

# Kontakt, 2023 (vol. 25), issue 1

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## **Health coaching and the biopsychosocial model of illness Editorial**

**Erika Melonashi**

[Kontakt 2023, 25\(1\):1-2](#) | DOI: 10.32725/kont.2023.007 [PDF](#)

## **The effect of insomnia and shift working on psychological well-being among general public hospital nurses Nursing - Original article**

**Deldar Morad Abdulah, Sherzad Khudeida Suleman**

[Kontakt 2023, 25\(1\):3-9](#) | DOI: 10.32725/kont.2023.005 [PDF](#)

Introduction: There are few studies on the association between insomnia and categories of psychological well-being among nurses in clinical settings. Therefore, in this study, we aimed to explore the effect of insomnia and shift working on psychological well-being among nurses in public hospitals. Methods: A total of 107 nurses (20-44 years old) were included using a non-random technique. The nurses were selected from four public hospitals in Iraqi Kurdistan in 2019. Results: The mean age of the nurses was 29.94 (20-44 years). They had diploma (48.6%) and bachelor's degrees (51.4%), worked morning (36.4%), evening (19.6%), and night shifts (14.0%),...

## **Prevalence and predictors of suicidality among nursing students in Indonesia Nursing - Original article**

**Akbar Satria Fitriawan, Wiwit Ananda Wahyu Setyaningsih, Apri Nur Wulandari, Erni Samutri, Bayu Fandhi Achmad, Gani Apriningtyas Budiayati, Yuyun Nailufar, Listyana Natalia Retnaningsih**

[Kontakt 2023, 25\(1\):10-17](#) | DOI: 10.32725/kont.2023.009 [PDF](#)

Introduction: Nursing students are a vulnerable population during the COVID-19 pandemic because they experience a higher level of stress and mental health problems than the non-healthcare student population, putting them at a higher risk for suicidal behaviour. Aim: To explore suicidality among nursing students and assess the association between independent variables and suicidality. Methods: This cross-sectional study involved 670 nursing students from 5 Indonesian universities who were recruited using consecutive sampling. Self-administered validated instruments consisted of 8 sections: sociodemographic questionnaire, RSES to assess self-esteem,...

## **Identifying predictors of university students' mental well-being during the COVID-19 pandemic****Social Sciences in Health - Original article**

**Siti Raba'ah Hamzah** \*, **Siti Nur Syuhada Musa**, **Muhammad Nur Waafi Bin Badrudin**, **Nurul Afifah Amiludin**, **Qurratul Ain Zameram**, **Muhd Jamil Muhshi Kamaruzaman**, **Nur Najwa Said**, **Nursyamimi Amirah Ahmad Haniff**

Kontakt 2023, 25(1):18-24 | DOI: 10.32725/kont.2023.003 [PDF](#)

The Covid-19 pandemic has been widely examined to be both an economic crisis and health with updates of increasing the mental health and well-being of university students. This study examines the relationships between physical health, social support, and mental health literacy with the mental well-being of Malaysian university students during the Covid-19 pandemic. The study population comprised 199 students. A cross-sectional survey was conducted with self-administered questionnaires that used the Short Warwick Edinburgh Mental Well-Being Scale (SWEMWBS), the Multidimensional Scale of Perceived Social Support instrument, and the Mental Health Literacy...

## **Quality of life of patients with chronic lower back pain****Social Sciences in Health - Original article**

**Mária Šupínová**, **Denisa Ivaničová**, **Pavel Bartošík**

Kontakt 2023, 25(1):25-30 | DOI: 10.32725/kont.2023.008 [PDF](#)

Introduction: Chronic pain has become a common problem in primary care and can negatively impact the lives of patients. Objective: To evaluate and investigate the impact of chronic lower back pain on patients' quality of life (QoL) using quantitative and qualitative data. Methods: A standardized SF-36 quality of life questionnaire was used. The group included 161 respondents aged 18 and over, with chronic lower back pain, lasting at least 6 months, with a diagnosis of lumbosciatica radicular syndrome. The average age of the respondents was 49.8 years. Results: The RP (Role Physical) and DZ (change in health) had the lowest average score. The values...

