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A Descriptive Study to Assess the Level of Knowledge Regarding Burnout Syndrome Among the Staff Nurses in Selected Hospital of Meerut

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I. INTRODUCTION

Burnout syndrome is the continuous exposure to work-stress associated with poor working conditions, in which pleasure and work performance decrease. It is considered to be a multi-causal pathology, as it is related to excessive exposure to prolonged stress; it has identified aspects related to several stressors in the work environment that imply the commitment of the worker's health triggering the disease, evaluated according to three components: depersonalization, exhaustion emotional, and professional achievement. 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. The symptoms of burnout syndrome are characterized initially by the inability of the individual to cope with stressful work situations.

Both quantity and quality of nursing care may be negatively affected by stress and burnout. In a study by Motowidio, Packard and Manning (1986), hospital nurses who perceived high levels of occupational stress were rated lower in work performance by supervisors and colleagues. According to Chiriboga and Bailey (1989), stressors in the workplace may result in a burnout syndrome and burnout results in low productivity. Norbeck (1985) concluded that job stress may directly and indirectly affect the quality of nursing care provided to patients and patients' families. Gray-Toft and Anderson (1981) investigated causes and effects of job stress in hospital nurses and their findings supported the hypothesis that higher levels of stress experienced by registered nurses leads to significant reductions in job satisfaction and higher turnover rates in this group.

Other studies (Albrecht, 1982: Cronin-Stubbs & Velso Friedrich, 1981; Seuntjens, 1981) have also contended that job stress and burnout are major causes of job turnover and poor job performance among hospital nurses. Burnout is a dysfunctional response to stress. The initial step in finding creative solutions to the problem of burnout necessitates an assessment of the contribution of specific stressors to high levels of burnout. Intensive Care Unit (ICU) and Emergency Department are more stressful areas therefore nurses in those areas are prone to high level of burnout than others. Studies on burnout among nurses are limited and there is no research targeting specifically nurses working in ICU and Emergency Department and it was found high level of burnout among 61.7% of the participants under study. High workload and intention to leave were associated with burnout ($P<0.05$). Burnout was measured by high Emotional Exhaustion (EE) 29 (48.3%), high Depersonalization (DP) 15 (25%) and low Personal Accomplishment (PA) 30 (50%). Stress has been categorized as an antecedent or stimulus, as a consequence or response, and as an interaction. Nurses are particularly at risk of being affected by professional burnout because of the unique patient – caregiver relationship, which requires strong emotional involvement (Anchu V Raju, Aneeta Emmanual et.al ,2021) Burnout is clearly identified as a problem in the area of human services that need to be addressed. Burnout negatively affects the health and personal lives if the employees experiencing it. Nurses are more prone for burn out in their day-to-day professional life

A. Objective

1. To Assess the levels of Knowledge among Staff Nurses regarding Burnout Syndrome at Selected hospital of Meerut.
2. To determine the association of knowledge among Staff Nurses regarding Burnout Syndrome with selected socio- demographic variable.

II. MATERIALS AND METHODS

This study was conducted to assess knowledge regarding burnout syndrome in selected hospital in Meerut, descriptive study design was selected. Population was staff nurses working in Subharti Hospital and sample size were 40. Staff Nurses were selected with convenient sampling technique. Data was collected by using Self -Structured Knowledge Questionnaire on Knowledge. The age and number of hours were found to be significant and Education, number of experiences, ward of work and year of student and monthly income is found to be non-significant.

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Operational Definitions

Stress- Stress is a feeling of emotional or physical tension, which disturbs the life style of any individual.
Burnout -is a dysfunctional response to stress which an individual makes.
Nursing staff - It refers Staff Nurses of selected Hospital of Subharti Hospital.
Knowledge- The knowledge refers to the knowledge regarding the Burn Out syndrome among the staff Nurses

A. Introduction

Burnout is a syndrome of emotional exhaustion, low personal accomplishment and depersonalization experienced by a health professional and it is more common in nurses due to high workload and job stress that is mostly caused by working proximity to patients and taking care of them. Burnout compromises the provision of quality health care. The term burnout is first described by Herbert Freudenberg as a condition which was characterized by feelings of emotional exhaustion, disappointment and withdrawal which he initially noticed among voluntary health workers

B. Statement of Problem

A Descriptive study to assess the level of knowledge regarding Burn Out Syndrome among the staff Nurses in selected hospital of Meerut

C. Objective

1) To Assess the level of knowledge regarding Burn Out Syndrome among staff nurses in Selected hospitals of Meerut.
2) To find out the Association between knowledge on Burn out syndrome with selected socio- demographic variables.

