

## ANALYSIS OF RELATION BETWEEN *TIME MANAGEMENT BEHAVIORS* AND *OCCUPATIONAL STRESS OF NURSES*

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**Background:** According to lakein description of time management, individuals first determine their needs and want and then rank them of importance. Specific activities include setting goals to achieve the needs or wants and prioritizing the tasks necessary to accomplish them. The tasks of at most importance are then matched to the time and resources available by planning, scheduling, and making lists.

The Purpose of study are analysis of relation between time management behaviors (setting goal and priorities, mechanics of time management, control of time and organization) and occupational stress (role overload, role ambiguity and role conflict).

**Methods and tools:** 30head nurses (all of the samples) of educational hospitals depend on shaheed beheshti medical university of Tehran - Iran participate in this research. A questionnaire which had 57 questions was used. For data analysis,  $X^2$  and Pearson correlation coefficient were used.

**Result:** In general most of sample located in good level of T.M.B (63.4 %). In addition most of sample (50%) experience occupational stress in the normal level.

Finally Meaningful relation is seen between T.M.B and occupational stress ( $r = - 0.81$   $P < 0.001$ ).

**Discussion:** It is important to distinguish among the different facets of time management. The low correlation among the factors indicate that ,for instance, if a person sets goal it does not necessarily follow that he or she feels in control of time or makes lists. Finally time management behaviors can reduce occupational stress.