



# A COMPARATIVE STUDY ON PREVALENCE OF BURNOUT SYNDROME AND COPING STRATEGIES ADOPTED BY NURSES WORKING IN SELECTED GOVERNMENT AND PRIVATE HOSPITALS OF DISTRICT MOHALI, PUNJAB

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## ABSTRACT

Nurse's burnout is a universal phenomenon characterized by a reduction in nurse's energy that indicate in emotional exhaustion, demotivation, and feeling of frustration and may lead to reduction in work competence. This study was conducted to assess the level of burnout among nurses and coping strategies they use to prevent burnout on work place in the government and private hospital of district Mohali (Punjab). A quantitative approach with comparative research design was adopted for the study. 60 nurses (30 from government and 30 from private hospital) were selected through non-probability convenient sampling technique. Study shows that majority of nurses (86.7% in government and 90% in private hospital) were having moderate prevalence of Burnout Syndrome and majority of nurses (86.7% in government and 96.7% in private hospital) were using the coping strategies to prevent the burnout syndrome on their work place as well as at home. There was no significant association found between the variables of the study using chi square ( $p < 0.05$ ).

**Keywords:** Nurses, Burnout, Prevalence, Coping Strategies

## Introduction

**Stress**, now a days is a theme that has been the target of the most varied studies. It is known that the first research dating back to the beginning of the 20th century and that is a term which has been suffering evolution. Studies show the link between nursing burnout as an increased chance of infections in patients and hospitals with high burnout rates tend to own lower patient satisfaction overall. Nursing burnout isn't one thing solely health care professionals ought to worry about—it's one thing that affects anyone ever receiving care in every hospital.<sup>1</sup> The ultimate goal would be to balance over stress and under stress perfectly. It is extremely useful for a productive lifestyle because it makes working enjoyable instead of a chore, as seen with distress.<sup>2</sup> In response to a stressful situation, brain first send signals to the inner portion of the Adrenal gland which is called the adrenal medulla, to release the specific hormones e.g., adrenaline (epinephrine, nor-epinephrine) that start the "flight-or-fight" response of the CNS. Next, the brain triggers the release of other hormones, such as cortisol, to support this response.<sup>3</sup> As the stress continues, a person begins to lose interest in work and motivation that lead to taking a person on a certain role in the first place. Burnout syndrome reduces productivity and decreases energy, leaving a person increasingly helpless, hopeless, cynical, and resentful. Eventually, the person may feel like they have nothing more to give.<sup>4</sup> After

a period of time individual experience focus problems and/or memory problems, which make it so that person exploits more stress.<sup>5</sup>

A comparative study on prevalence of Burnout Syndrome and coping strategies adopted by nurses working in selected Government and Private Hospitals of district Mohali, Punjab.

### **Objectives**

1. To assess the prevalence of Burnout Syndrome among nurses working in Government and Private Hospital of district Mohali, Punjab.
2. To assess the coping strategies adopted by nurses working in Government and Private Hospital of district Mohali, Punjab.
3. To compare the level of Burnout Syndrome among nurses working in Government and Private Hospitals of district Mohali, Punjab.
4. To compare the coping strategies adopted by nurses working in Government and Private Hospitals of district Mohali, Punjab.
5. To associate the finding with socio-demographic variables.

### **METHODOLOGY.**

A Quantitative research approach was adopted for the study. A non-experimental design was utilized to achieve the objective of the study. The study was conducted in selected government and private hospitals of district Mohali, Punjab. The target population of the study was nurses working in selected Government and Private Hospitals of district Mohali, Punjab, who fulfill inclusion criteria. In study the 60 nurses working in selected Government and Private Hospitals of district Mohali, Punjab, were selected by using non probability, convenient sampling technique. To accomplish the objective of the study, a structured scale was developed to assess the prevalence and coping strategies adopted by nurses of selected government and private hospital.

The tool consists of three sections; section I, II, II.

Internal consistency of structured scales for the prevalence and coping strategies for the burnout syndrome was tested by test retest correlation. Overall value of the reliability was 0.79 for the prevalence and 0.96 for the coping strategies. So the tool was highly reliable.