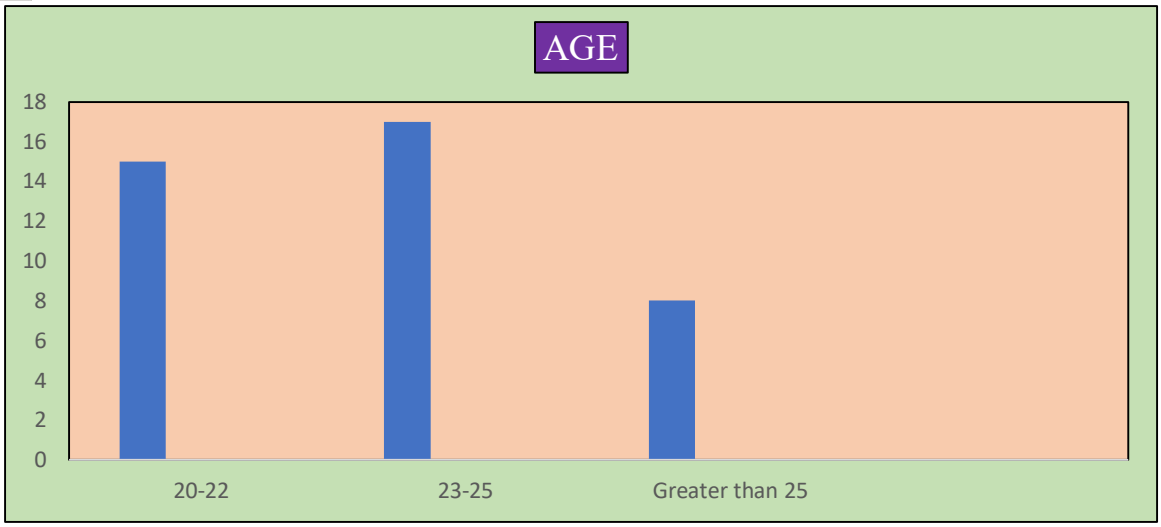
D. Hypothesis

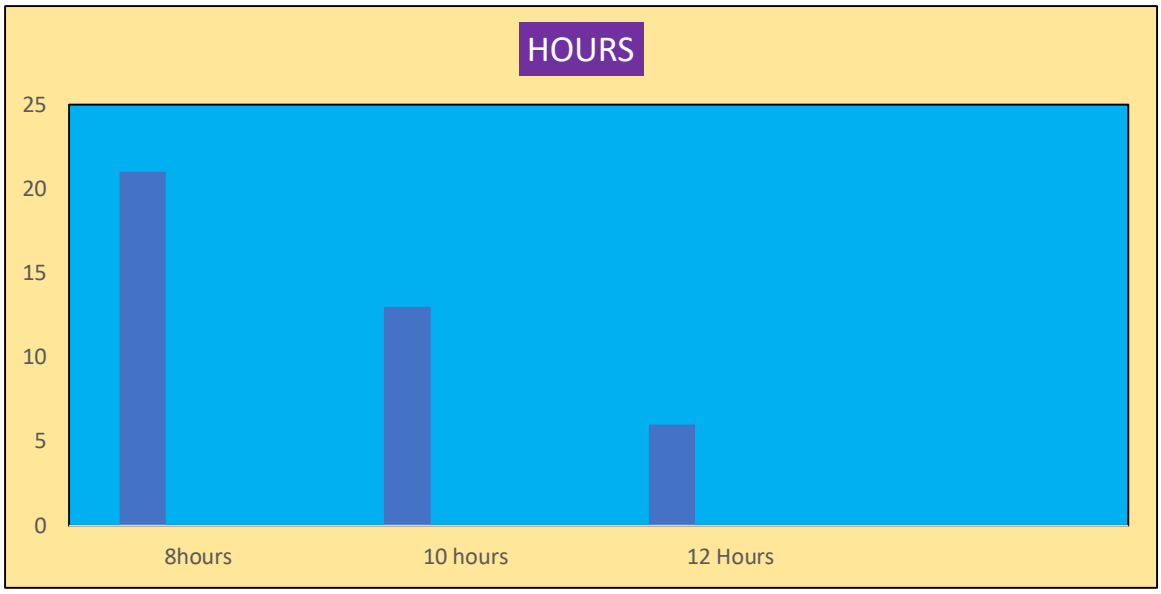
H_1-There will be significant difference in knowledge about Burn Out Syndrome among the Staff Nurses.
H_2-There will be significant association between the knowledge and the socio demographic variable.

