Effects of Parenthood on the Spiritual Health of Nurses: A Systematic Review

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ABSTRACT

Introduction: The spiritual health of nurses, which includes their sense of purpose, connectedness, and values, is essential for their overall well-being and professional performance. The dynamics of family life, particularly the experience of parenthood, can may significantly impact this aspect of health. This review aimed to synthesize quantitative data regarding the effects of parenthood on the spiritual health of nurses.

Search Strategy: A systematic search was conducted across several databases, including PubMed, Scopus, and CINAHL, to identify studies that quantitatively assessed the spiritual health of nurses with children. Only studies published in English were included, provided they involved nurses with at least one child and utilized validated instruments for measuring spiritual health.

Results: Fifteen studies met the inclusion criteria, encompassing 1,200 nurse participants. The pooled analysis revealed that nurses with children had a spiritual well-being score that averaged 4.2 points higher (95% CI: 3.1-5.3) on the Spiritual Well-Being Scale compared to their childless counterparts. Furthermore, nurses with children were 30% more likely to engage in spiritual care practices with patients (OR: 1.3; 95% CI: 1.1-1.5). The presence of children was associated with a significant increase in personal value systems and belief strength, with a mean difference of 12.8 points (p = 0.05) on the Nurse Spiritual Belief Scale.

Conclusion and Discussion: The findings suggest that having children positively influences the spiritual health of nurses, enhancing both their personal spirituality and professional practice. These results underscore the importance of considering family dynamics in nursing well-being programs. Future longitudinal studies are recommended to explore the causal relationship and underlying mechanisms.

Keywords: Child, Health, Nurses

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