

*Ministry of Higher Education  
and Scientific Research University of Babylon  
College of Nursing*



**Job Burnout among Nurses Working in Critical Care Units  
at Al-Hilla City**

A Thesis Submitted to  
The Council of the College of Nursing, University of  
Babylon in Partial Fulfillment of the Requirements for the  
Degree of Bachelor of Sciences in Nursing

**By**

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April, 2023 A.D.

Shawwal, 1444A.H

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

{وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ} ☀

صدق الله العلي العظيم

[سورة الشعراء: الآية ٨٠]

# *Dedication*

My university journey has come to an end after exhaustion and hardship And here I am sealing it with vigor and vigor, I am grateful to everyone who has contributed to my career And it helped me even if it was a little, especially the research locomotive that went through many obstacles, and yet I tried to overcome it steadfastly with the grace and grace of God, and to Him is praise and thanksgiving abundantly, To the owner of the fragrant biography, the enlightened thought, the owner of the kind face, and the good deeds, Who had the first credit for my attainment of higher education (my beloved father), may God prolong his life, To my beloved mother, may God protect her and take care of her, To all my honorable teachers; who did not hesitate to extend a helping hand to me, To my brothers; those who had a great impact in overcoming many obstacles and difficulties, To my friends, whom I testify are the best of companions in all matters, To all those who stood beside me and helped me with everything they had, and in many ways, To you, you have served as a supporter and supporter in order to complete my graduate research, I give you a research.

# *Acknowledgements*

In conclusion, God Almighty, who is upon us, is the grace of reason and religion, and he who says in the text of the download: The Messenger of God, may God's prayers and peace be upon him, said: "Remember Me, and I will remember you, and be grateful to Me, and do not be ungrateful.", As well as loyalty, appreciation and acknowledgment of my gratitude and great credit, I extend my heartfelt gratitude Thanks (Assistant Lecture. Zaman Ahmed Harifish), the virtuous and sincere, who did not spare us any effort in helping us in the field of scientific research and in supporting us to reach our success, and she has our sincere verses of thanks and the highest bouquets of appreciation for this study, and she is credited with guiding me and helping me in compiling The research article, may God reward it with all the best,: To the permanent support of my father To the one who raised my spirits every moment, my mother Finally, I extend my sincere thanks to everyone who extended a hand of assistance and assistance in preparing this study to the fullest extent, and praise be to God, Lord of the Worlds.

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## Abstract

**Background:** Burnout is a psychological syndrome caused by occupational stress that involves feelings of emotional weariness, depersonalization, a sense of low personal accomplishment, and low self-efficacy. Burnout has been described as a prolonged response to chronic emotional and interpersonal stress on the job that is often the result of a period of expending excessive effort at work while having too little recovery time.

**Aims:** The purpose of this study is to assess burnout among nurses working in critical care units. **Methodology:** A descriptive study design using a convenience sample of (N=73) nurses working in two main hospitals at Al-Hilla city. One scale (The burnout Scale-22 items) was used to meet the study objectives.

**Results:** The study findings indicate that burnout levels were ranged between low to moderate among study participants. However, the majority had low burnout of nurses (65.8%) have low degree of emotional exhaustion, most of nurses (47.9%) have low degree of depersonalization and Most of nurses (84.9%) have low degree of personal accomplishment

**Conclusion:** The recent study aims to measure the phenomenon of burnout among nurses working in critical care units. On the basis of the overall, the current findings revealed that the majority of nurses have low level of burnout (low Level of emotional exhaustion, depersonalization, and personal accomplishment).

## **Recommendation:**

1. Increase the awareness of nurses about the warning signs of the phenomenon to help them using effective coping strategies before they developing burnout.
2. Healthcare professionals working in intensive care settings should be engaged in training programs including burnout awareness, coping strategies, stress management, relaxation techniques, and self-care interventions to decrease the level of burnout experienced in the work environment especially for those with younger age, and those with less years of experience.
3. Researcher recommend further studies targeting the phenomenon and comparing the results with different healthcare settings.



# *Chapter one*

## *Introduction*

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## Introduction

### 1.1 Background:

Burnout is a psychological syndrome caused by occupational stress that involves feelings of emotional weariness, depersonalization, a sense of low personal accomplishment, and low self-efficacy. (Kassam and Helaly, 2022) Burnout has been described as a prolonged response to chronic emotional and interpersonal stress on the job that is often the result of a period of expending excessive effort at work while having too little recovery time. (Chuang et al, 2016) Emotional exhaustion, depersonalization and diminishing personal accomplishment are three dimensions of burnout.