### **Result.**

In this study, data was collected to assess the prevalence of burnout syndrome and coping strategies adopted by nurses working in selected Government and Private Hospitals of district Mohali, Punjab. Analysis and interpretation was done in accordance with the objective laid down for the study. Data was analyzed by calculating the score in terms of mean, percentage, standard deviation and chi square was used for assessing the association of practices of nurses with selected socio-demographic variables. The level of significance chosen was  $p < 0.05$ .

## SECTION –I

*Description of socio-demographic data of nurses***Table 1.1: Frequency and percentage distribution of socio-demographic variables among nurses in selected sample***N= 60*

S.N O.	Socio-demographic variables	Government hospital (f)	Government hospital (%)	Private hospital (f)	Private hospital (%)
<b>1.</b>	<b>Age (in years)</b>				
	26-35	4	13	18	60
	36-41	16	53	10	33
	42-47	10	33	2	7
<b>2.</b>	<b>Gender</b>				
	Male	7	23	22	27
	Female	23	77	8	73
	Transgender	0	0	0	0
<b>3.</b>	<b>Marital Status</b>				
	Married	27	90	16	53
	Unmarried	3	10	11	37
	Divorced/Separated	0	0	3	10
	Widow/Widower	0	0	0	0
<b>4.</b>	<b>Educational Qualification</b>				
	GNM	17	57	12	40
	Basic B.Sc. Nursing	7	23	11	37
	Post basic Nursing	6	20	7	23
	M. Sc. Nursing or above	0	0	0	0
<b>5.</b>	<b>Hospital Setting</b>				
	Private sector	0	0	30	100
	Government sector	30	100	0	0
<b>6.</b>	<b>Current area of work</b>				
	Ward	6	20	4	13
	OPD	6	20	8	27

	ICU	0	0	7	23
	Emergency	8	27	10	33
	Operation theatre	6	20	0	0
	Any other	4	13	1	3
<b>7.</b>	<b>Experience/ duration of work in the Present Area</b>				
	0-8	5	18	17	57
	9-17	9	29	10	33
	18-26	9	30	3	10
	27-35	7	23	0	0
<b>8.</b>	<b>Monthly Income of the participant (in Rupees)</b>				
	5000-20000	3	10	22	73
	21000-36000	0	0	8	27
	37000-52000	12	40	0	0
	53000-67000	9	30	0	0
	68000-83000	6	20	0	0

**Table 1:** Depicts the socio-demographic data of staff nurses which shows that majority of subjects in government hospital i.e.53% were in the age group of 36-41 years and in private hospital majority of subject i.e. 60% were in the age group of 36-41. There were 77% females were in government and 73% in private hospital

,majority of nurses were married in both government 90% and private 53% hospitals, majority of nurses i.e.57% in government and 40% in private hospital were having educational qualification of General Nursing and Midwifery.

Furthermore, majority of nurses were working in the Emergency i.e. 27% in government and 33% in private hospital, majority of nurses i.e. 29% in government hospital were having an experience of 9-17 years and more than half of the nurses i.e. 57% were having the experience of 0-8 years in private hospital. Most of the nurses

i.e. 40% were earning Rs.37,000 -52,000 in government hospital where as in private hospital majority of nurses i.e. 73% were earning Rs.5,000-20,000.

