

A DESCRIPTIVE STUDY TO ASSESS THE PREVALENCE AND LEVEL OF PREVENTION AND MANAGEMENT OF BURN OUT SYNDROME AMONG NURSES IN SELECTED HOSPITAL OF KOLHAPUR WITH A VIEW TO DEVELOP INFORMATION BOOKLET.

Nursing

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ABSTRACT

Only a satisfied person can satisfy others, job satisfaction has direct relation to mental health of people. Satisfaction results when needs, expectations or wishes are met. Competitiveness at work has been identified as the main cause of stress in the work environment. Statistics show that one in five people may suffer from some form of mental health problem at work. Problems such as these have a direct impact on worker productivity, causing absenteeism, fatigue, and a decrease in the quality of service delivery. Currently, burnout syndrome is a great psychosocial problem, and has been causing concern on the part of researchers and health institutions, owing to the seriousness of its consequences at the individual and organizational levels. Nursing is one of the most stressful occupations. It is common to find burnout syndrome in health professionals, especially in the field of Nursing. Some professionals manage to deal with the symptoms, but those who do not adapt in long-term working conditions, shortage of professionals, poor communication tend to feel physically and emotionally worn out and it reduces the ability to provide quality care. Hence the researchers aimed to identify the prevention and management strategies of burnout syndrome in nurses and discuss the results for future interventions. The researchers also aimed on developing an information pamphlet that can increase the promotion of the health of nurses and decrease burnout syndrome in nurses. A descriptive study to assess the prevalence and level of prevention and management of burn out syndrome among nurses in selected hospital of Kolhapur with a view to develop information booklet.

Objectives Of The Study:

1. To assess the prevalence of burnout syndrome among the nurses in selected hospital.
2. To assess the level of prevention and management of burn out syndrome among nurses in selected hospital of Kolhapur.
3. To find out correlation between prevalence of burnout syndrome with level of prevention and management of burnout syndrome among nurses in selected hospital.
4. To find out an association between prevalence of burnout syndrome and level of prevention and management among nurses at selected hospital at Kolhapur with their selected socio demographic variables.
5. To develop and distribute information pamphlet on prevention and management of burn out syndrome.

Methods: The research approach adopted for the study was quantitative survey approach and research design was descriptive design. By using non-probability convenient sampling technique 80 nurses were selected for the study. The tool comprised of two sections, section 1 consists of socio-demographic variables and section 2 consists of 53 statements which were modified from Maslach Burnout Inventory. **Result:** The prevalence of burnout among nurses was mean 99.19, median was 104.5, mode was 106, standard deviation was 15.4 and range was 69. The level of prevention and management of burnout among nurses was mean 69.14, median was 70, mode was 45, standard deviation was 26.44 and range was 100. Majority of participants 45 (56.25%) has severe stress, 30 (37.5%) have high stress and minimum 5 (6.25%) has moderate stress. Majority of the participants 27 (33.75%) has average knowledge on level of prevention and management of burnout syndrome, 21 (26.25%) has poor knowledge, 17 (21.25%) has very good knowledge and minimum 15 (18.75%) has good knowledge. There is weak positive correlation between prevalence and level of prevention and management of burnout syndrome i.e. $r = 0.0746$. There is significant association between gender, religion, educational status, type of family, department of work and work experience with prevalence of burnout syndrome. There is significant association between gender, monthly income, work experience, and distance of work from home with level of prevention and management of burnout syndrome. **Interpretation And Conclusion:** The present study revealed that the prevalence of burnout among nurses was mean 99.19, median was 104.5, mode was 106, standard deviation was 15.4 and range was 69. The level of prevention and management of burnout among nurses was mean 69.14, median was 70, mode was 45, standard deviation was 26.44 and range was 100. There is weak positive correlation between prevalence and level of prevention and management of burnout syndrome i.e. $r = 0.0746$. Hence, there is a need to develop and distribute information pamphlet on prevention and management of burnout syndrome among nurses.

KEYWORDS

Prevalence; Prevention; Management; Burnout Syndrome; Nurses; Hospital

INTRODUCTION

Health-care industry is known to be very stressful as there is a lot demand from the health-care professionals. Among the health-care professionals nurses are highly prone for burnout due to their work pattern and long working hours as well. Nurses are the first line of contact in a hospital; they spend most of the time with the client and their companions. This makes them to have a continuous exposure to the emotional strains of dealing with the sick and dying. These stressors if not addressed may lead to burnout.

Burnout can affect the nurses' professional practice. It could also contribute to impairment in registered nurses assessment ability, errors in their judgment, as well as decrease in their job satisfaction and efficiency. Since burnout impairs job performance, overall quality of patient care also may be affected. Nurse burnout is a physical, mental, and emotional state caused by chronic overwork and a sustained lack of job fulfillment and support. Common burnout symptoms may

include physical or emotional exhaustion, job-related cynicism, and a low sense of personal accomplishment.