Emotional exhaustion is characterized by a sense of being emotionally and physically exhausted, as well as a lack of personal vitality. Depersonalization refers to a cynical and detached attitude toward the nurse's tasks and activities. Low personal accomplishment refers to the nurses' tendency to negatively evaluate their own achievements at work. (Guntupalli, et al,2014).

Burnout has been recognized as an occupational hazard in various people-oriented professions, including healthcare. It is important that burnout in healthcare workers be addressed. Burnout in healthcare workers may affect healthcare worker well-being and the quality of professional care they provide, and can therefore be detrimental to patient safety. (Chuang et al, 2016)

ICU services are a healthcare field in which employees are already in great demand, so their job satisfaction should be protected to reduce their mental and psychological strain. burnout staff have reported that they feel emotionally exhausted, and this number is expected to be much higher if ICU climate is deteriorated. (Chuang et al, 2016)

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## 1.2 Importance of Study

Healthcare is a complex field, and its professions are some of the most demanding because practitioners' lives are put at risk. However, the staff, including qualified registered nurses, medical equipment technicians, physicians, and respiratory technicians working in intensive care units (ICU), face even more challenging situations compared to typical nursing professions. According to, high expectations on performance and understanding can exert enormous pressure on intensive care personnel. Burnout has a high prevalence in healthcare individuals leading to absenteeism, high turnover and leave intention, suicide, and posttraumatic stress disorders. (Chuang et al, 2016)

Intensive Care Unit (I.C.U) is a hospital's specialist section that treats critically ill patients and provides comprehensive and continuous care to them. The nature of the work in an intensive care unit imposes tremendous tension and extremely stressful environment for nursing staff. (Baghshykhi, et al, 2020) Nurses who work in critical care units are more likely to burnout and out of work because they work in a challenging work environment. (Lu& while, 2019).

Nurses working in the intensive care unit (ICU) may be exposed to considerable work- related stress distress symptoms among staff have been described as being frequent. Burnout is a psychological concept often used as a response to long-term emotional and interpersonal stressors, usually in the work context. Burnout may be a result of too much work and too little recovery. The clinical impact of burnout may be decreased well-being (insomnia, irritability, eating problems, and depressive problems) and increased sick leave among staff A high degree of emotional exhaustion among nurses has been shown to predict lower self-related performances. (Myhren et al, 2013)

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Working in an intensive care unit (ICU) environment is known to be stressful. ICU healthcare workers confront physical problems as well as psychological distress because of dealing with the seriously ill patients with long time, and this leads to huge mental stress. More mental stress is found as a consequence of a discussion with patient family and relatives about the risk of death especially in an unexpected situation and to discuss end of life issues. (Chuang et al, 2016)

### **1.3 Objective of the Study**

- 1-To assess the levels of burnout among nurses who are working in intensive care units.
- 2-To determine relationships between nurses' burnout in intensive care units and their sociodemographic characteristics

# *Chapter Two*

## *Methodology*

## **Methodology**

This chapter presents the research process and design of the study and includes the administrative arrangements, the setting of the study, the sample of the study, the study instrument, the rating and scoring system, the validity of the questionnaire, the method of data collection and statistical data analysis.

### **2.1 Population and Sampling Plan:**

This quantitative study using a descriptive design to assess burnout among nurses working in critical care units. The target population was nurses who working in critical care units. A convenience sample of (N = 73) consenting nurses. Data were selected through the period (from 1st of November, 2022 to 30 of December, 2022).

### **2.2 Setting of the Study:**

The study was conducted in Babylon province, The Samples were collected after obtaining official and administrative approvals by the Babylon Health Department from Al- Hilla Teaching Hospital. And Imam Al-Sadiq Hospital.

### **2.3 Ethical Considerations:**

Nurses were asked for a voluntary participation. After nurses agree to be a part of the study, they were informed about the purpose, benefits, and procedures of the study. To maintain nurses' confidentiality, they were received anonymously questionnaire and informed that their information would be used for research purpose only.

### **2.4 Instrument Selection:**

The questionnaire that was used in this study contains two parts; the first part includes nurses who work in critical care units' demographic information. The second part is the revised translate to Arabic version by experts' validity and reliability, (2017). Maslach burnout inventory (MBI), which was originally

developed by Maslach, (1982). The burnout scale contains 22 items and the total items are scored and rated on six levels Likert scale; “0= Never; 1= At least a few times a year; 2=At least once a month; 3= Several times a month; 4 = Once a week; 5 = Several times a week; 6 = Every day.