AGE

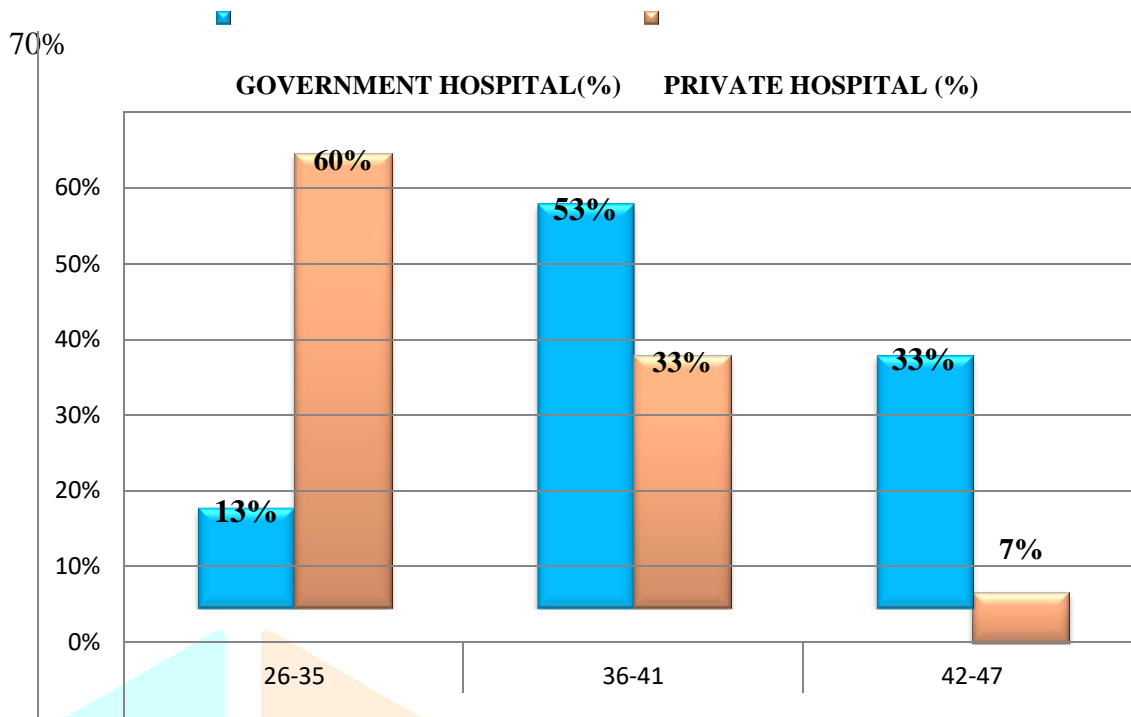


Figure 3: Bar graph showing percentage distribution according to the age of nurses of both government and private hospital.

