



KEY WORDS

- ✓ Covid-19
- ✓ Pandemic
- ✓ Physical activity
- ✓ Quality of life
- ✓ Sleep
- ✓ Fatigue
- ✓ Burnout

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INVESTIGATION OF PHYSICAL ACTIVITY, QUALITY OF LIFE, SLEEP, TIRED, BURNOUT LEVELS AND THE RELATIONSHIP BETWEEN HEALTHCARE WORKERS DURING THE COVID-19 PANDEMIC PROCESS

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THESIS ABSTRACT

The aim of this study is to determine the physical activity, quality of life, sleep, fatigue and burnout levels of health workers during the Covid-19 pandemic process and to reveal the relationship between them. 253 volunteer health personnel who worked actively during the pandemic period participated in the research with the convenience sampling method. Information form on socio-demographic characteristics of healthcare workers, short form of International Physical Activity Questionnaire (UFAA-SF), SF-36 quality of life scale, Pittsburgh Sleep Quality Index (PQI), Fatigue Severity Scale (YSS) were used as data collection tools. Maslach Burnout Inventory was used. The analysis of the data was made with the SPSS 26 Program and the error level was determined as 0.05. As a result of the statistical analyzes, a negative correlation was found between the total physical activity scores of the health professionals and the subjective sleep quality scores, and a negative relationship between the physical activity groups and the fatigue level and depersonalization score ($p<0.05$). A negative correlation was found between all sub-dimensions of quality of life and fatigue, total PSQI, depersonalization and emotional exhaustion scores, and a statistically positive relationship with personal achievement score ($p<0.05$). In addition, a negative relationship was found between sleep duration and personal achievement score, a positive relationship between total PSQI and fatigue, depersonalization, and emotional exhaustion, and a statistically negative relationship with personal achievement score ($p<0.05$). In conclusion, based on the findings of the study, it can be said that physical activity, quality of life, sleep, fatigue and burnout levels of health workers are affected under the conditions of the pandemic period, and many of these parameters are related to each other.

APPLICATION AREAS OF THE THESIS RESULTS

The results of the thesis draw attention to the difficulties experienced by health workers in emergency conditions.

ACADEMIC ACTIVITIES

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