

عنوان مقاله:

Association Between Mindfulness and Work-Life Balance in Medical Faculty: Sleep Quality as a Mediator

محل انتشار:

مجله گام های توسعه در آموزش پزشکی، دوره 20، شماره 1 (سال: 1402)

تعداد صفحات اصل مقاله: 7

نویسندگان:

Kobra Akhoundzadeh - *PhD. in Physiology, Assistant Professor, Department of Physiology, Qom University of Medical Sciences, Qom, Iran*

Zahra Abedini - *PhD. in Nursing, Assistant Professor, Department of Nursing, Qom University of Medical Sciences, Qom, Iran*

Hoda Ahmari Tehran - *PhD. in Medical Education, Assistant Professor, Department of Medical Education, Spiritual Health Research Center, Qom University of Medical Sciences, Qom, Iran*

Ashraf Khorrami Rad - *PhD. in Health Psychology, Assistant Professor, Department of Psychology, Qom University of Medical Sciences, Qom, Iran*

خلاصه مقاله:

Background: Achieving the balance between work and life is a serious challenge for faculty members. The present investigation aimed to examine the association between trait mindfulness and work-life balance among faculty members and determine the importance of sleep quality in this relationship. Objectives: This study aimed to evaluate the association between mindfulness, work-life balance, and sleep quality in medical faculty members. Methods: The present cross-sectional study determined the association of mindfulness and work-life balance with sleep quality among ۲۵۵ medical faculty members using the Work-Life Balance Perceptions Questionnaire, Pittsburgh Sleep Quality Index, and Five Facet Mindfulness Questionnaire. Data analysis was carried out through SPSS software (version ۲۰) and Amos software (version ۲۰). The data were analyzed using structural equation modeling. Results: A positive correlation was observed between mindfulness and work-life balance ($r = ۰.۲۵$, $P = ۰.۰۴$). A negative correlation was noticed between impaired sleep quality with mindfulness ($r = -۰.۲۷$, $P = ۰.۰۳$) and work-life balance ($r = -۰.۳۱$, $P = ۰.۰۲$). Sleep quality played a mediating role in the association between mindfulness and work-life balance. Conclusion: This study supports the advantages of mindfulness in work-life balance. The enhancement of mindfulness in medical faculty members helps improve their sleep quality and can be effective in enhancing their work-life balance.

کلمات کلیدی:

Mindfulness, Work-Life Balance, Sleep quality, Medical faculty

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1850191>