GENDER

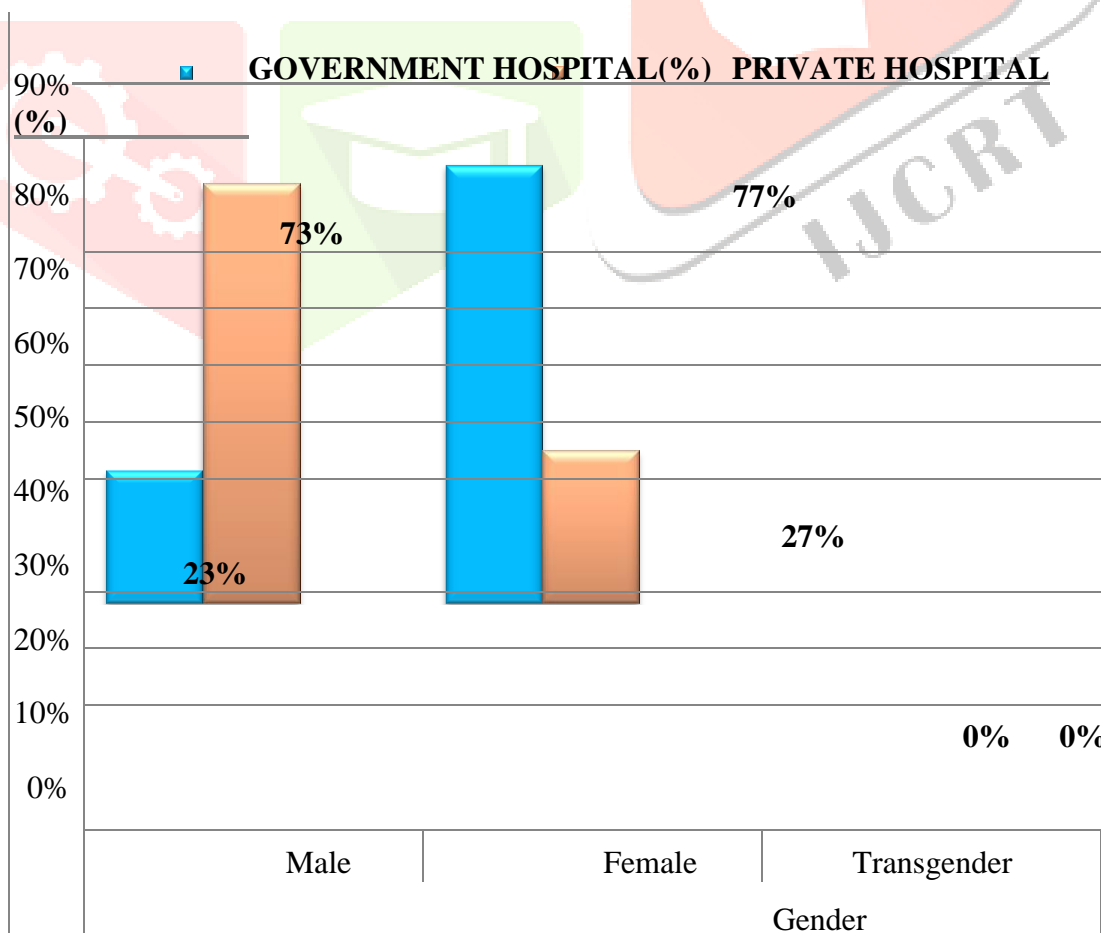
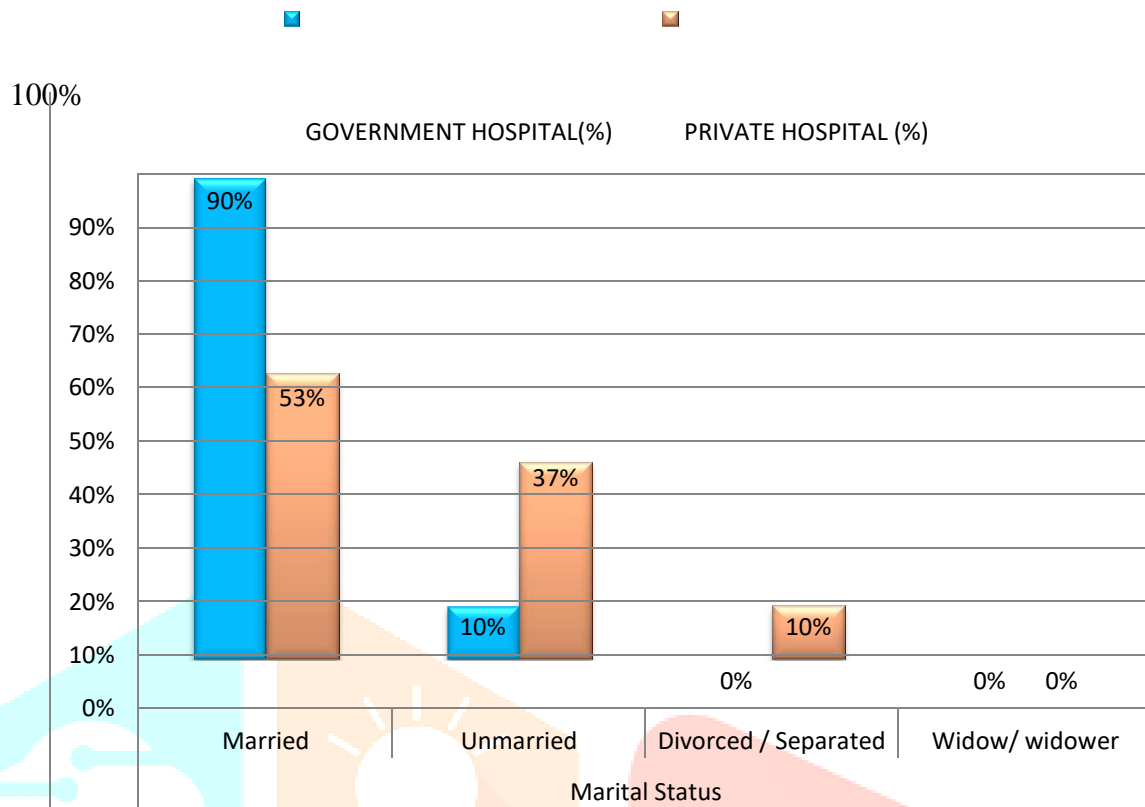