## **2.5 Method of data collection**

Data were collected by utilizing and adopted questionnaire and by means of self- report technique by using the Arabic version of the questionnaire to assess job burnout among nurses who work in critical care units. Data were collected from the period of 1st of November, 2022 to 30 of December, 2022. Each nurses takes approximately (15-20) minutes to complete the questionnaire.

## **2.6 Data Analysis:**

Data was analyzed using SPSS software. Descriptive statistics was used to describe the demographical information, as well as the nurse's burnout among nurses. The Correlation analysis was also used to find out how burnout impact on nurses.

# *Chapter Three*

## *Results*



## Results

The finding of data analysis systematically in figures and tables, which are corresponded with the objectives of the study as follows:

**Table1: Distribution of study sample related demographical characteristics**

Item's	No. and Percent's	Frequency	Percent
Gender	Male	32	43.8%
	<b>Female</b>	<b>41</b>	<b>56.2%</b>
	Total	73	100%
Educational status	Preparatory level	4	5.5%
	diploma level	19	26%
	<b>Bachelor level</b>	<b>48</b>	<b>65.8%</b>
	Master and PhD level	2	2.7%
	Total	73	100%
Marital status	Single	31	42.5%
	<b>Married</b>	<b>36</b>	<b>49.3%</b>
	Separated	6	8.2%
	Total	73	100%
The number of working hours per day	<b>6 hours</b>	<b>49</b>	<b>67.1%</b>
	more than 6 hours	24	32.9%
	Total	73	100%

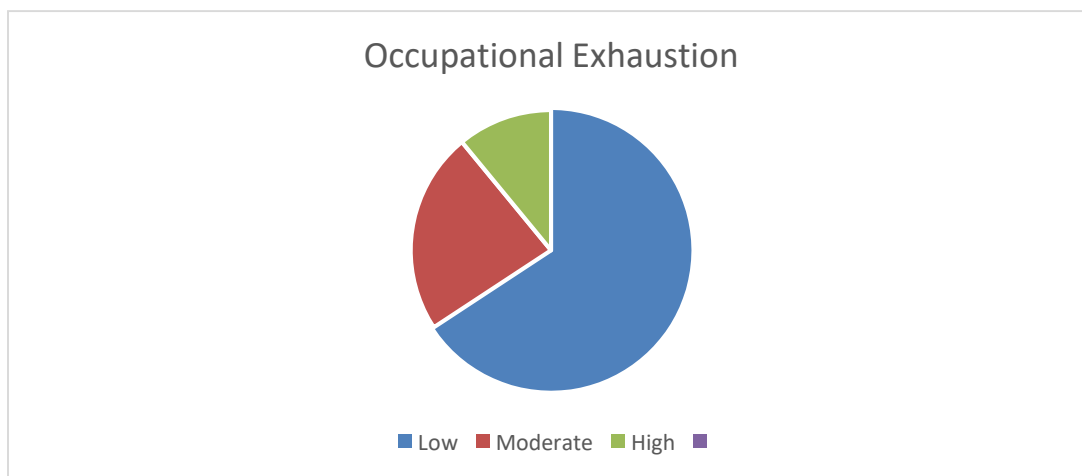
Years of experience	3 or less than	52	69.33%
	4-7 years	15	20%
	8-10years	8	10.66%
	Total	75	100%
work time	Morning	72	98.6
	Evening	1	1.4
	Total	73	100%
Number of Children	no there	61	81.3
	1-2	12	16.0
	3-4	2	2.7
	Total	75	100%
Wards name	Emergency	37	49.3%
	Critical	38	50.7%
	Total	75	100%
Age	20-25 years	47	62.7%
	26-30 years	25	33.3%
	31-35 years	1	1.3%
	36-40 years	2	2.7%
	Total	75	100%

This table demonstrated the demographical characteristics of the study sample, the results recorded that the most of sample 41(56.2%) were **female** ,related to educational status most of study sample 48 (65.8%) were **Bachelor level** ,also this table show the high percentage 36(49.3%) were **married**, also show the percentage 49 (67.1%) were **6 hours as The number of working hours per day**, related to work times the high percentage 72 (98.6%) were **morning shifting** , 43(58.9%) from study sample work at **Imam Sadiq Hospital** .

