

PERCEIVED BURNOUT AMONG REGISTERED NURSES A PRIVATE HOSPITAL IN KLANG VALLEY

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ABSTRACT

Burnout is a severe consequence of prolonged stress at work which develops when the demand of work and individual capacities are not in balance. It is a common phenomenon in nursing staff particularly who worked in intensive care unit. Work environmental factors are known to increase the risk of burnout. The aim of this study is to examine the perceived burnout among registered nurses in ICU.

A sample of 42 registered nurses has answered self-administered questionnaires completely. This study used the Maslach Burnout Inventory (MBI) to measure emotional exhaustion, depersonalization and personal accomplishment. Nursing Work Index is used to assess nurses' perceptions of nursing work environment. The data were analyzed by descriptive statistics.

The result showed that most of the respondents had experienced low, moderate and high levels of emotional exhaustion, depersonalization and personal accomplishment respectively. The study showed demographic factor did not influence the nurse to burnout but it is the work environmental factors contribute the nurses to feel burnout.

The paper discusses the implications for nursing which involve interventions the organizational and individual level to minimize the burnout in ICU.

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