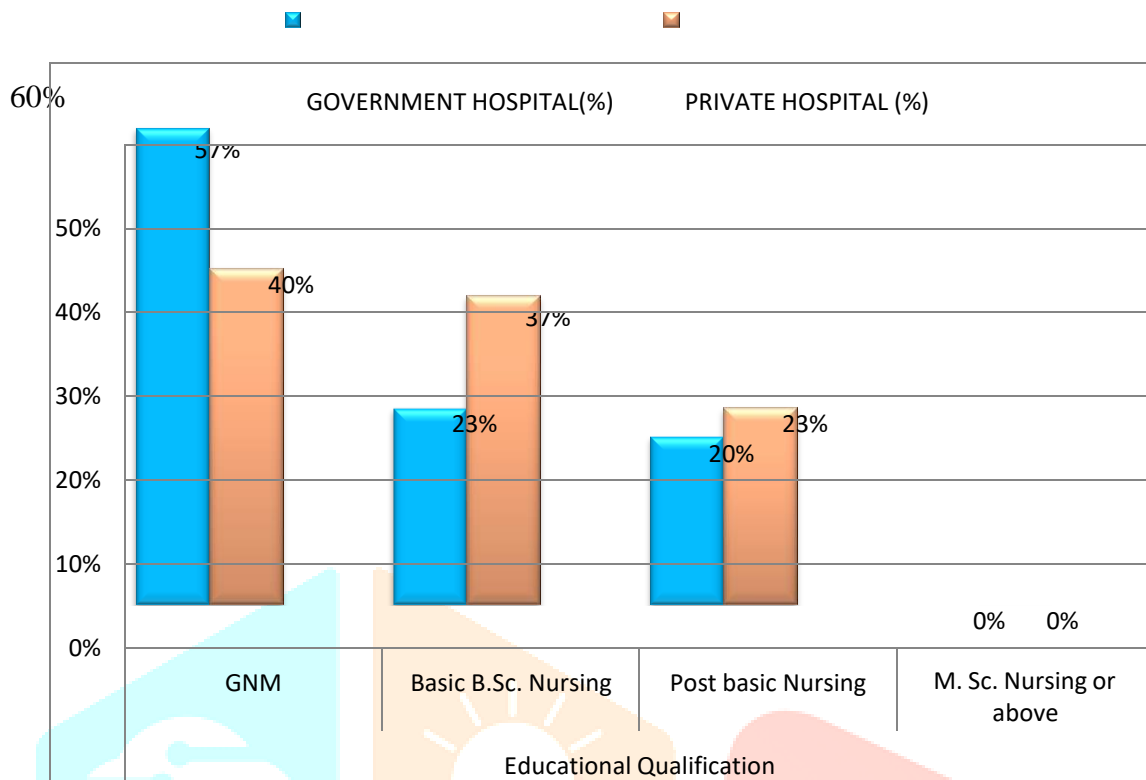
Figure 4: Bar graph shows the percentage distribution according to gender of nurses from both government and private hospital.

**MARITAL STATUS**



**Figure 5: Bar graph shows the percentage distribution according to the marital status of nurses from both government and private hospital.**

