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Title of the Study

**THE STUDY OF BURNOUT AMONG NURSES IN
SARAWAK GENERAL HOSPITAL.**

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Abstract

Stress related disease such as burnout has recently begun to attract attention among medical professionals. Burnout is syndrome characterized by extreme physical and mental fatigue and emotional exhaustion. Burnout is a syndrome by emotional, depersonalization and low level of personal accomplishment, which primarily affect people who are somehow dealing with other people in their work. The study examine burnout among nurses in Sarawak General Hospital. Questionnaires distribute to a random sample of 210 respondent. The objectives of the study to determine the level of burnout among nurses in Sarawak General Hospital. It shows that most nurses suffered low level of personal accomplishment. The study also determine the factors contribute to burnout among nurses in Sarawak General Hospital. From the study, it shows that age and work experience does not contribute to burnout. The study also determine the relationship between burnout and working experience.

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CHAPTER 1

INTRODUCTION

1.1 Introduction

According to Cordes and Dougherty, 1993: Freudenberger 1980, burnout is the effect of job stress that result from overwork. According to Maslach, burnout is syndrome characterized by emotional exhaustion, depersonalization and a low level of personal accomplishments, which effect people who are dealing with other people in their work.

Burnout develops as a response to the chronic emotional strain, which is the result of dealing with other people and especially with people who cope with serious problems. Thus, burnout could considered as a type of professional stress which result from the social interaction between the person who provides help and the person who receive that help. In this context, nurses are easily influence to the development of burnout due to the nature and emotional demand of their work.

Burnout is a serious problem. Employee suffering from burnout become less energetic, less interested in their job, emotionally exhausted. Besides, burnout will deteriorate relationship between the nurse and the patient, the co-workers, the family and the social environment. Additionally, burnout has been closely related to both the absenteeism of nurses from work and abandoning nursing. Finally nursing burnout results in poor patient care.

CHAPTER 2

LITERATURE REVIEW & CONCEPTUAL FRAMEWORK

2.1 Literature review

This chapter provide a review of literature on burnout and also the conceptual framework of the study.

2.1.1 Introduction

Stress related disease such as burnout has recently begun to attract attention among medical professionals. Burnout is syndrome characterized by extreme physical and mental fatigue and emotional exhaustion.

According to Maslach, burnout is a syndrome by emotional exhaustion, depersonalization and a low level of personal accomplishments, which primarily affects people who are somehow dealing with other people in their work. A wide range of professions experienced burnout such as counselors, nurses and educators. The common factor is that all share a strong involvement with people or provide assistance to people. Burnout represents a problem in the working environment rather than internal human problem.

There are several signs that someone is suffering from burnout include tension, anxiety or worry, depression, irritability, physical fatigue, headache, insomnia, low morale, communication difficulties, low energy, lack of motivation, negative feelings towards oneself, one's work and other people, active withdrawal with of interactions with others, aggression and frustration.

Nurses are particularly susceptible to the development of burnout, mainly because of his nature and the emotional demand of their professions. Burnout has been closely related to both the absenteeism of nurses from work and