



**Category: Applied Research in Health and Medicine**

**ORIGINAL**

## **Symptomatology presented by nurses with one or more jobs**

### **Sintomatología que presentan los enfermeros con uno o más empleos**

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#### **ABSTRACT**

**Introduction:** Among the professions linked to health, nursing is one of those most affected by the lack of social and economic recognition; for this reason, this research is focused on nurses who have one job compared to those who have two or more and the symptomatological consequences that this could produce.

**Objectives:** To mention certain symptomatological ailments that nurses may present when exercising their profession, and to make a comparison between those who have one job and those who have two or more.

**Methods:** The research is descriptive, comparative, non-experimental, cross-sectional, from primary sources and quantitative. The population and sample taken for the research were different nursing professionals, chosen by convenience, where 47 people who are currently working were selected, some of whom have only one job, while others have multiple jobs.

**Results:** It was observed that 74.5% of the population has only one job, while 25.5% have multiple jobs. The nurses who have only one job present different health problems and therefore they are the ones who present greater symptomatological consequences. This is an alarming fact, since nurses who are currently working in the profession present some symptomatology.

**Keywords:** nursing; moonlighting; symptomatological consequences.

#### **RESUMEN**

**Introducción:** En las profesiones vinculadas a la salud, enfermería es una de las que se ve mayormente afectada por la falta de reconocimiento social y económico; por tal motivo esta investigación está enfocada en el personal de enfermería que posee un empleo respecto de los que poseen dos o más y las consecuencias sintomatológicas que esto podría producir.

**Objetivos:** Mencionar ciertos padecimientos sintomatológicos que pueden presentar los enfermeros a

la hora de ejercer su profesión, y realizar una comparación entre los que poseen un empleo y los que poseen dos o más.

**Métodos:** La investigación realizada es descriptiva, comparativa, no experimental, transversal, de fuentes primarias y cuantitativa. La población y muestra que se tomó para la realización de la investigación, fueron distintos profesionales de Enfermería, elegidos por conveniencia, donde se seleccionaron 47 personas que trabajan actualmente, de los cuales algunos de ellos poseen un solo empleo, mientras que otros poseen pluriempleo.

**Resultados:** Se observó que, el 74,5% de la población posee un solo empleo, mientras que el 25,5% posee pluriempleo, los enfermeros que poseen un solo empleo presentan distintos problemas de salud y por lo tanto son ellos quienes presentan mayores consecuencias sintomatológicas. Esto es un dato alarmante, ya que los enfermeros que se encuentran ejerciendo la profesión actualmente, presentan alguna sintomatología.

**Palabras clave:** enfermería; pluriempleo; consecuencias sintomatológicas.

## INTRODUCTION

Nursing emerged based on the empirical and linked to charity, outside the university field, and professional support. Over time, this view changed in search of professionalization.

The profession began with the arrival of Florence Nightingale, the mother of modern nursing and the forerunner of many of the care practices we still use today.

Nowadays, many women are the sole breadwinners and providers for their families, as well as being single mothers, which means that they have to work two jobs, causing exhaustion and burnout.

Nurses, in particular, have very tedious working hours as they are permanently caring for sick people, which causes physical and mental exhaustion. This profession has a high demand for patient care and low economic repercussions.

Although nursing is a profession in which one can carry out activities independently, it is most often linked to a subordinate profession, which leads to less social and economic recognition. These factors mean that many workers are forced to work overtime or choose to have more than one job to meet their basic needs.

Having several jobs or at least two jobs generally has negative consequences for the person and the organization. At a professional and personal level, it has significant consequences, such as stress, fatigue, listlessness, and emotional problems. It had organizational implications in the workplace, such as an increase in sick leave or unjustified absenteeism, work-related accidents, and errors. On many occasions, these errors can compromise the life of the person requiring care.

This is why it is essential to investigate moonlighting and the wear and tear it causes and to be able to provide information to establish policies that help the well-being of workers.

What symptoms do nurses suffer from practicing their profession, and what differences exist concerning having multiple jobs?

General objective

To establish differences in symptoms between nurses who have a single job and those who have multiple jobs.

## METHODS

The research is descriptive, comparative, non-experimental, and cross-sectional, using primary and quantitative sources.

**Area of study:** The selected professionals work or have worked for two years or more in different institutions in the city of Rosario, both public and private, in other areas; no particular institution was chosen.

**Participants:** The research population and sample were 47 nursing professionals, chosen for convenience using non-probabilistic sampling.

**Inclusion criteria:** Nursing staff, graduates or postgraduates of both sexes, active in the service or having practiced the profession for at least two years or more, and having had one or more jobs.

**Exclusion criteria:** Those professionals who did not agree to participate in the research and had not worked for two years or more.

**Ethical considerations:** As with all research on individuals, it was conducted using three basic ethical principles: respect for persons, the pursuit of the good, and justice to achieve maximum benefits and minimize harm and/or error.