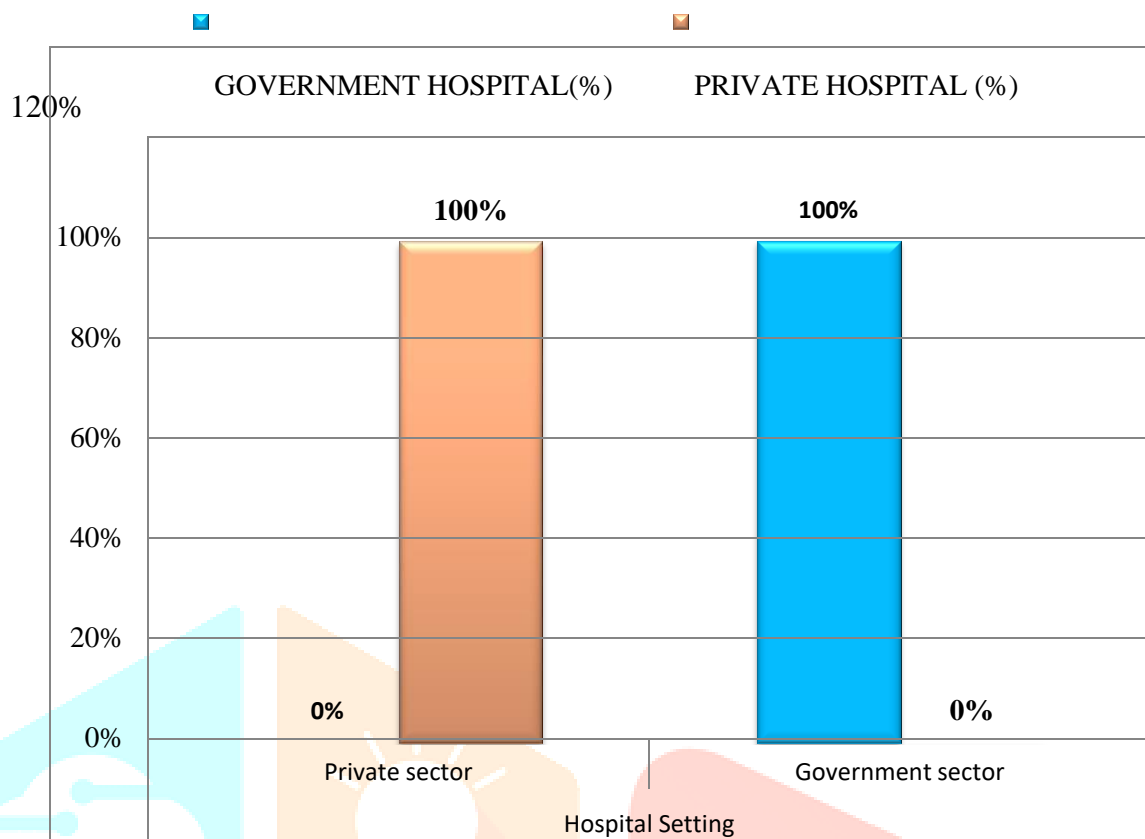
**EDUCATIONAL QUALIFICATION**



**Figure 6: Bar graph showing the percentage distribution according to the educational qualification of nurses from both government and private hospital**



