

**ABSTRACT**

**MULTIFACTORIAL INTERVENTIONS IN DEVELOPING AND IMPROVING QUALITY OF NURSING WORK LIFE**

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**Introduction:** Many diversity ways to improve the quality of life of nurses to provide positive value for nurses. This study aimed to identify current best effectiveness of multifactorial interventions on developing and improving the quality work life. **Methods:** Five electronic databases (SCOPUS, ProQuest, Science Direct, PubMed, and EBSCO) were searched for studies using mixed method, a quasi-experimental design, randomized controlled trial and cross-sectional study published between 2015 and June 2020. The Joanna Briggs Institute Guideline used for assess quality and Prisma checklist for guided this review. **Results and Analysis:** twenty-five studies met criteria for inclusion in the review. Studies used mixed method, randomized controlled trial and a quasi-experiment. The participants were nurses in various hospital settings. Expert discussion was conducted to find several suitable interventions that could be applied in Indonesia such us empowerment models, positive thinking, stress reduction program. Positif thinking intervention and stress reduction management focus on reducing stress and increasing social support and work motivation. Meanwhile knowledge and physiological empowerment management focus on reducing burnout and improve job satisfaction. Stres reduction, burnout and job satisfaction are considered important indicators of quality of health care and quality of work life for health professionals. **Discussion and Conclusions:** There are multifactorial interventions that can be applied in Indonesia are positif thinking, motivation, sosial support, stress reduction, management stress. Positif thinking intervention and stress reduction management focus on reducing stress and increasing social support and work motivation. Meanwhile knowledge and physiological empowerment management focus on reducing burnout and improve job satisfaction. **Keyword:** quality of nursing work life; effectiveness; developing, intervention, systematic review