Before the survey began, participants were given an introduction with instructions detailing considerations to consider when answering the survey. Authorization was requested for the use of the responses for academic purposes and on an anonymous basis. Participants were also asked to specify their age, sex, and length of service.

**Technique and instrument:** For data collection, a survey was conducted using a list of STD symptoms as an instrument, detailing some of the symptoms that nursing staff could suffer, these being closed questions. The table was formulated based on the Spanish version of the Nursing Stress Scale (NSS), where respondents can find different symptoms they may suffer from the performance of their activities.

The table shown is a survey of people with multiple jobs and those with only one job to find out how they feel. It consists of 43 symptoms, classified as psychosomatic, psychological, and behavioral, and within each classification, some factors determine the presence of each symptom; each response will be negative or positive.

## RESULTS

To achieve the proposed objectives, a survey was applied with closed questions using the docs.google.com format, which was adapted to the form proposed by this page. The data obtained was analyzed using the Excel program and then transferred into tables. The questions referred to the symptoms suffered by nurses who have only one job and those who have several and were put to professionals currently working as nurses. It was clear that the questions asked were concise, as in all cases, the relevance of the proposed questions was corroborated.

### Discussion of results:

The selected sample consisted of 47 people, and the results obtained were that 95.9% were female (45), while 4.2% were male (2).

On the other hand, it was observed that 74.5% of the population have only one job, while 25.5% have multiple jobs.

On average, it can be said that people with a single job present:

- Psychosomatic alterations 18.3%
- Minor alterations 21.6%
- Functional alterations 10.2%
- Loss of sexual desire 10%
- Cognitive alterations 12.5%
- Emotional alterations 13.1%
- Work-related alterations 4.7%
- General alterations 2.1%

While people who have multiple jobs present on average:

- Psychosomatic alterations 7.3%
- Minor alterations 5.8%
- Functional alterations 3.8%

- Loss of sexual desire 6%
- Cognitive alterations 5%
- Emotional alterations 5.9%
- Work alterations 1.7%
- General alterations 2.2%

From the data obtained, it was possible to determine that the majority of those surveyed are women, while a lower percentage are men; this leads us to think that many women are the breadwinners and sole income providers for their households and that nursing continues to be a profession associated with women.

The highest percentage represents people with only one job, while fewer have two or more jobs. This data makes us reconsider the hypothesis that nursing is a low-paid profession and that most professionals would have more than one job.

People with a single job suffer from 18.6% psychosomatic disorders, while those with multiple jobs suffer from 7.3%.

Those with a single job suffer from 21.6% of minor disorders, while those with multiple jobs suffer from 5.8%.

Regarding functional alterations, nurses with a single job have 10.2%, while those with multiple jobs have 3.8%.

Loss of sexual desire has a more significant impact on nurses with a single job, at 10%, while nurses with multiple jobs have 6%.

Cognitive alterations in nurses with a single job are at 12.5%, while in nurses with multiple jobs, they are at 5%.

Emotional alterations impact 13.1% of nurses with a single job, while in nurses with multiple jobs, they are at 5.9%.

Regarding work-related problems, nurses with a single job suffer from 4.7%, while nurses with multiple jobs only suffer from 1.7%.

Finally, regarding general alterations, nurses with a single job suffer 2.1%. In comparison, nurses with multiple jobs suffer 2.2%, which is higher in those professionals who work in two or more health facilities.

With these results, it can be seen that nurses with a single job have a more significant impact on minor disorders (21.6%), these being back pain, headache, neck pain, muscle pain, and joint pain, and this is closely related to the mobilization of patients, this being the predominant factor in the survey carried out. In addition to these disorders, they often present symptoms such as tendonitis, scoliosis, and herniated discs, which are also attributable to the exact cause.

On the other hand, those who have multiple jobs have a more significant impact on psychosomatic alterations (7.3%), these being eating disorders, insomnia, and fatigue. This is attributable to inadequate rest and poor diet that generally results from having more than one job.

On the other hand, professionals who have only one job have more health problems, and therefore, they are the ones who present more significant symptomatological consequences. This is alarming since nurses currently practicing the profession present at least one symptom.

## CONCLUSIONS

The research showed that the majority of the nurses surveyed have only one job, which does not agree with the initial hypothesis. It was expected that, as nursing is an unprofitable profession, the majority would have two or more jobs, and it would be these that would have greater symptomatic consequences.

On the other hand, nursing is also an unhealthy profession with unfavorable working conditions. Many professionals suffer from symptoms due to practicing the profession, regardless of how long they

have been practicing it and the number of jobs they have. For this reason, it is closely related to one of the main consequences that lead us to think that many nurses may develop work-related stress in the future, as it is associated with a series of symptoms that can worsen over time.

This data leads us to analyze the current situation that nurses are going through, and it is not only health problems, but also these consequences are reflected and have an impact on daily work, such as a deficit in the quality of care, a higher probability of absenteeism, and an increase in medical reports.

The important thing is to be able to identify and alert those suffering from these consequences in time as if this continues over time, we could be talking about significant implications and problems.

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## CONFLICT OF INTEREST

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