



Burnout syndrome among obstetricians and gynaecologists.



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OBJECTIVE

The aim of this study is to identify the degree of Burnout Syndrome (BS). among the obstetricians and gynecologists working in different hospitals in Saudi Arabia, with different job titles.

STUDY DESIGN

Descriptive cross-sectional study.

METHODS

It is a descriptive cross-sectional study for which approval was obtained by the Institutional Review Board of Imam Abdulrahman Bin Faisal University Kingdom of Saudi Arabia. The standardized Maslach Burnout Inventory (MBI) scale was used to collect the data.

RESULTS

The study was conducted on a total of **194** obstetricians and gynecologists including 20.1% (n=39) males and 79.9% (n=155) females in the different provinces of Saudi Arabia. The ages of participants range from 24-41 years and the mean age was 35.5 years with SD ± 2.5 years.

The burnout syndrome in the Saudi Arabian:

- Western region was seen in 11.9% (n=23),
- Eastern region, it was 49.5% (n=96),
- Northern region, it was 6.7% (n=13),
- Southern region, it was 5.1% (n=10),
- Middle region, it was seen in 26.8% (n=52).

The burnout syndrome was found to be:

- 38.1% (n=74) among consultants,
- 25.3% (n=49) in specialists, and
- 36.6% (n=71) in the residents of different years of training.

It was seen that burnout syndrome in:

- Governmental hospital employees was 85.1% (n=165)
- Private hospitals, it was 14.9% (n=29).

Cronbach's alpha was calculated to be 0.821 for the reliability of the MBI. There was statistically significant differences regarding job titles. Emotional exhaustion (EE), Depersonalization (DP), Personal achievements scores (PA) were calculated and comparison was tabulated.

CONCLUSION: BS is very common among obstetricians and gynaecologists. Different measures need to be taken into consideration and implementation to avoid these mental health issues to save the drainage of intellectuals.