

The Association between Smoking and Stress among Nurses

Hitomi TSUKAHARA¹⁾, Chikako SAKAGUCHI²⁾, Yuriko MITSUNO²⁾,
Atsuko TAKAGI²⁾, Tokiko KATOU²⁾, Ai ASADA²⁾
and Kayoko MATSUNAGA²⁾

¹⁾ *Fukuoka University Nursing School*

²⁾ *Department of Nursing, Fukuoka University Hospital*

Abstract: A random survey (n = 624) of qualified nurses employed by Fukuoka University Hospital was anonymously conducted by a self-administrated questionnaire to clarify the association between smoking habit and stress. Among 589 responders (response rate : 94.4%), 511 were non-smokers, 36 were former smokers, 42 were smokers (7.1%). There was no significant difference in the smoking prevalence among generations (7.7% in twenties, 6.4% in thirties, 6.2% in forties to fifties). The percentage of individuals with a score of more than 5 on the tobacco dependence screener (TDS) was 55% among smokers. In addition, two of the subjects were receiving treatment for nicotine-dependency. There was no significant relationship between the major occupational stress factors (burden of work, control of work, personal relationships, and adaptability to work) and smoking habit. Half of all smokers had tried to quit smoking. The smoking prevalence among nurses at our hospital is less than that of the general women population in Japan (13.4%) and that of women nurses reported by Japanese Nursing Association (24.5%). Our non-smoking campaigns and step-by-step limitations of the smoking area since 1982 are considered to possibly contribute to low prevalence of smoking observed in this survey. These campaigns and the lack of any association with stress to smoking may therefore indicate that our institution does not require any special anti-smoking campaigns at the present time.

Key words : smoking, prohibition of smoking, stress, nurse