



Ausschreibung: Bachelorarbeit in der A&O

Research topic: Well-being of employees in elderly care facilities

(Wohlbefinden von Mitarbeiter*innen in stationären Pflegeeinrichtungen)

The focus of this interdisciplinary project in cooperation with the Institute of Human Movement Science is to investigate current work conditions in four selected inpatient care facilities. Based on the findings of our analyses, interventions will be derived and implemented.

Due to demographic change, the need for inpatient care facilities will rise in the upcoming years (Etkind et al., 2017). Working in inpatient care is associated with both high physical and psychological stressors which lead to high stress, days of absence and turnover (Dhaini et al., 2016; Glaser & Höge, 2005). Thus, to promote and prevent the physical and mental health of employees working in those facilities should be of main interest.

This research project sets out to investigate associations of general work demands, team variables and resources with physical and mental health using cross-sectional data. Students will be involved in gathering field data in inpatient care facilities and in processing and analyzing data.

Suggestions for research questions:

- What are the effects of demands on physical and mental health?
- Do team variables such as trust in co-workers or team conflicts influence well-being?
- What role do team variables trust in co-workers or team conflicts play in demand-strain associations?

Note: You may also write your thesis in German. This project is suitable for up to two bachelor students.

Please write a short application letter on why you find this topic interesting and which previous experiences and skills equip you to work on this project. You may email your application to the contact detailed below.

Selected Literature:

Dhaini, S. R., Zúñiga, F., Ausserhofer, D., Simon, M., Kunz, R., De Geest, S., & Schwendimann, R. (2016). Care workers health in Swiss nursing homes and its association with psychosocial work environment: A cross-sectional study. *International Journal of Nursing Studies*, 53, 105–115. doi:10.1016/j.ijnurstu.2015.08.011

Etkind, S. N., Bone, A. E., Gomes, B., Lovell, N., Evans, C. J., Higginson, I. J., & Murtagh, F. E. M. (2017). How many people will need palliative care in 2040? Past trends, future projections and implications for services. *BMC Medicine*, 15(1), 1–10. doi:10.1186/s12916-017-0860-2

Glaser, J., & Höge, T. (2005). Probleme und Lösungen in der Pflege aus Sicht der Arbeits- und Gesundheitswissenschaften.

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