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Assess the burnout syndrome among staff nurses and nursing teachers working in selected settings of Aurangabad city.

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ABSTRACT

Nursing is to bring those who are suffering from disease to a condition for nature to act for preserving health, preventing diseases and injury and to restore health and cure disease. A Comparative study survey study was conducted among 80 samples were staff nurse (40) and nursing teacher (40) working in various setting of Aurangabad, samples were selected by non-probability purposive Sampling technique. Data was collected by using sociodemographic variables and Maslach burnout inventory score. The result of this study revealed for nurses has got findings for high burnout level in section A (Burnout) and section B (depersonalization) as well as findings for nursing teacher was having high burnout level in section C (personal achievement). There was no significant association found between demographic variables and burnout syndrome among staff nurses and nursing teachers. Thus the study concluded that the burnout syndrome was high in nurses compare to nursing teachers.

Keywords- Burnout Syndrome, Maslach Inventory, Nurses, Nursing Teachers

1. INTRODUCTION

Burn-out is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions: 1. feelings of energy depletion or exhaustion 2. increased mental distance from one's job, or feelings of negativism or cynicism related to one's job, 3. reduced professional efficacy. Nursing is the unique function of nurse is to assist the individuals sick or well in the performance of those activities contributing to health or its recovery that he would perform unaided if he had the necessary strength. Nursing is to bring those who are suffering from disease to a condition for nature to act for preserving health, preventing diseases and injury and to restore health and cure disease. In nursing various specialties there in that critical care nursing is designated to meet the special needs of acutely and critically ill patients.

2. NEED FOR THE STUDY

Burnout is a psychological syndrome of physical and emotional exhaustion that can occur through long-term exposure to chronic stressors, particularly job stress and lack of adequate coping mechanisms. It is widely recognized that burnout has three core dimensions. The first dimension is emotional exhaustion (EE), which is the essential core element of burnout and includes loss of energy and physical debilitation. The second dimension is depersonalization or cynicism (DP), which includes loss of idealism and a negative view towards clients. The third dimension is lack of personal accomplishment or lack of professional efficacy (PA), which includes a negative view toward oneself, inability to adapt and low self-esteem.

The study was conducted to evaluate burnout among nurses and teachers in Jordan, and to explore the differences between them. Several demographic factors were examined to evaluate their effect on burnout levels in both professions. The study adopted a

descriptive cross-sectional design and was performed on 240 participants: 120 nurses and 120 teachers. A modified Maslach Burnout Inventory (MBI-modified) was used to assess the three dimensions of burnout. The results of this study showed moderate levels of burnout among both nurses and teachers; however, statistical analysis indicated that nurses had significantly higher levels of burnout than teachers.

3. PROBLEM STATEMENT

A Comparative Study to Assess the Burnout Syndrome among Staff Nurses & Nursing Teachers Working in selected Settings of the Aurangabad city.

4. OBJECTIVES

1. To assess the burnout syndrome among the staff nurses.
2. To assess the burnout syndrome among the Nursing Teachers.
3. To compare Burnout syndrome among staff Nurses and Nursing Teachers.
4. To Find out association between burnout syndrome among staff nurses And Nursing Teachers with selected Socio-demographic variables.

5. RESEARCH METHODOLOGY

RESEARCH APPROACH-Quantitative research approach

RESEARCH DESIGN -Descriptive study design

SETTING- The study was conducted in various settings of the city.

SAMPLE-staff nurse and nursing teachers working in various settings of Aurangabad.

SAMPLE SIZE- In this study 40 staff nurses and 40 nursing teachers are selected who were working in various settings at Aurangabad

6. CRITERIA OF THE SELECTION OF SAMPLES

Inclusion Criteria

- 1) Includes Staff nurses those who are working in various settings
- 2) Nursing teachers those who working in various settings.

Exclusion Criteria

1. Staff Nurses who are not willing to participate in the study.
2. Nursing teachers who are not willing to participate in the study.
3. Staff Nurses and nursing teachers who were selected for pilot study.

7. DEVELOPMENT OF TOOL

Preparation of the blue print

A blue print was prepared prior to the construction. It shows distribution of item according to content area. In included three domains i.e, burnout, depersonalization & personal achievement. Maslach Burnout Inventory including 22 questions.

- This method of developing the data gathering involve the use of appropriate recording is called as tool.
- Method and development of tool was standardized i.e. Maslach burnout inventory.
- Data collection tool were used by the researcher to observe or to measure level of burnout among staff nurses and nursing teachers.

8. ETHICAL CONSIDERATION-

- Permission was obtained from concerned authority.
- Consent was taken from the sample.
- Confidentiality was maintained.