**Table 2: Assessment level of Emotional Exhaustion among nurses**

<b>EE_Rank</b>	<b>Low Degree</b>	<b>48</b>	<b>65.8</b>
	Moderate	17	23.3
	High	8	11
	<b>Total</b>	<b>73</b>	<b>100</b>

This table demonstrated the level of emotional exhaustion among nurses. Most of nurses (65.8%) have low degree of emotional exhaustion.

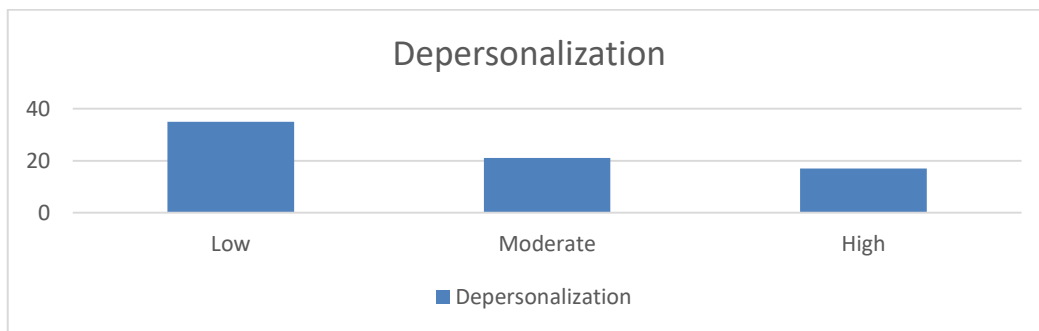


**Figure 3.1: Levels of emotional exhaustion among nurses**

**Table 3: Assessment level of Depersonalization among Nurses**

DP_Rank	Low Degree	35	47.9
	Moderate	21	28.8
	High	17	23.3
	Total	73	100.0

This table demonstrated the level of depersonalization among nurses. Most of nurses (47.9%) have low degree of depersonalization.

**Figure 3.2: Levels of depersonalization among nurses**

**Table (4): Assessment level of Personal Accomplishment among Nurses**

PA_Rank	Low Degree	62	84.9%
	Moderate	11	15.1%
	Total	73	100.0

This table demonstrated the level of personal accomplishment among nurses. Most of nurses (84.9%) have low degree of personal accomplishment.

**Figure 3. 3: Levels of personal accomplishment among nurses**

# **Chapter Four**

## **Discussion**

## 4.1 Discussion

Results of the burnout among nurses working in intensive care units are discussed in this chapter. For the purpose of the study, the main findings will be discussed in details under the following headings:

### **4.1. The Study Sample Demographical Characteristics:**

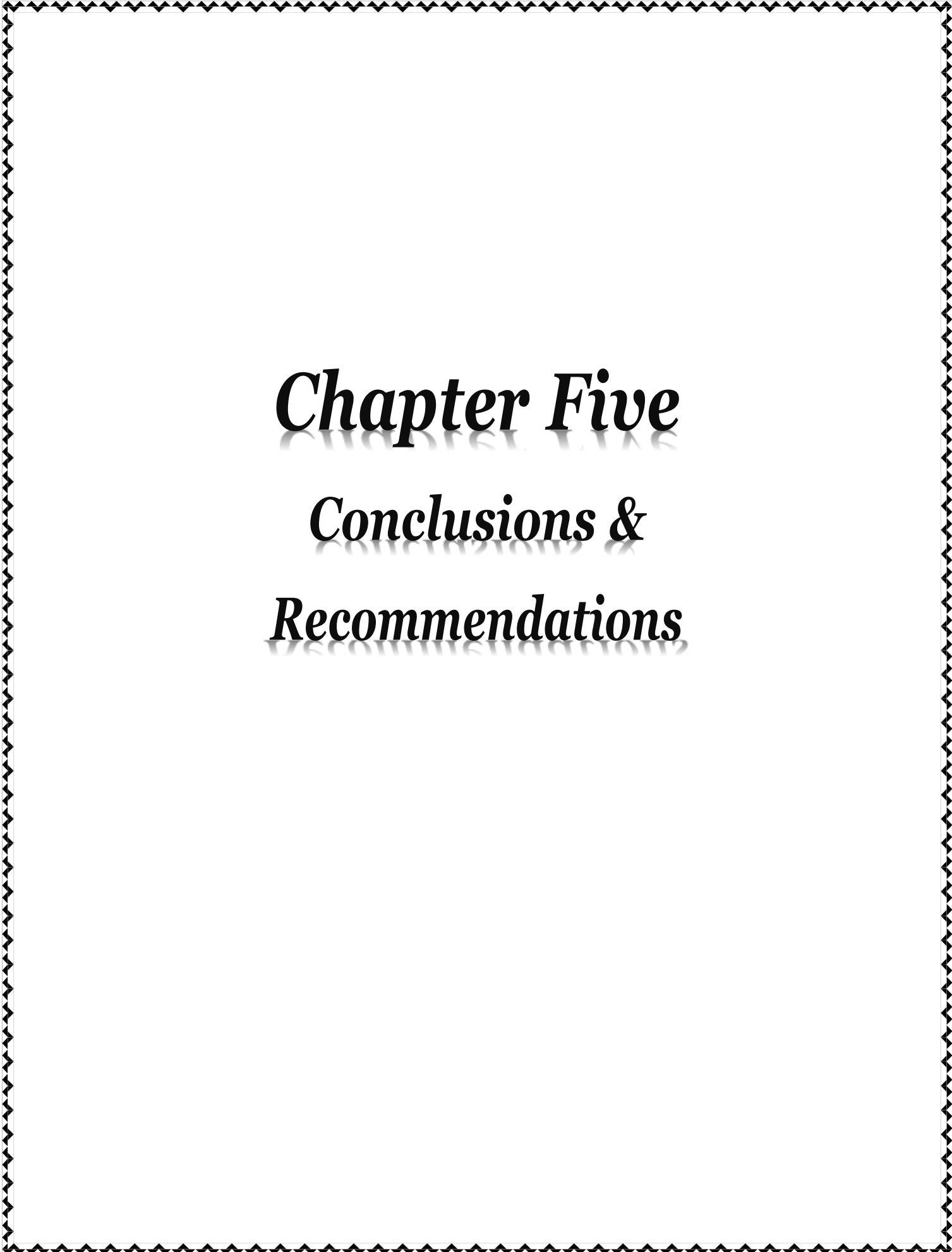
The result of the study shows that the highest percentage (56.2%) of the sample were Female. This finding is similar to the study of (Zhang X-C, et al., 2023) done in Rwanda. They found that (88.5 %) of the sample were Female. Concerning level of education, most of the study sample (65.8%) of were Bachelor level. This finding is in the same line with study (Kassam, Helaly 2022) done in Egypt found that (42.2 %) of the sample were Bachelor level. Regarding to marital status, most of participants (49.3%) were married, this finding is conformity with study of (Cishahayo EU et al., 2017) done in Rwanda. They found that (80 %) of the sample were married. With regard to working time and number of working hours per day, most of nurses (98.6%) were working in morning shift, most of them (67.1%) take (6) hours to complete the work within the ICU ward at Al-Imam Al-Sadiq Hospital. This result is identical to previous studies (Abdullah Mohamed Khair, R. 2016) in Sudan, and (Journal, A, and Essen, M. 2021) in Nigeria.

### **4.2. Emotional exhaustion, Depersonalization, and Personal accomplishment among nurses working in intensive care units**

The present study shows that (65.8%) of the sample had low degree of emotional exhaustion, this finding is not in line with study of (Jain, M., et al, 2021) done in India. They found that most of nurses had high degree of

emotional exhaustion. Regarding to Level of depersonalization, the findings of the study revealed that the majority of the nurses experienced low level of depersonalization indicating that their connection with people and the environment is relatively intact. This is in line with a study carried out by (Socaciu, etal, 2020) and (Jain, M., etal, 2021). They revealed that most of nurses has low level of depersonalization.





***Chapter Five***  
***Conclusions &***  
***Recommendations***

## **Conclusion and Recommendations**

### **5.1. Conclusion:**

In light of the results discussion and their interpretations, our study concludes that: The recent study aims to measure the phenomenon of burnout among nurses working in critical care units. On the basis of the overall, the current findings revealed that the majority of nurses have low level of burnout (low Level of emotional exhaustion, depersonalization, and personal accomplishment). Despite the difference in their ages, educational levels, and gender, they have the same level of depersonalization and personal accomplishment except in relation with (number of children). Overtime Younger nurses with less years of experience are more vulnerable to emotional exhaustion, which creates need for support for those group to minimize the risk of burnout.

