Relationship Between Time Management, Professional Self-Efficacy, and Quality of Nursing Care Among Clinical Nurses at Ardabil Medical Training Centers in 2023

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ABSTRACT

Introduction: Nowadays, time is a vital factor in medical interventions. Time management and self-efficacy are crucial for achieving the best nursing care standards. The present study aimed to evaluate the relationship between time management, professional self-efficacy, and quality of nursing care among nurses in the Northwest of Iran.

Methods and Materials: This correlational study was conducted in Ardabil, in 2023. Nurses (n = 350) were categorized using a stratified sampling method. For data collection, we used Raj'a Nayef Zyoud's (2023) time management inventory, Masoumeh Bakhtiari et al. (2023) professional self-efficacy of nurses inventory, and Anita Karaca et al. (2022) nursing care quality inventory. The collected data were analyzed in SPSS software v. 26 using descriptive statistics, independent t-test, analysis of variance, Pearson correlation coefficients, and linear regression stepwise model.

Results: The results revealed that time management (80.3%), professional self-efficacy (61.7%), and quality of nursing care (57.1%) were at a moderate level. Also, the mean value of the time management score, professional self-efficacy score, and nursing care quality score were 59.79 ± 10.37, 72.64 ± 12.34, and 45.151 ± 16.78, respectively. There was a significant relationship between time management and professional self-efficacy with the quality of nursing care ($p = 0.001$). The stepwise multiple linear regression model showed that time management (65%) was a stronger predictor than professional self-efficacy (62%) on the quality of nursing care.

Conclusion and Discussion: The nurses participating in this study showed a moderate level of nursing care. We suggest that medical politicians conduct workshops to upgrade nurses' time management skills and professional self-efficacy to improve the quality of nursing care.

Keywords: Nurses, Self efficacy, Time management