**HOSPITAL SETTING**

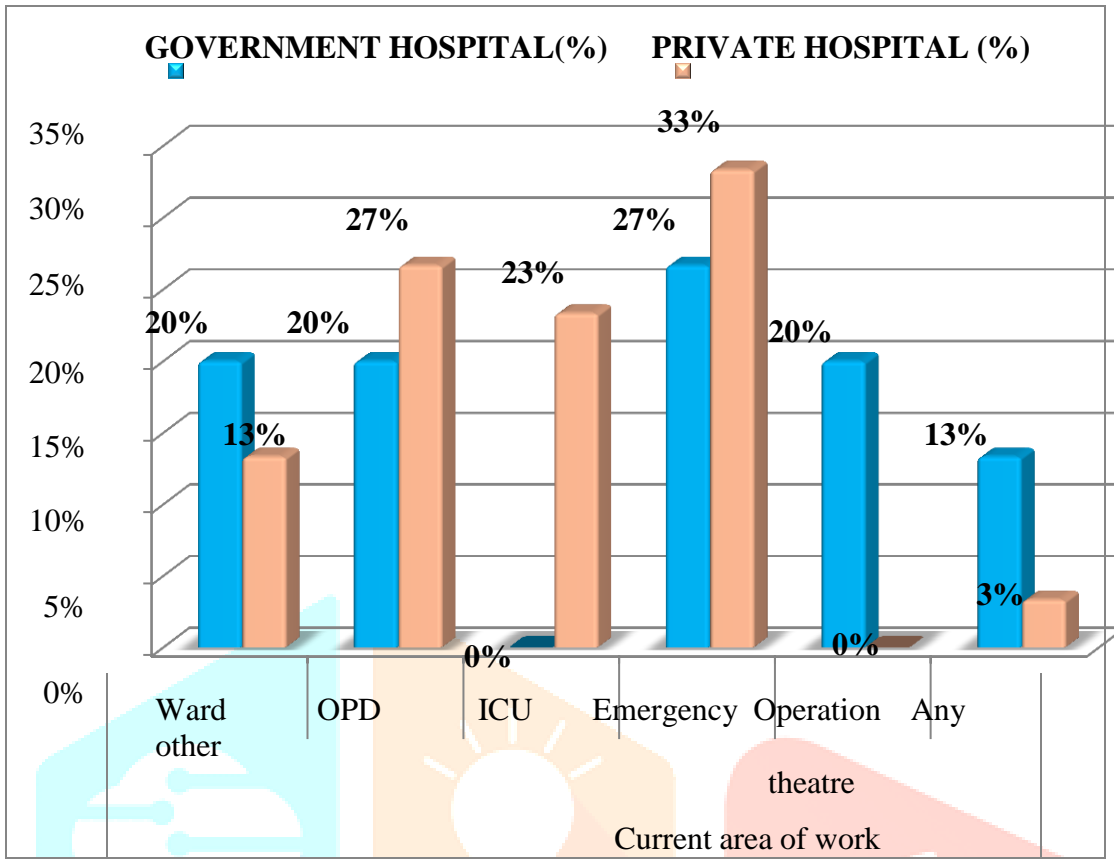


**Figure 7 : Bar graph showing the percentage distribution according to the hospital setting for both government and private hospital.**



