

ORIGINAL PAPER

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

Maria Organopoulou, Nurse, MSc
St. Andreas General Hospital of Patra, Patra, Greece

Maria Tsironi, MD, PhD
Associate Professor in Internal Medicine, Faculty of Human Movement and Quality of Life, Department of Nursing, University of Peloponnese, Sparta, Greece

Maria Malliarou, Major RN, PhD
Scientific Collaborator Technological Institution of Thessaly, Larissa, Greece

Victoria Alikari, RN, PhD (c),
Department of Nursing, Faculty of Human Movement and Quality of Life, University of Peloponnese, Sparta, Greece

Sofia Zyga, RN, MSc, PhD
Associate Professor in Fundamental Nursing, Faculty of Human Movement and Quality of Life, Department of Nursing, University of Peloponnese, Sparta, Greece

Correspondence: Zyga Sofia, Leonidou 3, Sparta, Lakonia, Greece E- mail: zygas@uop.gr

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.