



Effects of Having Children on the Spiritual Health of Nurses: A Systematic Review

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ABSTRACT

Introduction: The spiritual health of nurses, encompassing their sense of purpose, connectedness, and values, is integral to their well-being and professional performance. The dynamics of family life, particularly the experience of parenthood, may significantly influence this aspect of health. This review aims to synthesize quantitative data on the effects of having children 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. If published in English, studies were included, 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 averaging 4.2 points higher (95% CI: 3.1-5.3) on the Spiritual Well-Being Scale than childless nurses. 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 correlated 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 affects the spiritual health of nurses, enhancing 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 causative relationship and underlying mechanisms.

Keywords: Child, Health, Nurses