## **Workplace bullying and its impact on quality of work life****Social Sciences in Health - Original article**

**Zulkarnain Zulkarnain** \*, **Eka Danta Jaya Ginting**, **Ferry Novliadi**, **Simson Putra Pasaribu**

Kontakt 2023, 25(1):31-36 | DOI: 10.32725/kont.2023.002 [PDF](#)

Introduction: Workplace bullying is an unpleasant experience that could have adverse consequences. It includes behavior aimed at attacking the lives of individuals related to work, and is usually characterized by giving unreasonable work deadlines, reducing or eliminating responsibilities, and excessive supervision of work. The organization also suffer from the destructive effects of bullying. Team members become uncomfortable, stressed, unfocused, and do not even have a good commitment. It affects the organization's performance, leads to mental and emotional damage, and reduces the quality of work life. Objectives: This study aims to examine the consequences...

## **Association between the frequency of stroke recurrence and cognitive function: a cross-sectional study** **Social Sciences in Health - Original article**

**Nur Aini, Rosita Devi Angganita, Ollyvia Freeska Dwi Marta, Tiara Octary, Lilis Setyowati, Erma Wahyu Mashfufa**

Kontakt 2023, 25(1):37-43 | DOI: 10.32725/kont.2023.006 

Aim: Stroke is a major health burden that causes adult mortality and disability. Cognitive impairment is common after stroke, and this condition can affect the patient's quality of life and independence. In this study, we investigated the association between stroke recurrence frequency and cognitive function. Methods: The study design was a cross-sectional study. A purposive sampling technique was used to collect data on a total of 69 stroke patients from the University of Muhammadiyah Malang (UMM) Hospital. The inclusion criteria were stroke patients who experienced recurrence, were conscious, and able to communicate at least verbally. The determination...

## **Self-recovery of Roma drug users in the context of social work** **Social Sciences in Health - Original article**

**Stanislav Ondrášek, Alena Hricová, Tomáš Mrhálek, Kamil Podzimek, David Urban**

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Roma drug users are a group that typically do not use therapeutic services for drug addiction. However, a higher rate of self-recovery among Roma drug users can be observed within outpatient services than among the majority population. The described phenomenon is based on long-term observations and interviews with Roma clients at a contact center (an ambulant social services center for drug users) in the South Bohemian Region, Czech Republic. This article examines the cultural specifics associated with substance withdrawal among Roma drug users in the Czech Republic. Our analysis of self-recovery focuses on the description of motives for quitting drug...

## **The effect of comprehensive sexual education on improving knowledge, attitudes, and skills in preventing premarital sexual behavior in adolescents** **Social Sciences in Health - Original article**

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Kontakt 2023, 25(1):50-56 | DOI: 10.32725/kont.2023.004 

Aim: This study aims to determine the effect of comprehensive sexual education on improving knowledge, attitudes, and skills in preventing premarital sexual behavior. Design: Quasi-experimental pre-post-test design with a control group. Methods: The participants in this study were SMKN 1 Cibadak students. 60 respondents were divided into two groups (intervention group = 30 and control group = 30). The purposive sampling technique selected participants with the following inclusion criteria: grade 9 students who are already dating. In the intervention group, comprehensive sexual education was conducted for six sessions, consisting of six main topics....

## **Placing people first - human resources management in social services organizations****Social Sciences in Health - Original article**

**Tereza Pacáková, Jitka Vacková, Radka Prokešová, Radek Vistořín \***

Kontakt 2023, 25(1):57-67 | DOI: 10.32725/kont.2023.001 

This article covers a complex topic of human resources management, with a focus on social service organizations in six randomly selected regions of the Czech Republic (Central Bohemian region; Moravian-Silesian region; South Moravian region; Prague; Olomouc region; South Bohemian region). The research was intended to determine how social service providers implement human resource management - from the point of view of the directors/managers of these organizations. Another aim was to determine how these organizations implement personnel policies. The final aim was to determine how the selection process is implemented when hiring new employees. Although...