

STRESS AND FATIGUE IN NURSING PROFESSION AS A RISK FACTOR FOR BURNOUT

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Introduction: According to many authors job burnout is a state of physical, emotional and mental exhaustion, which manifests itself by chronic fatigue. The symptoms of burnout have a great influence on one's working life, time off work, relationships with friends and acquaintances, partnerships, and functioning of an individual in their family. **Aim:** To determine the level of job burnout, fatigue and occupational stress in male and female nurses. **Material and Methods:** The study was conducted in the last quarter of 2011 among a group of 86 nurses working in different surgical departments in various hospitals in Krakow. A survey including a number of questionnaires concerning job burnout MBI, questionnaires to measure the level of fatigue. The analysis of the obtained results shows there is a link between job burnout, fatigue and occupational stress.

Results: Research confirmed occurrence of symptoms and habits which are typical for professional burnout syndrome among surveyed nurses. Results of the research showed that (1) The level of professional burnout observed in nurses and male nurse staff that worked in surgical departments has been assessed in the light of three aspects: emotional exhaustion: high level 39%; intermediate level 19%; low level 42%; depersonalization: high level 18%; intermediate level 45%; low level 37%; sense of the lack of personal achievements: high level 77%; intermediate level 20%; low level 3%, (2) Fatigue level that pertained to nurses who worked in surgical departments has been assessed as high and pertained to 53% of surveyed nurses. This fatigue level was high because in this particular group nearly 49% of nurses believed that they do not possess sufficient energy to carry out normal lifestyle and nearly 78% are fatigued quite easily. In addition over 56% of nurses felt drowsy and sleepy, has problems with concentration, were quite agitated and impatient as well as experienced various pains, (3) The stress level of both female and male nurses that were employed in surgical departments has been assessed as high in case of 15% of surveyed persons. This indicates that aforementioned persons put a lot of effort in their job, but at the same time their work is not properly rewarded and they feel underestimated, (4) It is possible to formulate specific dependencies between professional burnout, fatigue and stress. These dependencies exhibit strong positive linear correlations, in another words, the increase in one of the factors results in proportional increase in the value of the second factor. The level of Pearson correlation equals 0,99 for fatigue-stress pairing and 0,65 for both fatigue-burnout and stress-burnout pairings.