




Unpleasant emotions and life satisfaction - a study of burnout among nurses

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Introduction: Professional burnout is described as a psychological syndrome that develops as a prolonged response to chronic interpersonal stress in the workplace.¹ Studies show that nurses and technicians are particularly affected, with burnout negatively impacting the productivity of healthcare institutions.^{2,3} Therefore, the aim of this study was to examine the relationship between shift work and certain employee characteristics, such as years of service and level of education, with the level of professional burnout, the presence of psychological difficulties, and general life satisfaction, as well as the interrelationships between these variables.

Methods: Forty nurses (92.5% women and 7.5% men) employed at Thalassoterapia Opatija, Special hospital for medical rehabilitation of heart, lung and rheumatic diseases, participated in the study. The participants completed the Burnout Assessment Tool, which assesses the core symptoms of professional burnout, the Clinical Outcomes in Routine Evaluation - Outcome Measure, which measures the intensity of current psychological distress, and the Satisfaction with Life Scale, which evaluates an individual's overall satisfaction with life.

Results: This study found that employees engaged in shift work reported significantly higher life satisfaction compared to those working only in one shift ($t=-2.67$, $df=38$, $p<0.05$). Furthermore, employees working exclusively in a single shift exhibited significantly better perceived functioning in everyday life ($t=2.06$, $df=38$, $p<0.05$). Significant negative correlations were also found between all subscales assessing the primary symptomatology of professional burnout and life satisfaction, with correlation ranges from $-.38$ to $-.45$. Similarly, a negative association was found between general psychopathological difficulties and life satisfaction. Additionally, the results indicated a significant negative correlation between work experience and professional burnout.

Conclusion: In conclusion, fundamental work determinants, such as working conditions, professional burnout, emotional state, and life satisfaction, can play a crucial role in daily functioning and overall quality of life.

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LITERATURE

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