## 5.2. Recommendations:

According to the findings and stated conclusions, the following could be recommended for future work:

1. Increase the awareness of nurses about the warning signs of the phenomenon to help them using effective coping strategies before they developing burnout.
2. Healthcare professionals working in intensive care settings should be engaged in training programs including burnout awareness, coping strategies, stress management, relaxation techniques, and self-care interventions to decrease the level of burnout experienced in the work environment especially for those with younger age, and those with less years of experience.
3. Researcher recommend further studies targeting the phenomenon and comparing the results with different healthcare settings.

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# *Appendix (A)*

## *Approval of Ethics Committee*



University of Babylon  
College of Nursing



جامعة بابل  
كلية التمريض  
شعبة الشؤون العلمية

Ref. No. :

Date: / /



( استشارة الطاقه الطبيه عن طريق البريد الالكتروني )

الى مستشفى الباطن والعيده العي  
مستشفى الامام الصادق ع التعليمي  
م / تسهيل محم

العدد : ٤٤١٩  
التاريخ : ٢٠٢٢ / ١١ / ١٤

تحية طيبة ..

يطلب لنا حسن التواصل معكم ويرجى تفضلكم بالمواظفة على تسهيل محم طلبة كتبنا المنرجحة اسائهم  
(job burnout among nurses working in critical care units )  
ادناه لغرض جمع عينات بحثهم الموسوم

( الاحتراق النفسي لدى الممرضين الذين يعملون في وحدات الحالات الحرجة )

- ١- انفال محمد ابراهيم
- ٢- بان عادل كاظم
- ٣- براء صفاء عبد

شاكرين تعاونكم معنا ... مع الاحترام ...

كلية التمريض  
المعاون العلمي

اد. نهاد محمد قاسم

معاون العميد للشؤون العلمية والدراسات العليا

٢٠٢٢/١١/١٤

السيد السيد

١١/٢٢

حسين جبار عبد

السيد السيد  
معاون العميد للشؤون العلمية والدراسات العليا  
١١/٢٢

نسخة منه الى //

- مكتب السيد العميد المحترم للتفضل بالاطلاع مع الاحترام
- شعبة الشؤون العلمية مع الاذونات
- الصادر



Ministry Of Health Babylon Health Directorat Email : babiltraining@gmail.com		وزارة الصحة دائرة صحة محافظة بابل المدير العام مركز التدريب والتنمية البشرية وحدة إدارة البحوث العدد: ١٧٤٩ التاريخ: ٢٠٢٢/١٢/٦
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إلى / مستشفى الأمام الصادق (ع)  
مستشفى الحلة الجراحي التعليمي  
/ تسهيل مهمة

تحية طبية ...  
أشارة إلى كتاب جامعه بابل /كلية التمريض /ذي العدد ٢١٩ : في ٢٢/١١/٢٠٢٢  
تسهيل مهمة الطلبة المدرجة أسمائهم أدناه من الجامعة أنفا لإجراء بحث التخرج الموسوم  
والخاص بالتخرج بعنوان (الاحترق النفسي لدى الممرضين الذين يعملون في ردهات الحالات  
الجراحية)  
للتفضل بالاطلاع وتسهيل مهمة الموما إليهم وحسب الضوابط والإمكانيات على أن لا تتحمل  
مؤسساتكم أية تبعات مادية وقانونية....  
مع الاحترام .

- ١- أنقال محمد إبراهيم
- ٢- بان عادل كاظم
- ٣- براء صفاء عبد

السيد معاون مدير شؤون التربية المحترم  
لا اله الا الله  
كلنا أن نكون منكم

وزارة الصحة  
دائرة صحة بابل  
مركز التدريب والتنمية البشرية  
الدكتور

ع/ محمد عبد الله عجرش  
مدير مركز التدريب والتنمية البشرية

٢٠٢٢ / ١

م.كاظم نظري  
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بابل  
٢٠٢٢/١٢/٦

نسخة منه إلى :

مركز التدريب والتنمية البشرية / وحدة إدارة البحوث .... مع الأوليات

# *Appendix (B)*

## *Research Questionnaire*

## استمارة البحث

تحية طيبة:

عزيزي المشارك/عزيزتي المشاركة :-

تحتوي هذه الاستبانة على مجموعة من الفقرات التي يرجى منكم الاجابة على جميعها بدقة من خلال وضع علامة ( صح ) امام الاجابات التي تنطبق عليكم ، علما ان مشاركتكم طوعية وان الاستبانة ستكون بدون اسم للمحافظة على خصوصية المشاركين وان جميع اجاباتكم سوف تستخدم لاغراض البحث العلمي فقط . شاكرين ومقدرين سلفا مشاركتكم في هذه الدراسة.

