

# A Quantitate Survey to Check Out Burnout Rate Among Staff Nurses of Government Hospitals in Kashmir

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## **ABSTRACT:**

In modern era of materlism there is increase in the diseases, the increase in diseases lead to the increase in workload in hospitals which in turn causes the burnout in the staff especially in the nursing staff, hence proven to the psychological and psychiatric disorder of burns syndrome. The staff which is under the effect of burnout is proven to the fact of lack of interest in work, maleficence, practioner errors etc. It effects both personal and professional life of the staff. The emotional breakdown and disturbance are evident from the fact that there are frequent fights and quarrels with peer and patients in the ward. Hence there should be intervention from both Government and peer groups to relieve this problem of burn-outs to boost the morals and the profession in general.

## **INTRODUCTION:**

The term was coined by American Psychologist Herbert Freudenberger in 1970s. the word burnout is from French word, flaumer means to burn. Hence the side effect of prolonged stress of work causes the staff proven to psychological and psychiatric diseases is called burnout. The state of emotional, physical and mental exhaustion caused by excessive and prolonged stress is called burnout. According to, WHO it is syndrome conceptualised resulting from chronic work place stress that has not been successfully managed is called burnout.

In India about 38% of employees are suffering from burnouts. On a sample of 45539 nurses' burnout was found to be 11.3%. the main causes of burnout were stress, even dangerous environment. In studies critical care nurse faced to be more proven to burnouts. The common factors causing burnout in staff is long work hours, sleep deprivation, a high stress work environment, lack of support and emotional strain from patient care. More over providing compassionate care, changing shift schedules and being on your feet for hours at a time. The burnout effects the job performance, interpersonal skills change, job quality is affected. Besides exhaustion, withdrawal, depression and anxiety is psychological effect. [Sunidhi Kaushal 2021] The study of descriptive nature was conducted at Jammu which showed 8% of staff nurses were doing fine, 16% of staff showed stress, 44% of has nurse candidate's burnout, 29% of % of staff nurses showed burnout and 3% were in dangerous zone. The sample was 100 staff nurses.

**OBJECTIVES:**

- To determine the percentage of burnout in different age group of staff nurses in hospitals of Kashmir.
- To access the knowledge impact of the burnout in staff nurses in hospitals of Kashmir.
- To determine measures of central tendency of the burnout level in staff nurses of hospitals of Kashmir.
- To develop the leaflet regarding prevention of burnout in hospital nursing staff of Kashmir.

**METHODOLOGY:**

A quantitative approach of survey research design was used. It was observational study. Study includes the 50 staff nurses of GMC Anantnag in Kashmir valley. A questionnaire was used to gather the information regarding the burnout. The tool of reliability was used. Ethical permission was granted from matron of the hospital. Data was collected for 10 days only in period of September 2022.

**FINDINGS OF THE STUDY:**

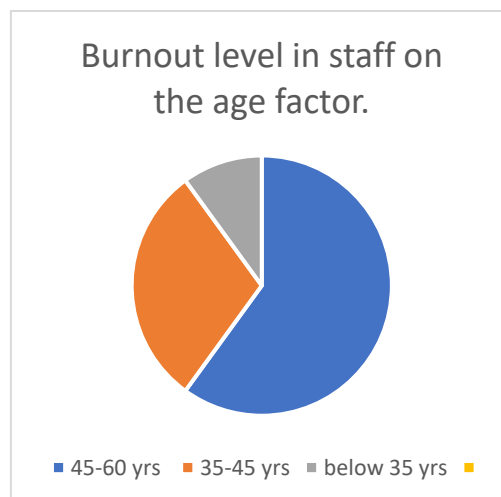
The major findings were.

The total frequency was 50 staff nurses. The present study revealed that maximum nurses were in age group of 45-60 years 30[60%], followed by 35-45 years 15[30%] and 5[10%] were in age group of below 35 years. The percentage of BSc nursing was 35[70%] and 10[20%] were diploma followed by FMPHW 5[10%].

The means of central tendency were mean was 1, the median was 6 and mode was found to be 3.