III. METHODOLOGY

A Descriptive Research Design was undertaken for this study. The population of the study consists of Staff Nurses working in selected hospital in Meerut. The knowledge of the staff Nurses regarding Burn Out Syndrome were assessed. The sample size of 40 were selected by using non probability convenient sampling. The age and number of hours were found to be significant and Education, number of experiences, ward of work and year of student and monthly income is found to be non-significant.

Demographic Variable	Percentage Of Obtained Knowledge Scores			Chi Square	D.F	Inference	Frequency	Percentage
AGE	Adequate	Moderate	In adequate					
	1	8	6					
20-22	1	7	9	10.48	4	S	15	37.5
23-25	4	3	1				17	42.5
>25							08	20
Hours								
8hour	3	9	9				21	52.5
10 hour	2	6	5	9.97	4	S	13	32.5
12 hours	1	3	2				06	15
EDUCATION								
ANM	2	7	8				17	42.5
GNM	2	9	6	10.20	2	N. S	17	42.5
BSc	2	2	2				06	15
Year								
Less than 1 year	2	6	7	12.65	9	NS	15	37.5
2to 5	1	7	6				14	35
5 to 10	2	4	2				08	20
>10 years	1	1	1				03	7.5
WARD OF WORK								
ICU	02	09	08				19	47.5
O.T	02	04	05	4.30	2	NS	11	27.5
G.W	01	04	02				07	17.5
L.R	01	01	01				03	7.5
MONTHLY INCOME								
150000-20000	2	6	7				15	37.5
20000-25000	2	5	4	14.91	9	NS	11	27.5
25000-30000	1	6	3				10	25
40000 more	1	1	2				04	10


