

ORIGINAL PAPER

Investigation of Anxiety and Burn-Out in Medical and Nursing Staff of Public Hospitals of Peloponnese

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Abstract

Background: Nowadays, anxiety and burnout of medical and nursing staff is identified more and more as one of the factors that affect aspects of their personal and professional life.

Aim: The aim of this research study was to investigate the self-evaluation of anxiety and burnout in medical and nursing staff of public hospitals in Peloponnese.

Methodology : Two questionnaires were given to a sample of 284 doctors, nurses and assistant nurses from two hospitals: the “State-Trait Anxiety Inventory” (STAI) by Spielberger and the Maslach Burnout Inventory (MBI) that assesses the three dimensions of burnout: emotional exhaustion, depersonalization and lack of personal fulfillment. The statistical analysis was performed using the statistical package SPSS, version 19.0. The level of statistical significance of the results was $p<0.05$.

Results: Doctors and nurses are dominated by moderate emotional anxiety and increased burnout. The stressful situation seems to be interpreted mainly in the light of a dynamic interaction between the person and the working environment. The adverse working conditions, that characterize the health sector, seem to intensify the stress and overwhelm them emotionally and professionally.

Conclusions: The anxiety and burnout of doctors, nurses and assistant nurses working at both hospitals is increased and expressed with feelings of depersonalization and emotional exhaustion. The formulation of a program of emotional support and strengthening of medical and nursing staff is required.

Key Words: Anxiety, burnout, emotional exhaustion, personal fulfillment, depersonalization, doctors, nursing staff.