know the details about ailments of nurses, caffeine consumption, exercise performed by nurses, meal intake pattern of nurses and overall job satisfaction. Uttarakhand state was selected from which districts of Udham Singh Nagar and Nainital were chosen. A total of 120 ward nurses from 5 government and 6 private hospitals were selected. It was found that types of illness prevalent among nurses were blood pressure, diabetes, thyroid, and gallstone. Exercise was performed by few nurses. Majority of the nurses were able to take full meals daily. The chi-square test showed that there was a significant association between job satisfaction and coordination within department, job satisfaction of nurses and working condition in the health care industry.