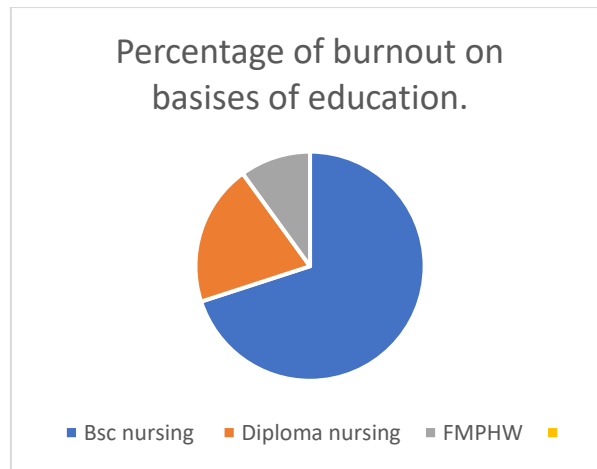
Percentage and frequency of burnout in staff nurses in age: -

Age	Frequency of burnout.	Percentage of burnout.
45-60 yrs.	30	60%
45-35 yrs.	15	30%
Below 35 yrs.	5	10%



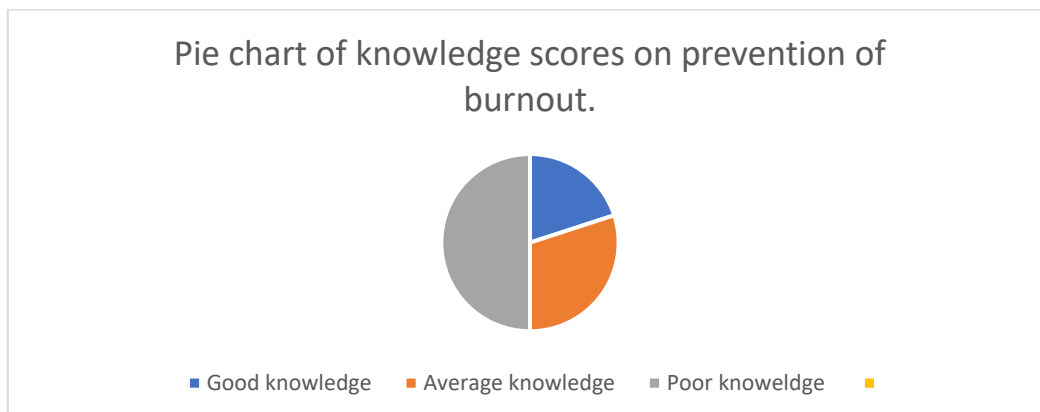
Percentage and frequency of burnout in staff nurses in education: -

Education	Frequency of burnout.	Percentage of burnout.
BSc nursing	35	70%
Diploma nursing	10	20%
FMPHW	5	10%



Assessment of knowledge score regarding prevention of burnout in the staff nurses.

Type of knowledge Score.	Frequency of knowledge Score.	Percentage of knowledge Score.
Good knowledge	10	20%
Average knowledge	15	30%
Poor knowledge	25	50%



**DISCUSSION:**

The study concluded that most of the staff nurses has least knowledge about burnouts. The most of the staff nurses were suffering from burnout syndrome. A study was conducted by Noorul Amin<sup>1</sup>, Ajaz Ahmad Bhat<sup>2</sup>, Sajad Hussain<sup>3</sup>, Mohd Rafiq<sup>4</sup> [2023] titled A study to assess the extent of burnout among nursing professionals working at various secondary and tertiary health care institutions of J and K. A study was conducted by Bandhu<sup>1</sup>, Tarlok<sup>2</sup> [2006] titled, A study of burnout among college teachers of Punjab in relation to organisational role stress and institutional climate.

**LIMITATIONS OF STUDY:**

The study was carried out on small sample and limited to one hospital of Kashmir. A questionnaire was used to collect the data, hence restricted. There was limitation of time, money, placebo, interest, availability of staff and limited sample to collect data.

**CONCLUSION:**

The study concluded with the facts that the staff nurses were more proven to the burnouts. The Government has to take initiative to reduce the burnout levels in the staff nurses in the hospitals. More policies should be made to decrease the level of stress in the staff nurses. Moreover, the Inservice education and training policies should be induced for the staff nurses. As nurses are the backbone of hospital, hospital will suffer if nurses would suffer.

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