

**A STUDY TO ASSESS THE BURNOUT AMONG NURSES AT SELECTED HOSPITAL  
CHENNAI.**

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**Abstract**

The aim of this study was to assess the burnout among orthopedic nurses. Totally 30 sample were selected by using simple random sampling methods in orthopedic ward. The result reveals that in relation to Emotional exhaustion majority 26 (87%) of them had low level of burnout, 4(13%) had moderate level of burnout and none of them had high level of burnout. With regards to depersonalization majority 17 (57%) of them 17 (57%) had moderate level of burnout, 13(43%) had low level of burnout and 6(20%) had high level of burnout. With respect to Personal achievement majority 15 (50%) of them had high level of burnout, 7(23%) had low level of burnout and 2(7%) had moderate level of burnout.

**Key words** - Burnout, Stress, Orthopedic ward and Orthopedic Nurses

**INTRODUCTION**

The -burnout is workers reactions to the chronic stress and it is a syndrome characterized by emotional exhaustion, depersonalization, and reduced personal accomplishment in work life. The effect of burnout for an individual includes difficulty in concentration, decreased self-esteem, sleep disorders, social isolation, and alcohol or drug abuse<sup>1-2</sup>.

Workplace stress has been well documented as a. Burnout is commonly conceptualized as a multidimensional syndrome consisting of three components, emotional exhaustion, depersonalization, and reduced personal accomplishment<sup>3</sup>. Emotional exhaustion arises as emotional resources are depleted, workers feel they are no longer able to give of themselves at a psychological level. Depersonalization occurs when workers develop negative cynical attitudes and feelings about one's patients<sup>4-5</sup>. Reduced personal accomplishment refers to the tendency to evaluate oneself negatively, particularly in regard to one's work with patients. Previous

research has associated both individual and work characteristics with levels of burnout<sup>6</sup>.

**NEED FOR THE STUDY**

There has been much research on burnout in nurses, presumably because of the intense nature of their contact with patients<sup>7-8</sup>. This is particularly so if employees have been through difficult work changes such as organizational reform. Prior to this study being conducted, hospitals in Australia had undergone substantial organizational change. Reform of hospital environments has previously been found to negatively impact on nurses in particular as it results in restructuring and inadequate workforce numbers. Similarly, restructuring has been found to be associated with emotional distress role stress and work-family conflict. Consequently, because the changes above have the potential to impact negatively on nurses' experiences they were perceived to be an ideal group for further study in relation to burnout<sup>9</sup>.

In addition to investigating individual characteristics (eg. age, years of experience) that are often investigated in

burnout research, work characteristics that were relatively specific to the nursing profession at this time (eg. where nursing qualification was gained, that is, hospital training or university based education), and overtime, were also included in the study. It was thought prudent to investigate overtime in this sample since with the reported increased workloads and decreased staff numbers it was likely that overtime may be an issue for nurses.

**OBJECTIVES OF THE STUDY**

1. Assess the level of burnout among Nurses
2. Associate the level of burnout with selected back groundvariables

**METHODOLOGY**

Evaluation approach was considered to achieve the objectives of the study. The research design adopted for this study was an descriptive, survey approach. The study was conducted in G block orthopaedicward sister of selected Hospital at Chennai. The target population was nurses. The accessible population was both male and female orthopedic ward sisters.both male and female orthopedic ward sisters. who fulfilled the inclusion criteria, working in the orthopaedic ward during the period of study were considered as samples. The sample consisted of 30 orthopedic ward sister. Random sampling method was used.

Score interpretation of the tool

Level of burnout	Emotional exhaustion	Depersonalization	Personal achievement
	Total -42	Total -42	Total -48
Low level of burnout	<17	<5	<33
Moderate level of burnout	18-29	6-11	34-49
High level of burnout	>30	>12	>40

**Results**

**1. Frequency and percentage distribution of background variables among Nurses (N=30)**

With regards to age majority 27(90%) of them were in between 21-25 yrs and 3(10%) in between 26-30 yrs. In relation to sex 23(77%)of them were female and 7(23%) were male

With respect to educational status majority 19(64%) of them were 19(64%) had diploma and 11(36%) had B.Sc and in relation to years of experience 23(77%) had 1-2 yrs, 6(20%) had 3-4 yrs of experiences and 1(3%) had >4 yrs

With regards to type of family 20(67%) nurses from joint family and 10(33%) from nuclear family and in relation to marital status 23(77%) were married and 7(23%) were unmarried.

**2. Frequency and percentage distribution of level of burnout among Nurses (N=30)**

Level of burnout	Emotional exhaustion		Depersonalization		Personal achievement	
	Frequency	%	Frequency	%	Frequency	%
Low level of burnout	26	87	7	23	13	43
Moderate level of burnout	4	13	17	57	2	7
High level of burnout	0	0	6	20	15	50

Table 2 revealed that frequency and percentage distribution of level of burnout among Nurses.

In relation to Emotional exhaustion majority 26 (87%) of them had low level of burnout, 4(13%) had moderate level of burnout and none of them had high level of burnout.

With regard to depersonalization majority 17 (57%) of them had moderate level of burnout, 13(43%) had low level of burnout and 6(20%) had high level of burnout.

With respect to Personal achievement majority 15 (50%) of them had high level of burnout, 7(23%) had low level of burnout and 2(7%) had moderate level of burnout.

**3. Association of background variables with the level of burnout among Nurses (N=30)**  
There was a significant association between sex, years of experience and marital status with the level of burnout.

**CONCLUSION**

Burnout scores were remarkably high among orthopedic Nurses, with more years of experience had higher emotional exhaustion and lower Personal achievement.

The study has also highlighted the importance of working manageable hours and that increasing years of nursing experience is likely to be beneficial for the worker. Additionally, working pressured or unexpected overtime was associated with increased levels of emotional exhaustion and depersonalization indicating the need for management to be mindful of this situation occurring, particularly if foreshadowed nurse shortages continue.

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