

# Abstract

**Title of the dissertation:** Occupational burnout, stress and life satisfaction among groups of scrub and psychiatric nurses.

**Introduction:** Nursing is included in the list of professions, which are mainly focused on helping others (*human services*). Close, intensive contact with another person plays a very important role in this job. Commitment, concern for the welfare of the patients, high sense of responsibility for the life and health of another person causes an excessive both psychological and physical burden, which in many cases lead to broadly defined stress and in consequence to burnout syndrome. In Poland there has not been any research on occupational burnout of nurses against stress in the light of Stevan Hobfoll's Conservation of Resources Theory and life satisfaction. The Self-Assessment Questionnaire by Stevan Hobfoll is rarely used in Poland. Only one of the Polish studies, which was carried out with the use of Conservation of Resources Theory was the research conducted among doctors. The self-assessment questionnaire of resources has not been used before in the studies on Polish nurses, though it seems to be particularly suited to the evaluation of their stress (loss of resources), especially when its negative consequences and coping with them in relation with occupational burnout and life satisfaction become a subject of interest.

**The aim:** The analysis of occupational burnout, stress and life satisfaction and demonstrating the relationship between these variables in the group of scrub and psychiatric nurses.

As for the general objective of the study, the following research issues were formulated:

1. What is the level of burnout among psychiatric and scrub nurses?
2. What is the intensification of stress of psychiatric and scrub nurses?
3. What is the level of life satisfaction among psychiatric and scrub nurses?
4. Is there any difference in the level of burnout between psychiatric and scrub nurses?
5. Is there any difference in the level of stress intensification among psychiatric and scrub nurses?
6. Is there any difference in the level of life satisfaction among psychiatric and scrub nurses?
7. Is there any relationship between the occurrence of occupational burnout and stress, and life satisfaction in two groups of the surveyed nurses?
8. What is the relationship between the age, marital status, education, specialisation and work place,

and the occurrence of burnout, stress and the level of life satisfaction in the groups of the surveyed psychiatric and scrub nurses?

9. Is emotional burnout an intervening variable in the relation between the sense of loss, personal achievements and the life satisfaction?

10. In the context of work, does stress act as a mediator in the relationship of depersonalisation intensity and life satisfaction?

**Material and methods:** The research included the scrub and psychiatric nurses working in various hospitals in the south of Poland. The survey was carried out among 200 people. The diagnostic survey method has been applied and the survey included several research tools. In order to measure core variables the following research tools have been used: occupational burnout - Maslach Burnout Inventory (MBI), stress - the Stevana Hobfoll's scale to measure stress at work (KSZ), life satisfaction - Satisfaction with Life Scale (SWLS), the author's self-designed questionnaire for the analysis of socio-demographic data.

**Findings and conclusions:** The vast majority of the surveyed were women - 96%; the men accounted for only 4%. The largest group of all the respondents included people in the age of 51-60. Approximately one quarter of the surveyed were in the age of 51-60, and the group of people aged below 30 was the least numerous. The average age of the surveyed scrub nurses was 47 and 42 for psychiatric nurses. The scrub nurses are much more burned out in the dimension of emotional exhaustion (EEX) MBI than psychiatric nurses while psychiatric nurses are more burned out than scrub nurses in the dimension of lowered sense of personal accomplishment (PAR) MBI. In the dimension of depersonalisation (DEP) MBI both groups of the surveyed nurses were burned out in the similar way. High level of stress was observed in both groups of the respondents. Scrub nurses show low and psychiatric nurses moderate level of life satisfaction. Stress and occupational burnout show to have an impact on life satisfaction of scrub nurses. Only some of the demographic variables, that is, age, seniority or number of children demonstrate a relationship with the occurrence of burnout syndrome and stress, but they do not show a significant linkage to life satisfaction of the surveyed nurses. The lowered sense of personal achievement corresponds to higher life satisfaction among the participants of the study. In the context of work, stress plays a role of a mediator in the relationship between the life satisfaction and the second dimension of occupational burnout- depersonalisation.

The obtained results clearly indicate that some action need to be taken in order to prevent professional burnout. It is therefore sensible to start action already at university and include the subject of occupational burnout, its causes, and ways of coping with it in the curriculum. As for the active nurses, they are recommended to participate in various workshops and courses devoted to occupational burnout and ways of coping with stress.

**Key words:** occupational burnout, stress, life satisfaction, nurses.