Emotional mental disorder is a state of psychological distress that, if not handled properly, can lead to severe mental disorders. One potential psychosocial hazard that is thought to be related to mental health disorders is the work-family conflict. There are only few studies about work-family conflict among Indonesian workers, while in the past few years, the issue of family-work balance has become an important issue in female workers, specially with the rapidly growing worker society and the strong family culture, this research has open new occupational health aspect in Indonesia. Women who undertake dual roles, as housewife and worker, may potentially experience work-family conflict.

INTRODUCTION

OBJECTIVES

1. To determine the prevalence of emotional mental disorder and work family conflict among female nurses in the university-based tertiary general hospital in Jakarta
2. To determine the relationship between work-family conflict and emotional mental disorder
3. To determine the relationship between other factors (individual and work factors) with emotional mental disorder.

METHODS

- Study Design : Analytical Cross-Sectional
- Study Population : Female nurses

Total of 264 female nurses were randomly chosen proportionally based on working unit [50% inpatient unit, 25% Outpatient unit, 15% Emergency unit and 10% ICU]

Self administered questionnaires
- Work-Family Conflict Scale by Carlson, Kacmar and Williams
- Self Reporting Questionnaire

Data Processing and Analysis
- Descriptive Analysis
- Bivariate Analysis
- Multivariate Analysis

RESULTS

PREVALENCE OF EMD
23.5 %

SIGNIFICANT RELATIONSHIP
WFC with EMD
OR : 2.59
CI 95%: 1.44 - 4.65 (p<0.001)

OTHER SIGNIFICANT FACTOR ASSOCIATED WITH EMD
LEVEL OF EDUCATION
OR : 0.07
CI 95%: 0.01-0.62 (p: 0.010)

PREVALENCE OF WFC
45.1 %

CONCLUSIONS

- The relationship between work-family conflicts and emotional mental disorders among female nurses in Indonesia is significant
- Nurses with work-family conflicts are two times more likely to have emotional mental disorders than nurses without work-family conflicts
- Other factors associated with mental emotional disorder is education factor

RECOMMENDATIONS

- Regular mental health checks and counseling should be performed along with periodic health checks
- Conduct supporting program for nurses who are indicated with work-family conflict
- Facilitate and encourage expert consultation for nurses who are indicated to have an emotional mental disorder
- Further research on the risk factors for family-occupational conflict needs to be done among female workers in Indonesia

Keywords : Mental Health, Work-Life balance, Female Health Workers

References :