عنوان البحث ( الاحتراق النفسي الوظيفي لدى الممرضين الذين يعملون في وحدات الحالات الحرجة في مدينة الحلة )

(Job Burnout among Nurses Working in Critical Care Units at AL-Hilla City)

### الجزء الاول: المعلومات الديموغرافية

١. العمر:
٢. الجنس: ذكر  انثى
٣. المستوى الدراسي: أعداديه تمريض  معهد تمريض   
بكالوريوس تمريض  دراسات عليا  ماجستير  دكتوراه
٤. الحالة الزوجية: أعزب  متزوج  منفصل  أرمل
٥. سنوات خبره:  سنة
٦. عدد ساعات العمل في اليوم الواحد:
٧. وقت العمل: صباحي  مسائي
٨. الدخل الشهري: يكفي  يكفي إلى حد ما  لا يكفي



٩. عدد الاولاد

١٠. اسم المستشفى

اسم الردهة

العنوان الوظيفي

## الجزء الثاني : مقياس (ماسلاش) للاحتراق النفسي (Maslach Burnout Inventory (MBI)

يتضمن ثلاثة اقسام وهي:

اولا: الارهاق العاطفي : يتمثل بالنقص الشديد في الطاقة الجسدية و العاطفية.

ثانيا: تبدد الشخصية : يتمثل بعدم الاكتراث و السخرية من المرضى و احتياجاتهم و الشعور الدائم بالرغبة في التنفيس عن المشاعر المتعلقة بالعمل و المرضى. هناك الشخص يكون غير متفاعل عاطفي مع المرضى و الاشخاص المحيطين به ضمن بيئة العمل.

ثالثا: تقدير الانجازات الشخصية: يبده الشخص بالشك في اهمية عمله و دورة و فعاليتة في اداء عمله.

ت	الاسئلة	ابدا	عدة مرات في السنة	مرة في الشهر	عدة مرات في الشهر	مرة في الاسبوع	عدة مرات في الاسبوع	يومية
١	اشعر ان العمل انهكني نفسيا							
٢	ينفذ صبري في نهاية يوم العمل							
٣	اشعر بالتعب عندما استيقظ في الصباح و علي مواجهه يوم اخر في العمل							
٤	اقدر ان اشعر بسهولة ما يشعر به المرضى							
٥	اشعر اني اعامل بعض المرضى بغير انسانية كما لو كانوا اشياء							
٦	العمل مع المرضى طوال اليوم يتطلب قدرا كبيرا من الجهد							
٧	اتعامل مع المرضى بفعالية							
٨	اشعر ان عملي هو من يحطمني							
٩	من خلال عملي اشعر بان لدي تاثيرا ايجابيا على الناس							
١٠	اصبحت اكثر قسوة اتجاة الناس منذ بدأت بالعمل							
١١	اخشى ان هذا العمل يجعلني شخص غير مكترث							
١٢	اشعر بانني مفعم بالحوية							
١٣	اشعر بانني محبط بسبب عملي							
١٤	اشعر انني اعمل بصعوبة جدا في وظيفتي							
١٥	حقيقة لا يهمني ما يحدث للبعض من المرضى							
١٦	العمل في اتصال مباشر مع المرضى يسبب لي ضغطا كبيرا							
١٧	انا قادر بسهولة ان اخلق جو مريح مع المرضى							
١٨	اشعر بالانتعاش عندما اكون قريبا مع المرضى في العمل							

							انجز الكثير من الاشياء القيمة في هذا العمل	١٩
							اشعر و كانني اقترب من نهايتي	٢٠
							في عملي اتعامل مع المشاكل الانفعالية بكل هدوء	٢١
							لدي انطباع بان البعض من المرضى يحملونني مسؤولية البعض من مشاكلهم	٢٢