Nursing is one of the most stressful occupations. It is common to find burnout syndrome in health professionals, especially in the field of nursing. Some professionals manage to deal with the symptoms, but those who do not adapt to the long-term working conditions, insufficient number of professionals, and poor communication tend to feel physically and emotionally worn out. For nurses, burnout reduces the ability to provide care. Every day, nurses face the dilemma of being human, empathetic, and sensitive, in a work environment of many responsibilities.

To address this critical issue, it is imperative to understand the prevalence of burnout among nurses, its root causes and the potential consequences. Furthermore, the healthcare institutions must adopt proactive measures to prevent burnout and implement strategies to

effectively manage the burnout when it occurs. this comprehensive approach not only supports nurses in their crucial roles but also ensures the continued delivery of high-quality patient care.

Methods And Data Collection

The various reviews of literature were done. An intense search of related literature was carried out, guided by guide for developing an appropriate tool items and checked for ambiguity and error. Modifications were made in consultation with guide and other expertise from mental health nursing.

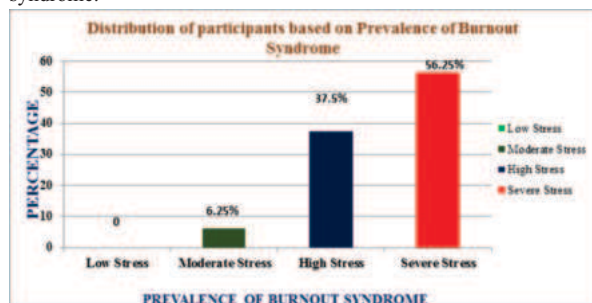
The research approach adopted for the study was quantitative survey approach and a descriptive research design was chosen, which consisted a group of 80 samples which were selected by using non-probability convenient sampling technique. Data was collected by using structured self-reporting questionnaire on prevalence and management of burnout syndrome among nurses working in selected hospital at Kolhapur.

RESULT:

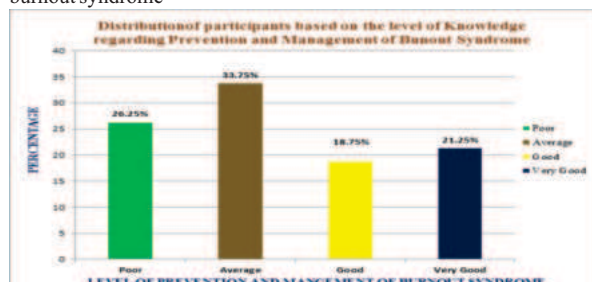
The prevalence of burnout among nurses was mean 99.19, median was 104.5, mode was 106, standard deviation was 15.4 and range was 69. The level of prevention and management of burnout among nurses was mean 69.14, median was 70, mode was 45, standard deviation was 26.44 and range was 100. Majority of participants 45 (56.25%) has severe stress, 30 (37.5%) have high stress and minimum 5 (6.25%) has moderate stress. Majority of the participants 27 (33.75%) has average knowledge on level of prevention and management of burnout syndrome, 21 (26.25%) has poor knowledge, 17 (21.25%) has very good knowledge and minimum 15 (18.75%) has good knowledge.

There is weak positive correlation between prevalence and level of prevention and management of burnout syndrome i.e. $r = 0.0746$.

There is significant association between gender, religion, educational status, type of family, department of work and work experience with prevalence of burnout syndrome. There is significant association between gender, monthly income, work experience, and distance of work from home with level of prevention and management of burnout syndrome.



Graph 1: 3D column diagram depicting participants prevalence of burnout syndrome



Graph 2: 3D cylindrical diagram depicting participants level of prevention and management of burnout syndrome

DISCUSSION

The present study has been undertaken to assess the prevalence and level of prevention and management of burn out syndrome among nurses in selected hospital at Kolhapur.

1. Findings related to distribution of selected socio-demographic variables of participants.

The data regarding socio-demographic variables shows that, Majority

of the participants 36(45%) belonged to age group of 25 – 30 years, 17 (21.25%) belonged to 41- 50 years, 14 (17.50%) belonged to above 50 years of age and minimum 13(16.25%) belonged to 31-40 years of age. Majority of the participants 67(83.75%) were females and 13 (16.25%) were males. Majority of the participants 43(53.75%) belonged to Hindu religion, 14 (17.50%) were Christian, 12 (15%) belonged to other religion and minimum 11 (13.75%) belonged to Muslim religion.

