

## Mediating Effect of Health Promotion Behaviors between Emotional Labors and Professional Quality of Life in Clinical Nurses

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**Objectives:** The purpose of this study was conducted to identify the relationship between emotional labors and professional quality of life and the mediating effects of health promotion behaviors in clinical nurses.

**Methods:** The subjects were 188 clinical nurses working in an inpatient department of two university hospitals in the metropolitan area. Data were collected from April 5 to April 25 in 2014, using a self-report questionnaire. We analyzed the data using SPSS WIN 18.0 program by t-test, ANOVA with Scheffé test, Pearson correlation coefficient, and hierarchical regression analyses.

**Results:** The average score of emotional labors was  $3.21 \pm 0.65$  and the average score of health promotion behaviors was  $2.14 \pm 0.37$ . The average score of compassion satisfaction, burnout, and compassion fatigue were  $32.1 \pm 51.50$ ,  $29.1 \pm 4.47$ , and  $27.1 \pm 5.27$ , respectively. Significant relationships with the emotional labor, health promotion behaviors, compassion satisfaction and burnout of the clinical nurses were shown. However, weak relationship between emotional labor and compassion fatigue ( $r=.146$ ,  $p=.045$ ) and no significant relationship between health promotion behaviors and compassion fatigue ( $r=.018$ ,  $p=.809$ ) were found.

As the result of hierarchical regression analyses, health promotion behaviors were significantly mediated between emotional labors and burnout. Especially, spiritual growth and interpersonal relationship among health promotion behaviors were significantly influenced those relationships.

**Conclusion:** These results indicated that efforts of individual level and organizational support for engagement in health promotion behaviors, especially spiritual growth and interpersonal relationship, may contribute to improving professional quality of life of clinical nurses.

**Key words:** emotional labor, professional quality of life, compassion satisfaction, burnout, compassion fatigue, health promotion behavior