Psychological burnout among neophyte nurses at emergency units

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Abstract---Background: Psychological burnout is one of the problems that employees in general and nurses suffer from in particular, as nursing is considered one of the stressful professions. Burnout affects nurses' quality of life, job satisfaction, efficiency and availability of health services. Objectives: The study aims to assess the dietary patterns of adolescent pregnant women. Methods: The descriptive study design was conducted on (121) neophyte nurses in emergency departments in general hospitals at Diwanya city. The study period started from January 10th, 2022 to April 10th, 2022 .Maslach Burnout Inventory (MBI) used in this study. Results: This study showed that (64.5%) of studied neophyte nurses had low level of burnout, (25.6%) of them had moderate level. Conclusions: This study concluded The level of burnout among nurses in emergency units was low.

Keywords---neophyte nurses, burnout, emergency department.

Introduction

The concept of burnout can be traced back to 1974, when Freudenberger defined it as "feelings of failure and weariness or compression resulting from excessive claims related with energy, personal resources or the worker's spiritual strength" (Göldağ,2022). Freudenberger (1974, 1975), has characterized burnout, besides its other symptoms, as fatigue, susceptibility to physical weakness and disease, sleep disorders, weight changes, irritability and frustration, cynical and suspicious attitudes, psycho-hardness and professional inefficiency (Bianchi, Schonfeld & Laurent, 2018). Burnout describes a state of severe stress that leads to severe physical, mental and emotional fatigue. Much worse than ordinary fatigue, burnout makes it difficult for people to cope with stress and carry out daily responsibilities. People with burnout often feel they have nothing left to give

and may be afraid to get out of bed every morning. They may even adopt a pessimistic outlook on life and feel hopeless (Fraga, 2019). The current literature of job burnout presents three components as exhaustion, professional efficacy, and cynicism, which factor the subscales of the Maslach burnout inventory (Lubbadeh,2020).

Method

Ethical Consideration

The researcher obtained written informed approval from each nurse. The researcher has explained the purpose of the study to patient before they participate in the study. In addition, the researcher told the participants that their participation in this study is voluntary, and also assured them that he will safeguard the confidentiality of the data and they will be securely maintained during and after conducting the study according to the subject's agreement sheet

Design and Setting of Study

A Descriptive study which is conducted at Emergency departments in six hospitals in Diwaniyah, which provides Daily management of critical and emergency cases.

Instrument of Study

The researcher uses an instrument consist three axes demographic information data, Maslach Burnout Inventory

Results and Discussion

Table 1
Descriptive Statistic of Socio-Demographic Characteristic of Neophyte Nurses

Demographic Data	Groups	Freq.	%
Age in years	20 to 23	73	60.3
	24 to 27	48	39.7
	Total	121	100.0
Gender	male	54	44.6
	female	67	55.4
	Total	121	100.0
educational level	middle school	24	19.8
	institute	43	35.5
	college	54	44.6
	Total	121	100.0
Marital Status	Married	81	66.9
	single	40	33.1
	Total	121	100.0
Years of Experience	one year	79	65.3
	two to three years	42	34.7
	Total	121	100.0

Table 2
Burnout domains among Neophyte Nurses at emergency units

Overall	Rating	Frequency	Percent	Total mean	Std.	Evaluation
Occupational exhaustion	Low degree	78	64.5	16.88	13.2	Low degree
	Moderate degree	7	5.8	43	8357	
	High degree	36	29.8			
	Total	121	100.0			
Depersonalisation	Low degree	62	51.2	9.264	8.17	Low degree
	Moderate degree	19	15.7	5	595	
	High degree	40	33.1			
	Total	121	100.0			
personal accomplishment assessment	Low degree	78	64.5	13.90	12.2	Low degree
	Moderate degree	26	21.5	91	3111	
	High degree	17	14.0			
	Total	121	100.0			
Total burnout	Low degree	78	64.5	40.05	32.5	Low degree
	Moderate degree	31	25.6	79	0085	
	High degree	12	9.9			
	Total	121	100.0			

N (121),   Occupational exhaustion = (0- 17 low, 18 – 29 moderate, 30 – 54 high) Depersonalisation= (0- 5 low , 6 – 11 moderate , 12 – 30 high), personal accomplishment= assessment (0 – 15 low , 16 – 31 moderate , 32 – 48 high), total burnout =(0- 44 low , 45 – 89 moderate , 90 and more high)

Table 3
Mean Differences (ANOVA) between nurses burnout and demographic characteristics

Demographic Data	Groups		Burnout			F	Sig.
			Low degree	Moderate degree	High degree		
Age	20 to 23		44	21	8	1.084	.373
	24 to 27		34	10	4		NS
		Total	78	31	12		
Education	middle school		11	11	2	1.060	.405
	institute		31	8	4		NS
	college		36	12	6		
		Total	78	31	12		
Experiences	one year		46	25	8	1.294	.161
	two to three years		32	6	4		NS
		Total	78	31	12		

Table 4
Mean differences (t-test) between the nurses burnout and their gender

gender		N	Mean	Std. Deviation	t	df	Sig.
Burnout	male	54	45.6481	34.33198	2.71 2	119	.049 S
	female	67	35.5522	30.46075			

(n) number, (Std) stander deviation ,(Ns): Non-significant (S): significant , (T value):independent t-test, (df): degree of freedom

Table 5
Mean differences (t-test) between the nurses burnout and their Marital Status

Marital status		N	Mean	Std. Deviation	t	df	Sig.
Burnout	Married	81	35.604 9	29.68909	- 2.178	119	.031 S
	single	40	49.075 0	36.29748	-		