The study findings are supported by a comprehensive study was conducted on the prevention and management of burnout syndrome among hospital nurses in City Hospital, Nagaland. The objective of study was to assess the level of knowledge regarding the prevention and management of burnout syndrome among hospital nurses. The results showed that out of 100 participants 61(61%) participated in the main study belongs to the age group of 21-30 years which is young age group, Gender – majority 96 (96%) of participants were female, Religion- majority 75(75%) of participants belonged to Christians.

2. Finding Related To Prevalence Of Burnout Syndrome Among Nurses.

Majority of participants 45 (56.25%) has severe stress, 30 (37.5%) have high stress and minimum 5 (6.25%) has moderate stress.

The findings of the study were supported by a descriptive study was conducted to assess the burnout syndrome and its prevention among nurses at a tertiary care hospital. Sample size consisted of 100 by using non-probability purposive sampling technique and data was collected by using Maslach Burnout Inventory. The results showed that majority (78%) of the nurses had high level of burnout, 5% had very high level of burnout and 16% had moderate level of burnout.

3. Finding Related To Level Of Prevention And Management Of Burnout Syndrome Among Nurses.

Majority of the participants 27 (33.75%) has average knowledge on level of prevention and management of burnout syndrome, 21 (26.25%) has poor knowledge, 17 (21.25%) has very good knowledge and minimum 15 (18.75%) has good knowledge.

The findings of the study were supported by a descriptive study was conducted to assess the burnout syndrome and its prevention among nurses at a tertiary care hospital. Sample size consisted of 100 by using non-probability purposive sampling technique and data was collected by using Maslach Burnout Inventory. The results showed that majority (15%) of the nurses had very good knowledge about burnout syndrome and its prevention, (10%) had good knowledge and (30%) had moderate knowledge and (45%) had poor knowledge about burn out syndrome and its prevention.

4. The Correlation Between Prevalence And Level Of Prevention And Management Of Burnout Syndrome.

There is weak positive correlation between prevalence and level of prevention and management of burnout syndrome i.e., $r = 0.0746$.

The finding of the study was supported by a cross sectional study to examine the prevalence of burn out and to identify strategies for prevention of burnout. There is linear correlation between prevalence and strategies of prevention of burnout syndrome i.e., $r = 1.0045$.

5. Association Between Prevalence Of Burnout Syndrome With Their Socio-demographic Variables.

There is significant association between gender, religion, educational status, type of family, department of work and work experience with prevalence of burnout syndrome as calculated by Chi-square is higher than tabulated Chi-square value.

The findings of the study were supported by a cross-sectional study was conducted to examine the level of burnout among nurses and its association with socio-demographic variables. The Sample size consisted of 100 nurses by using non-probability convenient sampling technique and data was collected by using Oldenburg Burnout Inventory. A statistically significant association is seen between the socio-demographic variables and years of experience, monthly income, marital status and type of coping method at $p < 0.05$ level. Thus, this study concluded that, early identification and intervention at the right time may minimize the impact of burnout and assure a life.

6. Association Between Prevention And Management Of Burnout Syndrome With Their Socio Demographic Variables.

There is significant association between gender, monthly income, work experience, and distance of work from home with level of prevention and management of burnout syndrome as calculated by Chi-square is higher than tabulated Chi-square value.

The findings of the study were supported by a cross-sectional study was conducted to examine the level of prevalence and management of burnout syndrome among nurses. The Sample size consisted of 500 nurses by using non-probability simple random sampling technique and data was collected by using Oldenburg Burnout Inventory. A statistically significant association is seen between the socio-demographic variables and age, gender, years of experience, monthly income, marital status at $p < 0.05$ level. Thus, this study concluded that, early identification and intervention at the right time may minimize the impact of burnout and assure a life.

CONCLUSION

Based on the findings of the study, the following conclusion were drawn, majority of the subjects 45 (56.25%) has severe level of stress, 30 (37.5%) have high level of stress and remaining 5 (6.25%) has moderate level of stress. Majority of the participants 27 (33.75%) has average knowledge, 21 (26.25%) has poor knowledge, 17 (21.25%) has very good knowledge and minimum 15 (18.75%) has good knowledge on level of prevention and management of burnout syndrome.

The results indicate that, there is weak positive correlation between prevalence and level of prevention and management of burnout syndrome i.e. $r = 0.0746$. There is significant association between prevalence of Burnout Syndrome with their selected socio-demographic variables among nurses and also there is significant association between prevention and management of burnout syndrome with their socio-demographic variables at 0.05 level of significance among nurses.

In this regard, the study concludes that prevention and management of burn out syndrome among nurses has been shown to have great therapeutic benefits for individual with a wide range of health conditions and remarkably effective in reducing stress.

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