

CHAPTER 5

CONCLUSION

5.1 Conclusion

This review highlights that there are various interventions that can improve the quality of nursing work life to make better nursing services based on problems that occur in the field. There are multifactorial interventions that can be applied in Indonesia are positif thinking, motivation, sosial support, stress reduction, management stress. The interventions make quality of nursing work life improvement with the steps to achieve them through study literature.

Each intervention can solve the specific problem. 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. Making better quality of nursing work life is a complex method that should be taken into consideration in interventions and if possible, combined and multifactorial intervention should be used.

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