

# MAGYAR GERONTOLÓGIA

## 14. ÉVFOLYAM KONFERENCIA KÜLÖNSZÁM

2022. 14. évf. Konferencia Különszám

On-line verzió: ISSN 2062-3690

[www.https://ojs.lib.unideb.hu/gerontologia](https://ojs.lib.unideb.hu/gerontologia)

### **Burnout syndrome in healthcare profession**

**Bednáriková Miroslava<sup>1,2</sup>, Libová Ľubica<sup>1,2</sup>, Kollárová Lívia<sup>1,2</sup>, Zacharová Lenka<sup>3</sup>**

<sup>1</sup>St. Elizabeth University of Health and Social Work in Bratislava

<sup>2</sup>St. Ladislav Faculty of Health and Social Work in Nové Zámky

<sup>3</sup>Faculty Hospital with Polyclinic Nové Zámky

**Key words:** treatment, risk factors, nurse, symptom, Burnout syndrome

#### ***Introduction***

Burnout syndrome is a current topic. Helping professions are most at risk. We include the profession of nurse to these professions. The work is demanding, it requires mental endurance and physical fitness. Nursing profession is one of the most risky one in relation to burnout syndrome.

#### ***Objective***

The objective is to map the occurrence of burnout syndrome in nurses and to find out whether the length of practice and the age of nurses have an effect on the occurrence of burnout syndrome.

#### ***Methodology***

The theoretical starting points were processed from domestic and foreign sources. We conducted the survey using the Maslach Burnout Inventory standardized questionnaire to determine the level of burnout. We verified the results statistically.

### ***Results***

Nurses with more than 10 years of experience showed a higher degree of burnout in the area of emotional exhaustion. Nurses with more than 20 years of experience were shown to have a higher degree of burnout in the field of depersonalization. Nurses with more than 20 years of experience showed the highest rate of burnout in the area of personal satisfaction. Nurses over the age of 40 showed a higher degree of burnout in the area of emotional exhaustion. Nurses over the age of 50 showed the highest degree of burnout in the field of depersonalization. We found out that the highest rate of burnout in the area of personal satisfaction was demonstrated by nurses over the age of 40.

### ***Conclusion***

We came to the conclusion that with the increasing number of years worked in the healthcare sector, the risk of burnout syndrome increases. At the same time, we note that in our sample of respondents, the nurses are at risk of developing nurse burnout syndrome at a higher physical age.

### ***Authors***

PhDr. B.Sc. Miroslava Bednáriková, PhD.

St. Elizabeth University of Health and Social Work in Bratislava

St. Ladislav Faculty of Health and Social Work in Nové Zámky

Slovenská 11

940 01 Nové Zámky

[miroslava.zajickova@gmail.com](mailto:miroslava.zajickova@gmail.com)

B.Sc. Zacharová Lenka

Faculty hospital with polyclinic Nové Zámky

Slovenská 11

940 01 Nové Zámky

[bc.zacharova.lenka@gmail.com](mailto:bc.zacharova.lenka@gmail.com)