

## عنوان مقاله:

Relationship between Mental Health and Burnout in Al-E-Jalil Hospital's Staff, ۲۰۱۴

## محل انتشار:

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## خلاصه مقاله:

Background and Objective: Mental health is one of essential needs that has a critical role in sustainable development. Burnout, a physical and mental fatigue and a sense of reduced capabilities, is a leading factor in lowering mental health efficiency. This study aimed at determining the relationship between burnout and mental health in Al-E-Jalil hospital's staff. Material and Methods: This descriptive - analytical research was conducted on ۱۷۹ Al-E-Jalil hospital's staff recruited via Census method in ۲۰۱۴. The data was collected by mental health questionnaire (G.H.Q-۲۸) and Burnout (Maslach) questionnaires, and analyzed by kruskal Wallis, Mann-Whitney and Spearman correlation. Results: Significant relationship between mental health and burnout ( $P=۰.۰۰۰۱$ ,  $r=-۰.۸۴۴$ ) showed that mental health enhancement reduced the level of burn out. The mean mental health ( $۱۹.۲۸ \pm ۱۰.۷۷$ ) was excellent. Two domains of "somatization" and "depression and suicidal tendencies" were better than "social dysfunction" and "anxiety and sleep disorders". The highest mean was related to "Depersonalization" and "emotional exhaustion" and the lowest one to "personal accomplishment". Conclusion: The findings show that there is a negative significant relationship between mental health and burnout that means by enhancing mental health the staff experiences lower level of burn out.

## کلمات کلیدی:

Mental Health, Job Burnout, Questionnaire GHQ۲۸, Questionnaire Maslach, Staff سلامت روان, پرسشنامه GHQ۲۸, پرسشنامه Maslach, کارکنان

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