بررسی ارتباط حمایت اجتماعی محيط کار با فرسودگی شغلی پرستاران شاغل در مراکز آموزشي درمانی منتخب دانشگاه علوم پزشکی تهران سال 1391

تکارش:
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بهمن ماه 1391
Survey of relationship between Workplace Social Support and Burnout in nurses working in selected educational-health centers of Tehran University of Medical Sciences - 2012.

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A thesis submitted to the Graduate Studies Office In partial fulfillment of the requirement for The degree of MSC in Medical – Surgical Nursing

February 2013
Abstract

Survey of relationship between Workplace Social Support and Burnout in nurses working in selected educational-health centers of Tehran University of Medical Sciences - ۷۸۱۴.

Background and Aim: Burnout is a common syndrome in people who spend their time on providing support to others. Nurses are particularly susceptible to burnout, because of the nature of their profession. Workplace social support is one of the ways to reduce burnout. So the aim of this study was to determine the relationship between Workplace Social Support and Burnout in nurses working in selected educational-health centers of Tehran University of Medical Sciences.

Material and Method: It was a descriptive correlational study. Two hundred nurses working in hospitals affiliated to Tehran University of Medical Sciences were recruited by proportionate stratified sampling. The instruments included demographic questionnaire, Maslach Burnout Inventory (MBI) and the Support Appraisal for Work Stressors Inventory (SAWS). Data were analyzed by descriptive statistics and independent t-test, analysis of variance (ANOVA) and Pearson correlation coefficient using (SPSS)-PC (۷۸۱۴).

Results: The majority of nurses experienced high levels of emotional exhaustion and personal unaccomplishment (۷۸۱۴٪ and ۷۸۱۴٪ respectively), and moderate levels of depersonalization frequency (۷۸۱۴٪). The mean work colleagues social support scores were ۷۸۱۴±۷۸۱۴ in appraisal and ۷۸۱۴±۷۸۱۴ in other dimensions. The mean supervisor social support scores were ۷۸۱۴۸۱۴±۷۸۱۴ in emotional, ۷۸۱۴۸۱۴±۷۸۱۴ in instrumental, ۷۸۱۴۸۱۴±۷۸۱۴ in informational and ۷۸۱۴۸۱۴±۷۸۱۴ in appraisal dimensions. There were no significant correlations between frequency of all burnout dimensions and demographic variables in nurses (P>۷۸۱۴٪). However, significant relationship was found between work colleagues emotional support and gender (P=۷۸۱۴٪), all dimensions of work colleagues social support (excluding emotional support) and unit, and finally between all dimensions of supervisor social support (excluding emotional support) and unit (P<۷۸۱۴٪). Scores on work colleagues emotional and instrumental support were correlated with frequency of personal accomplishment scores (P<۷۸۱۴٪). Significant relationship was found between all dimensions of supervisor social support and frequency of depersonalization (P<۷۸۱۴٪). Moreover, there was significant relationship between emotional and informational dimensions of supervisor social support and frequency of personal accomplishment (P<۷۸۱۴٪).
**Conclusion:** Administrators and coworkers can reduce burnout among nurses with the appropriate workplace social support. Further studies are suggested to assess and compare other factors related to burnout.

**Key words:** Burnout, Social support, Supervisor, Nurse.