9. ORGANIZATION OF THE FINDINGS-

The data collected from the staff nurses and nursing teachers those who are working in various setting at Aurangabad has been organized under the following headings.

SECTION A-Distribution of samples according to their demographic variables

SECTION B- Distribution of samples according to Assessment of burnout syndrome among staff nurses.

SECTION C-Distribution of samples according to assessment of burnout syndrome among nursing teachers.

SECTION D-Distribution of samples according to compare burnout syndrome among staff nurses and nursing teachers.

SECTION E-Distribution of samples according to association between burnout syndrome among staff nurses and nursing teachers with selected demographic variables.

SECTION A-Distribution of samples according to their demographic variables

Table No.1: - Distribution of samples according to their demographic variables. N=40

SR.NO	CHARACTERISTICS	CATEGORY	NURSES	
			Frequency	%
1	Age group	- 21-25 year	17	42
		- 26-30 year	11	28
		- 31- 35 year	4	10

		- 36 & above.	8	20
2	Gender	- Male	8	20
		- Female	32	80
3	Educational Qualification	- ANM	0	0
		- GNM	30	75
		- BASIS B.Sc.	8	20
		- POST B. B.Sc.	2	5
		-Post Graduation & above	0	0
4	Marital Status	-Unmarried	12	30
		- Married	28	70
		- Divorced	0	0
		- Separated	0	0
		- Widow / Widower	0	0
5	Number of children (if married)	- None	20	50
		- 1	6	15
		- 2	10	25
		- More than 2	4	10
6	Monthly Income	- Up to Rs. 5000 – 10000	6	15
		- Up to Rs. 10001 – 20000	28	70
		- Up to Rs. 20001 – 30000	6	15
		- Above Rs. 30001	0	0
7	Type of Family	- Nuclear	26	65
		- Joint	14	35
		- Extended	0	0
8	Duration of work per Day	- 6 Hours	0	0
		- 8 Hours	40	100
		- 10 Hours	0	0
		- 12 Hours or More	0	0
9	Area of working	- Medicine	6	15
		- Surgery	6	15
		- Neurology	6	15
		- Other	22	55
10	Duration Of Working Experience	- 1 to 5 years	32	80
		- 6 to 10 years	4	10
		- Above 10 years	4	10

TABLE NO.2 DISTRUBTUION ACCORDING TO BURNOUT SYNDROME WITH NURSING TEACHERS. N=40

SR.NO	CHARACTERISTICS	CATEGORY	NURSING TEACHERS	
			Frequency	%
1	Age group	- 21-25 year	24	60
		- 26-30 year	6	15
		- 31- 35 year	6	15
		- 36 & above.	4	10
2	Gender	- Male	5	12
		- Female	35	88
3	Educational Qualification	- BASIC B.Sc.	16	40
		- POST BASIC B.Sc.	4	10
		- M.Sc. NURSING	16	40
		- M.Phil.	0	0
		- PhD	4	10
4	Marital Status	-Unmarried	18	45
		- Married	20	50
		- Divorced	0	0
		- Separated	0	0
		- Widow / Widower	2	5
5	Number of children (if married)	- None	26	65
		- 1	10	25
		- 2	4	10
		- More than 2	0	0
6	Monthly Income	- Up to Rs. 10000 – 20000	16	40