(n) number , (Std) stander deviation ,(Ns): Non-significant (S): significant , (T value):independent t-test, (df): degree if freedom

According to the findings of the study as shown table (1), the vast majority of the nurses were (55.4 %) were all females, . This finding is supported by Alnaiem et al. (2022) . but differs with (Qadir et al., 2015) who found in their study that the majority of sample were male (61.4%). In terms of age, the findings of this study indicate that the majority of the nurses surveyed are in the age group of (20-23) years. This result is different with the results of Alnaiem et al. (2022), which show that the majority of the studied subjects were (22-28) years old. Furthermore, Heidari et al. (2021) discovered that the bulk of the study participants were (30-39) years old. Concerning educational levels, the majority of the sample nurses (44.6%) were Nursing college graduates. And that nursing middle school graduates are a minority (19.8%) because it was closed years ago in Iraq. This differs with a study Qadir & Younis (2015) where it was found that the graduates of the institute are the majority (78.6%).

In terms of marital status, the majority of neophyte nurses in the study (66.9%) are married couple, which is appropriate for our society, where both males and females appear to marry young. Abraham concurs with this conclusion (2021). The majority of the participants are married, according to their findings. The results of the present study were revealed that years of experience in nursing (65.3%) of nurses in one years. In cross-sectional study of Putra, (2019) he tested the prevalence of burnout among nursing in general hospitals, Indonesia. The data analysis indicated that 40.8% of nurses had (1-5) years' experience in nursing, so (36.4%) of samples have been less 3 years in study of (Elkazaz et al., 2015). The difference in years of experience in this study with other studies is due to the fact that the research sample is of new nurses whose service ranges from one to three years.

Regarding the burnout levels the majority of the study sample (64.5%) a low level of burnout as in the table (2) . This results was agreed with Lestari et al, (2021) in Bandung, Indonesia that The study population was all nurses in the Emergency Department in Dr. Hasan Sadikin Bandung Hospital the burnout level of nurses tends to be in a low category (60%).Marami and Cong (2019) at Manado Adventist Hospital in Indonesia (51.0%) had Low burnout . However, a cross sectional study that Occupational Burnout among Nurses working at Governmental Teaching Hospitals in Babylon Province, Iraq were that 57.8% had moderate level of burnout (Mansour&Hussien, 2020). However, a cross sectional study that expecting risk factors burnout among healthcare workers at private hospitals in UAE and Saudi Arabia and showed a high burnout level among nurses (Al-Omari et al., 2020).

Researcher believes that the low level of burnout in this study is due to the activity and enthusiasm of the neophyte nurses, as well as the fact that they are newly employed in the emergency units. Table (2) Cornering the subdomain burnout levels results showed that (64.5%) of sample low level for emotional exhaustion and the personal achievement (64.5%) low level. However, depersonalization was reported (51.2%) low level score. This is similar to the results study Mebrive et al., (2022) to analyze the prevalence and levels of burnout syndrome in nurse managers and to evaluate the relationship between burnout and related sociodemographic, occupational and psychological factors which it found that (47.1%) had the emotional exhaustion at low level, (43%) of nurses a low level of depersonalization and (57.6%) of nurses had the personal achievement at low level.

A Cross-Sectional study was tested was to identify the relationship between burnout levels and perceptions of caring for nurses in the emergency departments, which it found that (40%) had a the emotional exhaustion at moderate level, (72%) of nurses low level of depersonalization and (56%) of nurses had the personal achievement at low level (Lestari et al., 2021). However, a Cross-Sectional study was tested Occupational Burnout among Nurses working at Governmental Teaching Hospitals in Babylon Province, Iraq, emotional exhaustion and the depersonalization (61.1%) moderate level. However, personal achievement was reported (61.1%) high level score. (Mansour&Hussien, 2020). Study Al-Omari et al., (2020) conducted expecting burnout levels risk factors among healthcare worker by (892) health worker indicated majority of them nurses and revealed high level of personal achievement. Another supporting of the present results, which study of Zaki, (2016) was appeared that (68.3%) had a moderate level of emotional exhaustion. While more than three-quarters (86.7%) of them had low levels of personal achievement and more than one third (37.5%) have high levels of depersonalization. In a follow –up study at an Iran hospital was showed mild emotional exhaustion and a low level of depersonalization as well a high level of personal accomplishment (Bešević-Ćomić et al., 2014).

Table (3): this study shows that there is no statistical significant between nurses burnout and nurses age, education level and experiences years at p value equal or less than 0.05. This study shows that there is   statistical significant between nurses burnout and nurses gender at p value equal or less than 0.05 as shown in table (4). being compatible with numerous studies showed that female physicians

had a higher prevalence of burnout from countries including America, China, Sweden, Nigeria, etc. (Eden et al., 2020; Gold et al., 2021; Lee et al., 2021; McPeek-Hinz et al., 2021). But that is different in the study Wang et al., (2022) finding that there were no significant gender differences in the overall prevalence of burnout.

Table (5) this study shows that there is statistical significant between nurses burnout and nurses Marital Status at p value equal or less than 0.05. This results were agreed with study Putraa & Setyowati (2019) Prevalence of burnout syndrome among nurses in general hospitals in provincial East Java , found a relationship between marital status and burnout. Also agree study Lahana et al., (2017) burnout among nurses working in social welfare centers for the disabled

Conclusion

This study concluded that burnout leval among neophyte nurses in emergenct department was low

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