AGE
18
16
14
12
10
8
6
4
2
0
20-22
23-25
Greater than 25


HOURS
25
20
15
10
5
0
8hours
10 hours
12 Hours

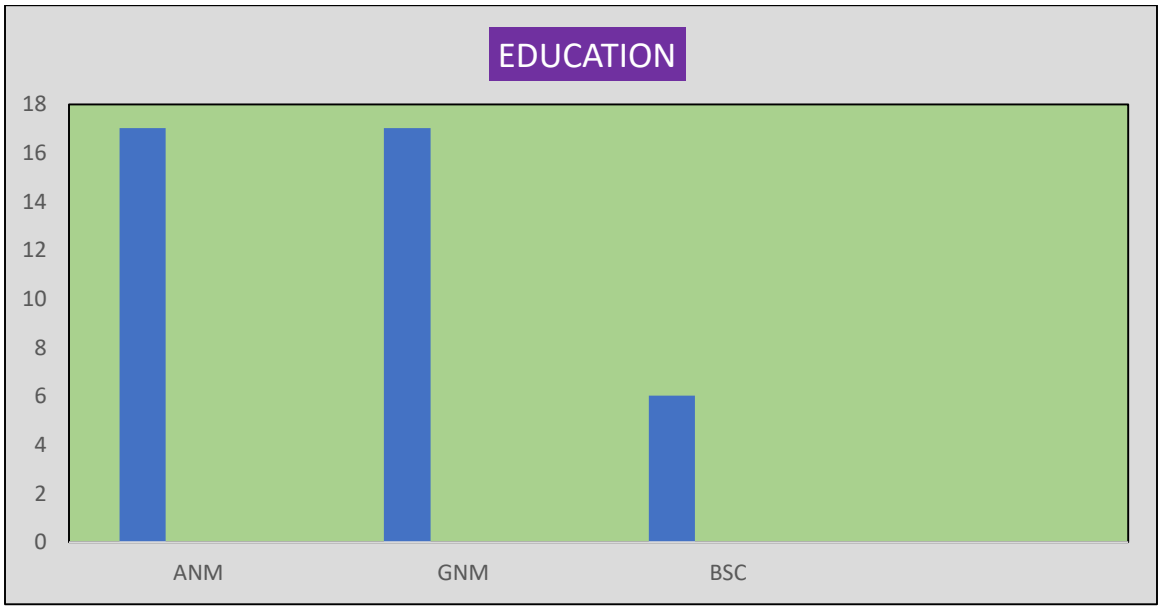

EDUCATION
18
16
14
12
10
8
6
4
2
0
ANM
GNM
BSC



Fig 1-Graph Representing Demographical variables

IV. RESULT AND DISCUSSION

The study revealed that the level of knowledge among the staff Nurses who has inadequate knowledge was 40 % those who have moderate knowledge is 45% and adequate was 15% The chi-square test revealed that there was significant association with age and Hours and there was non-significant association with Education, number of experiences, ward of work and year of student .

A. Assessment Of Level Of Knowledge On Burn Out Syndrome

KNOWLEDGE SCORE	PERCENTAGE
INADEQUATE	40%
MODERATE	45%
ADEQUATE	15%

Table 1-Percentage of Knowledge Score

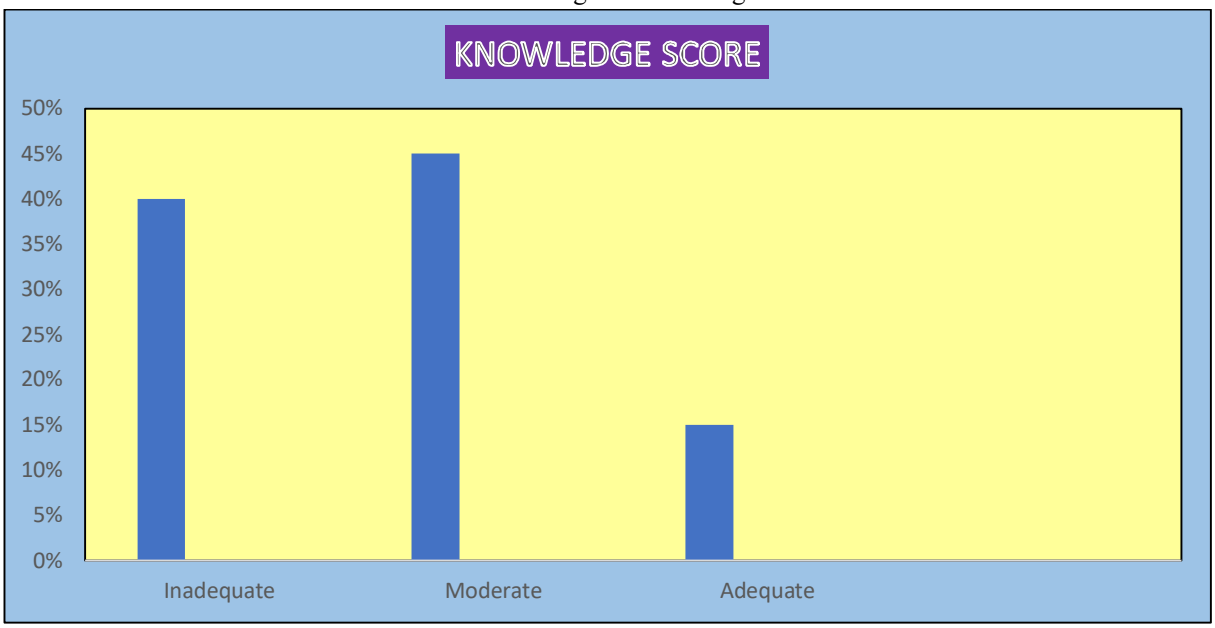


Fig 2-Graph Depicting the knowledge score of the Participants.

V. DISCUSSION

A. The first objective study was to assess the knowledge of Staff Nurses about the burnout Syndrome.
The study revealed that the level of knowledge among the students who has inadequate knowledge was 40% was those who have moderate knowledge is 45% and adequate is 15%.