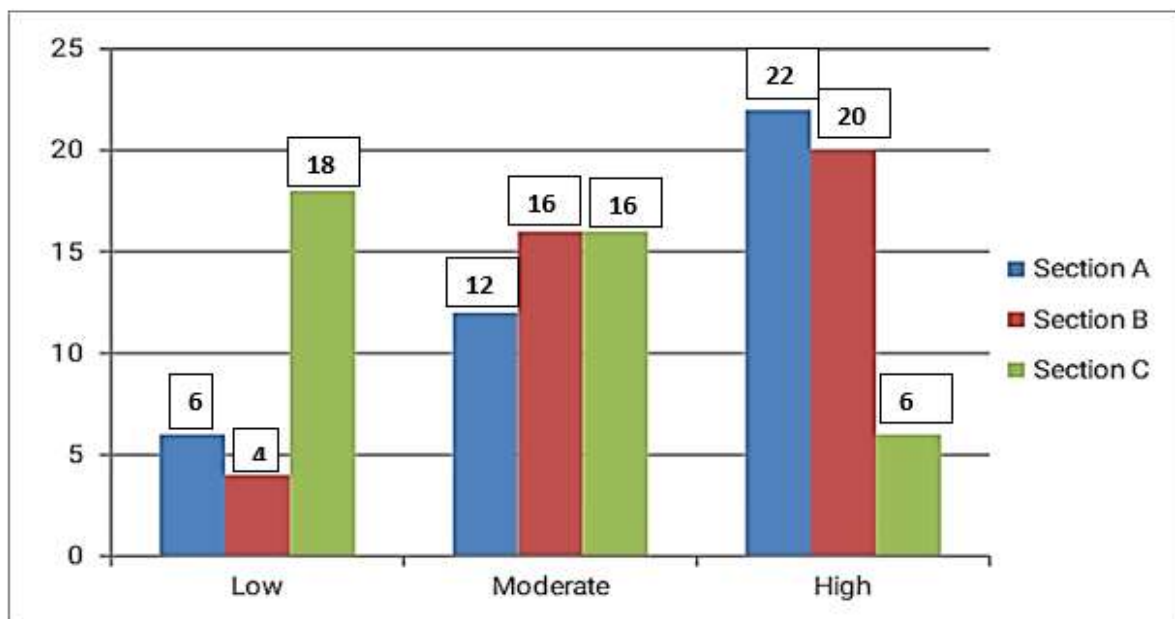
		- Up to Rs. 20001 – 30000	8	20
		- Up to Rs. 30001 – 40000	8	20
		- Above Rs. 40001	8	20
7	Type of Family	- Nuclear	30	75
		- Joint	10	25
		- Extended	0	0
8	Duration of work per Day	- 6 Hours	0	0
		- 8 Hours	40	100
		- 10 Hours	0	0
		- 12 Hours or More	0	0
9	Areas of Teaching	- ANM	8	20
		- GNM	8	20
		- Basic B.Sc. Nursing	8	20
		- Post Basic	8	20
		-B.Sc. Nursing	8	20
10	Duration Of Working Experience	- 1 to 5 years	28	70
		- 6 to 10 years	2	5
		- Above 10 years	10	25

SECTION B- COMPARION OF MASLACH BURNOUT INVENTORY FOR NURSES AND NURSING TEACHERS.

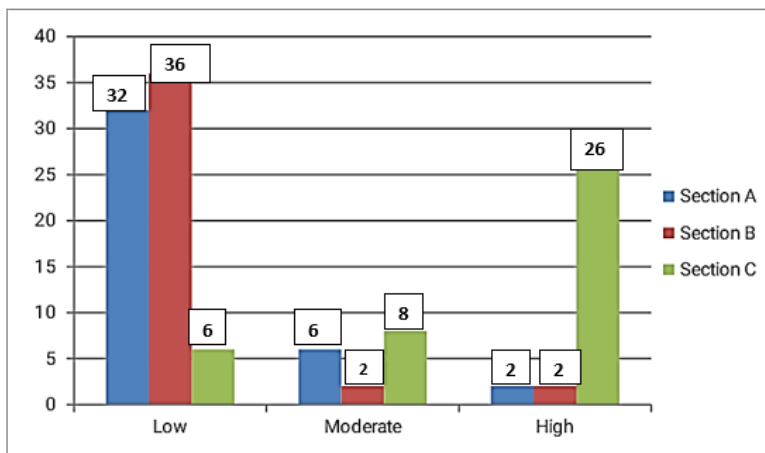
TABLE NO.3- COMPARION OF MASLACH BURNOUT INVENTORY FOR NURSES AND NURSING TEACHERS.

N=40

Level of burnout	Nurses			Nursing Teachers		
	SectionA (Burnout)	SectionB (Depersonalization)	SectionC (Personal Achievement)	SectionA (Burnout)	Section B (Deper sonalization)	Section C (Personal Achievement)
Low	6	4	18	32	36	6
Moderate	12	16	16	6	2	8
High	22	20	6	2	2	26



GRAPH NO.1 - COMPARION OF MASLACH BURNOUT INVENTORY FOR NURSES



GRAPH NO.2 COMPARION OF MASLACH BURNOUT INVENTORY FOR NURSING TEACHERS

SECTION D- Distribution of samples according to association between burnout syndrome among staff nurses and nursing teachers with selected demographic variables.

The result of the study revealed that there is no significant association was found between the burnout syndrome among staff nurses and nursing teachers with selected demographic variables.

10. DISCUSSION

The research study findings have been discussed with relevance to objectives and with other research study findings

In this research study during the comparison of Maslach burnout inventory score for nurses and nursing teacher. For nurses the researcher has got findings for high burnout level in section A (Burnout) and section B (depersonalization) aswellas findings for nursing teacher was having high burnout level in section C (personal achievement).

There was no significant association found between demographic variables and burnout syndrome among staff nurses and nursing teachers.

11. CONCLUSION

The study concludes that by assessing the burnout syndrome i.e. burnout, depersonalization, personal achievement of staff nurses and nursing teachers. The score showed the burnout was high in nurses compare to nursing teachers.

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