# *Appendix (C)*

## **Table of Expert**

## Table of experts

الاختصاص الدقيق	مكان العمل	الدرجة العلمية	الاسم	ت
تمريض صحة الأسرة والمجتمع	جامعة بابل/ كلية التمريض	استاذ	ا.د سلمى كاظم جهاد	.١
تمريض بالغين	جامعة بابل / كلية التمريض	استاذ	ا.د سحر ادهم علي	.٢
تمريض صحة الام والوليد	جامعة بابل / كلية التمريض	استاذ مساعد	ا.م.د وفاء احمد امين	.٣
تمريض الصحة النفسية والعقلية	جامعة بابل / كلية التمريض	مدرس	م.د علي احمد كاظم	.٤
تمريض الصحة النفسية والعقلية	جامعة بابل/ كلية التمريض	مدرس	م.د امير صلاح الدين عبدالرزاق	.٥
تمريض الصحة الطفل والمراهق	جامعة بابل / كلية التمريض	مدرس	م.د محمد طالب عبد حمادي	.٦
تمريض صحة الام والوليد	جامعة بابل/ كلية التمريض	مدرس	م.د مريم عبد الكريم لعبيبي	.٧
تمريض بالغين	جامعة بابل/كلية التمريض	مدرس	م. امنه عبدالحسن	.٨
تمريض صحة الطفل والمراهق	جامعة بابل/ كلية التمريض	مدرس مساعد	م.م مها احمد كاظم	.٩
تمريض بالغين	جامعة بابل / كلية التمريض	مدرس مساعد	م.م حسنين يحيى شميران	.١٠



## الخلاصة

### المقدمة

الإرهاق هو متلازمة نفسية ناتجة عن الإجهاد المهني الذي ينطوي على الشعور بالتعب العاطفي ، وتبدد الشخصية ، والشعور بالإنجاز الشخصي المنخفض ، وانخفاض الكفاءة الذاتية. تم وصف الإرهاق بأنه استجابة مطولة للضغط العاطفي والشخصي المزمن في الوظيفة والذي غالبًا ما يكون نتيجة لفترة من بذل جهد مفرط في العمل مع وقت تعافي ضئيل للغاية.

### أهداف الدراسة

الغرض من هذه الدراسة هو تقييم الإرهاق بين الممرضين العاملين في وحدات العناية المركزة.

### منهجية البحث

تصميم دراسة وصفية باستخدام عينة ملائمة عدد الممرضين (ن = ٧٣) ممرض يعملون في مستشفىين رئيسيين في مدينة الحلة. تم استخدام مقياس واحد (مقياس الإرهاق - يتكون من ٢٢ فقرة) لتحقيق أهداف الدراسة.

### نتائج الدراسة

تشير نتائج الدراسة إلى أن مستويات الإرهاق تراوحت بين منخفضة إلى متوسطة بين المشاركين في الدراسة ومع ذلك ، كان لدى الغالبية منهمك منخفض من الممرضين (٦٥,٨٪) لديهم درجة منخفضة من الإرهاق العاطفي ، ومعظم الممرضين (٤٧,٩٪) لديهم درجة منخفضة من تبدد الشخصية ومعظم الممرضين (٨٤,٩٪) لديهم درجة منخفضة من الإنجاز الشخصي

### التوصيات

زيادة وعي الممرضين حول العلامات التحذيرية للظاهرة لمساعدتهم على استخدام استراتيجيات المواجهة الفعالة قبل تطور او حدوث الإرهاق النفسي الوظيفي. يجب أن يشارك المهنيون في الرعاية الصحية العاملون في أماكن العناية المركزة في برامج تدريبية بما في ذلك الوعي بالإرهاق ، واستراتيجيات المواجهة ، وإدارة الإجهاد ، وتقنيات الاسترخاء ، وتدخلات الرعاية الذاتية لتقليل مستوى الإرهاق الذي يعاني منه في بيئة العمل ، وخاصة لمن هم أصغر سنًا ، وأولئك الذين لديهم سنوات خبرة أقل يوصي الباحث بإجراء مزيد من الدراسات التي تستهدف الظاهرة ومقارنة النتائج مع بيانات الرعاية الصحية المختلفة



وزارة التعليم العالي والبحث العلمي

جامعة بابل

كلية التمريض

# الاحترق النفسي الوظيفي لدى الممرضين العاملين في وحدات الحالات الحرجة في مدينة الحلة

رسالة مقدّمة الى

مجلس كلية التمريض في جامعة بابل

جزء من متطلبات نيل درجة البكالوريوس علوم في التمريض

تقدّمت بها الطالبة

انفال محمد ابراهيم بان عادل كاظم

براء صفاء عبد

بإشراف م.م. زمن احمد حريش