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ΔΙΠΛΩΜΑΤΙΚΗ ΕΡΓΑΣΙΑ

«Ψυχοκοινωνικοί παράγοντες της υπέρμετρης χρήσης
οθονών και ποιότητα ζωής του υγειονομικού
προσωπικού»

ΠΟΥΛΗ ΑΝΤΙΓΟΝΗ



«Ψυχοκοινωνικοί παράγοντες της υπέρμετρης χρήσης οθονών και
ποιότητα ζωής του υγειονομικού προσωπικού»

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ΕΠΙΤΡΟΠΗ ΕΠΙΒΛΕΨΗΣ ΔΙΠΛΩΜΑΤΙΚΗΣ ΕΡΓΑΣΙΑΣ

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Περίληψη

Η παρούσα ερευνητική εργασία εξετάζει τη σχέση μεταξύ της υπέρμετρης χρήσης οθονών, της ψηφιακής εξάρτησης και της ποιότητας ζωής των επαγγελματιών υγείας σε δημόσιο νοσοκομείο. Η ραγδαία ενσωμάτωση των ψηφιακών τεχνολογιών στον χώρο της υγείας έχει μεταβάλει σημαντικά τον τρόπο οργάνωσης και παροχής υπηρεσιών φροντίδας, δημιουργώντας νέες απαιτήσεις για τους εργαζομένους. Η συνεχής χρήση ηλεκτρονικών συστημάτων, η διαχείριση μεγάλου όγκου πληροφοριών και η διαρκής ψηφιακή διασύνδεση φαίνεται να επηρεάζουν όχι μόνο την εργασιακή λειτουργικότητα αλλά και τη σωματική και ψυχική υγεία των επαγγελματιών υγείας.

Σκοπός της μελέτης ήταν η διερεύνηση του επιπέδου χρήσης οθονών από τους επαγγελματίες υγείας, η αποτύπωση πιθανών συμπεριφορών ψηφιακής εξάρτησης και η εξέταση της επίδρασής τους στην ψυχική υγεία και στην ποιότητα ζωής. Παράλληλα, εξετάστηκαν οι διαφοροποιήσεις που σχετίζονται με δημογραφικά και επαγγελματικά χαρακτηριστικά, όπως το φύλο, η ηλικία και η θέση εργασίας.

Η έρευνα πραγματοποιήθηκε με ποσοτική μεθοδολογική προσέγγιση και τη χρήση δομημένου ανώνυμου ερωτηματολογίου. Το δείγμα της μελέτης αποτέλεσαν 245 επαγγελματίες υγείας δημόσιου νοσοκομείου, οι οποίοι ανήκαν σε διαφορετικές επαγγελματικές κατηγορίες. Για τη συλλογή των δεδομένων χρησιμοποιήθηκαν τρία βασικά εργαλεία: ερωτηματολόγιο δημογραφικών και επαγγελματικών χαρακτηριστικών, η Κλίμακα Εθισμού στο Διαδίκτυο Internet Addiction Test (IAT-20) της Young και η κλίμακα ποιότητας ζωής SF-12 Health Survey, η οποία έχει μεταφραστεί και σταθμιστεί στον ελληνικό πληθυσμό από τον Κοντοδημόπουλο και τους συνεργάτες του. Η στατιστική ανάλυση των δεδομένων πραγματοποιήθηκε με το λογισμικό IBM SPSS Statistics, εφαρμόζοντας περιγραφική και επαγωγική στατιστική ανάλυση.