B. The second objectives of this study were to determine the association the selected demographical variables with knowledge on Burn Out Syndrome among staff Nurses.
The age and number of hour were found to be significant and Education, number of experiences, ward of work and year of student and monthly income is found to be non-significant.

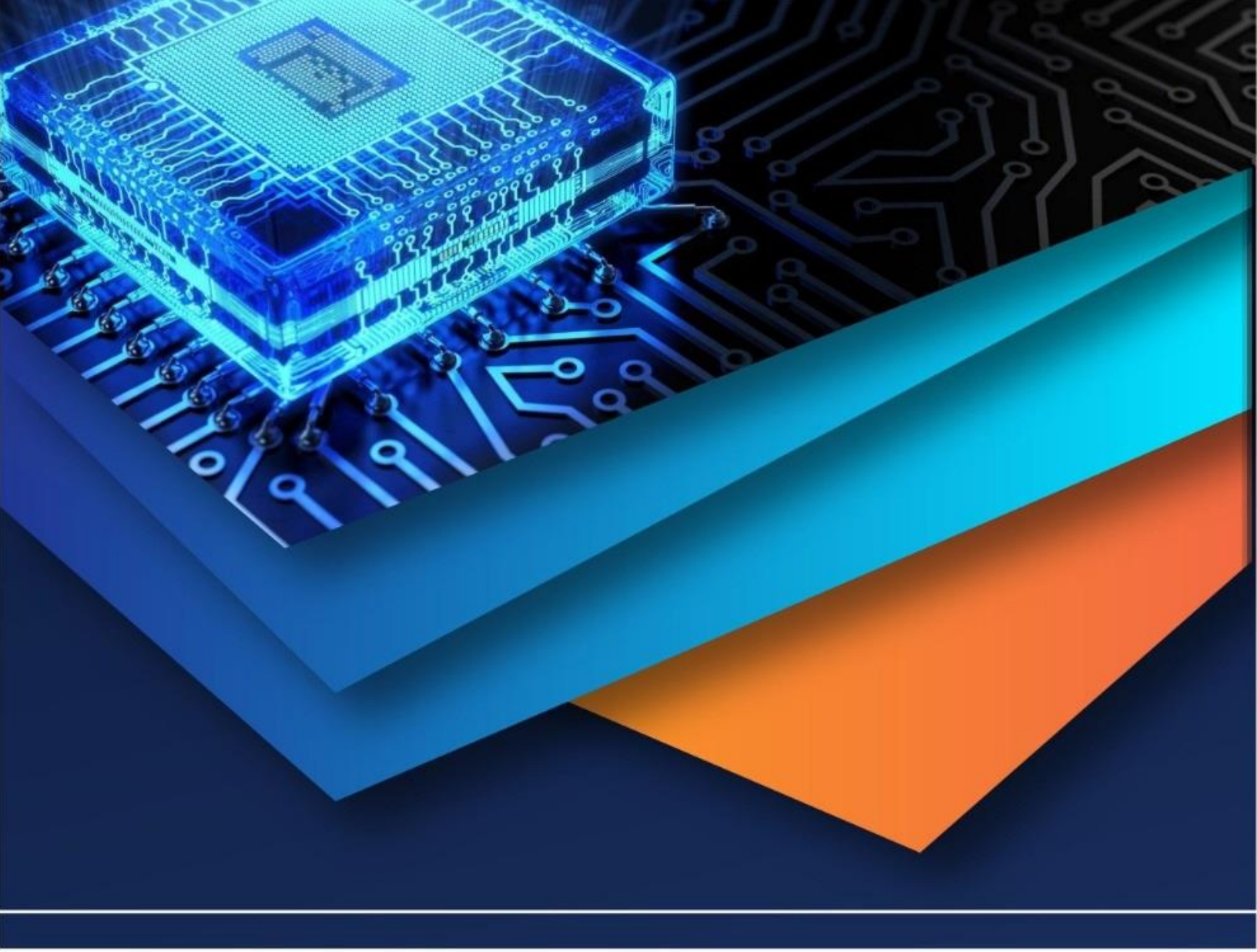
VI. CONCLUSION

The study concluded that the most of the staff Nurses are having Moderate knowledge regarding the Burn Out Syndrome and. the age and number of hours were found to be significant and Education, number of experiences, ward of work and year of student and monthly income is found to be non-significant in terms of association with demographic variables.

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