

Association with the quality of sleep and the mediating role of eating on self-esteem in healthcare personnel

Pérez-Fuentes M.C.

Molero Jurado M.M.

Martín A.B.B.

Martínez Á.M.

Linares J.J.G.

In recent decades, organizational research has paid special attention to the mechanisms promoting the health and well-being of nursing professionals. In this context, self-esteem is a personal resource associated with well-being at work and the psychological well-being of nurses. The purpose of this study was to analyze the mediating role of eating on the relationship between sleep quality and self-esteem in nursing professionals. A sample of 1073 nurses was administered the Rosenberg General Self-Esteem Scale, the Pittsburgh Sleep Quality Index (PSQI), and the Three-Factor Eating Questionnaire-R18 (TFEQ-18). The results show that poor sleep quality and type of eating directly and indirectly affect self-esteem. Poor sleep quality lowered self-esteem through emotional eating and, even though emotional eating facilitated uncontrolled eating, this relationship had no significant effect on self-esteem. The findings of this study suggest that hospital management should implement employee health awareness programs on the importance of healthy sleep and design educational interventions for improving diet quality. © 2019 by the authors.

Licensee MDPI, Basel, Switzerland.

Eating

Nursing

Quality of sleep

Self-esteem

article

awareness

controlled study

diet

eating

employee

hospital management

human

human experiment

nurse

Pittsburgh Sleep Quality Index

self esteem

sleep quality

Three-Factor-Eating-Questionnaire

adult

diet

eating

eating disorder

emotion

feeding behavior

female

male

middle aged

nurse

occupational health

psychology

questionnaire

self concept

sleep

young adult

Adult

Diet

Eating

Emotions

Feeding and Eating Disorders

Feeding Behavior

Female

Humans

Male

Middle Aged

Nurses

Occupational Health

Self Concept

Sleep

Surveys and Questionnaires

Young Adult