Τα αποτελέσματα ανέδειξαν υψηλά επίπεδα καθημερινής χρήσης οθονών στους συμμετέχοντες, με σημαντικό ποσοστό να χρησιμοποιεί ψηφιακές συσκευές περισσότερο από οκτώ ώρες ημερησίως. Παράλληλα, διαπιστώθηκε θετική συσχέτιση μεταξύ του χρόνου χρήσης οθονών και του επιπέδου ψηφιακής εξάρτησης, ενώ η αυξημένη χρήση οθονών συσχετίστηκε με χαμηλότερα επίπεδα ψυχικής υγείας και ποιότητας ζωής. Η ανάλυση παλινδρόμησης έδειξε ότι τόσο ο συνολικός χρόνος

χρήσης οθονών όσο και το επίπεδο εθισμού στο διαδίκτυο αποτελούν σημαντικούς προβλεπτικούς παράγοντες της ψυχικής υγείας των εργαζομένων. Επιπλέον, η ηλικία φάνηκε να επηρεάζει σημαντικά το επίπεδο ψηφιακής εξάρτησης, ενώ η θέση εργασίας σχετίστηκε με διαφοροποιήσεις στον χρόνο χρήσης οθονών.

Τα ευρήματα της μελέτης επιβεβαιώνουν ότι η υπέρμετρη χρήση ψηφιακών τεχνολογιών αποτελεί σημαντικό ψυχοκοινωνικό παράγοντα κινδύνου για τους επαγγελματίες υγείας και επηρεάζει αρνητικά την ψυχική ευεξία, τη λειτουργικότητα και την ποιότητα ζωής τους. Η ανάπτυξη οργανωτικών παρεμβάσεων, η ενίσχυση της ψυχοκοινωνικής υποστήριξης, η εκπαίδευση στη διαχείριση της ψηφιακής κόπωσης και η προώθηση ισορροπίας μεταξύ επαγγελματικής και προσωπικής ζωής κρίνονται απαραίτητες για τη διατήρηση της υγείας και της ευημερίας των εργαζομένων στον χώρο της υγείας.

Λέξεις-κλειδιά: υπέρμετρη χρήση οθονών, ψηφιακή εξάρτηση, επαγγελματίες υγείας, ποιότητα ζωής, ψυχική υγεία, digital fatigue, burnout, SF-12, IAT-20, SPSS.

Abstract

This research paper examines the relationship between excessive screen use, digital addiction, and the quality of life of healthcare professionals in a public hospital. The rapid integration of digital technologies into the healthcare sector has significantly transformed the way care services are organized and delivered, creating new demands on employees. The continuous use of electronic systems, the management of large volumes of information, and constant digital connectivity appear to affect not only work performance but also the physical and mental health of healthcare professionals.

The aim of the study was to investigate the level of screen use among healthcare professionals, identify potential behaviors indicative of digital dependence, and examine their impact on mental health and quality of life. At the same time, variations related to demographic and professional characteristics, such as gender, age, and job position, were examined.

The research was conducted using a quantitative methodological approach and a structured anonymous questionnaire. The study sample consisted of 245 healthcare professionals from a public hospital, who belonged to different occupational categories. Three main tools were used for data collection: a questionnaire on demographic and professional characteristics, Young's Internet Addiction Test (IAT-20), and the SF-12 Health Survey quality of life scale, which has been translated and standardized for the Greek population by Kontodimopoulos and his colleagues. Statistical analysis of the data was performed using IBM SPSS Statistics software, applying descriptive and inferential statistical analysis.

The results revealed high levels of daily screen use among participants, with a significant proportion using digital devices for more than eight hours a day. At the same time, a positive correlation was found between screen time and the level of digital dependence, while increased screen use was associated with lower levels of mental health and quality of life. Regression analysis showed that both total screen time and the level of internet addiction are significant predictors of employees' mental health. Furthermore, age appeared to significantly influence the level of digital dependence, while job position was associated with variations in screen time.

The study's findings confirm that excessive use of digital technologies constitutes a significant psychosocial risk factor for healthcare professionals and negatively affects their mental well-being, functioning, and quality of life. The development of organizational interventions, strengthening psychosocial support, training in digital fatigue management, and promoting work-life balance are considered essential for maintaining the health and well-being of healthcare workers.

Keywords: excessive screen use, digital addiction, healthcare professionals, quality of life, mental health, digital fatigue, burnout, SF-12, IAT-20, SPSS.

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