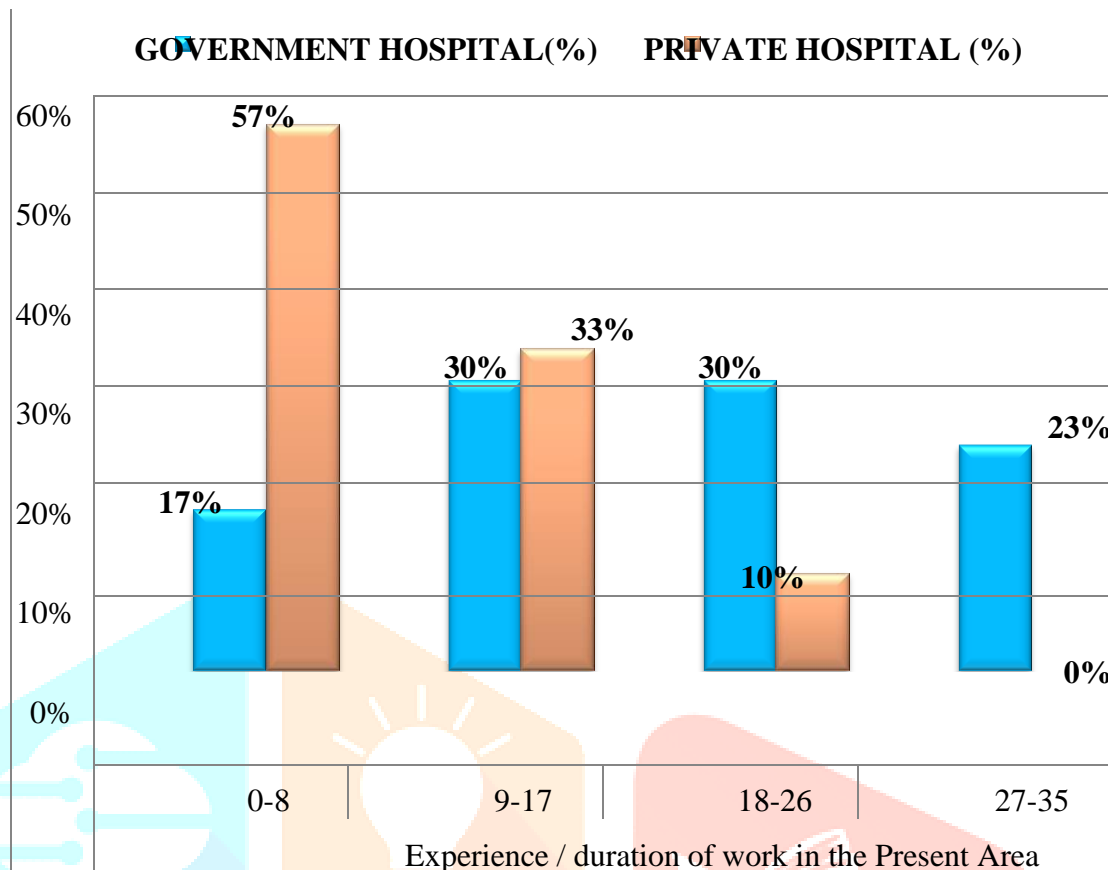


**CURRENT AREA OF WORK**



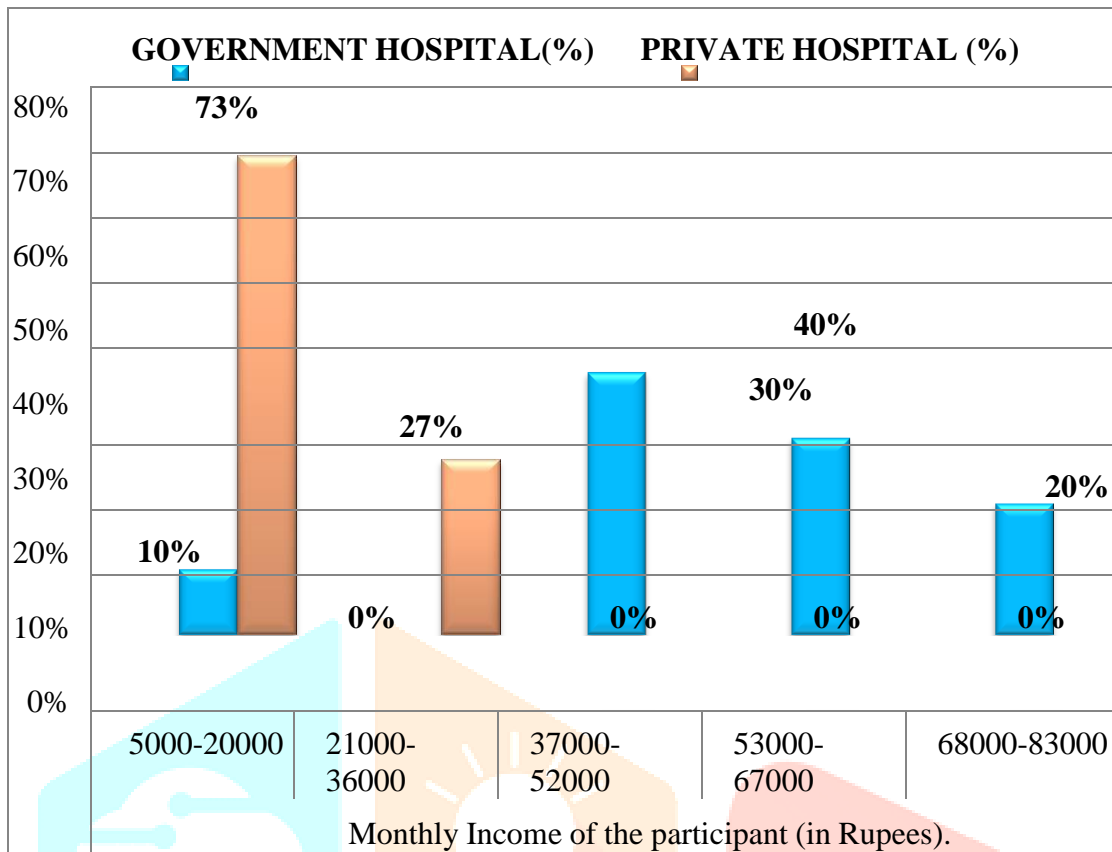
**Figure 8: Bar graph showing the percentage distribution according to the current area of work of nurses from both government and private hospital.**

**EXPERIENCE /DURATION OF WORK IN THE PRESENT AREA**



**Figure 9: Bar graph showing the percentage distribution according to the experience /duration of work in present area of nurses from both government and private hospital.**

**MONTHLY INCOME OF THE PARTICIPANTS (IN RUPEES)**



**Figure 10: Bar graph showing the percentage distribution according to the monthly income of the participant (in Rupees) of nurses from both government and private hospital.**

**SECTION II**

**Table 2 Prevalence of burnout syndrome among nurses in government and private hospital**

**Table 2.1 Item wise percentage distribution of prevalence of Burnout Syndrome among nurses in government hospital.**

*N=30*

SR.NO	ITEMS	ALWAYS (%)	SOMETIMES (%)	ONCE IN A WHILE (%)	NEVER (%)
1	I feel severe exhaustion from my work	6.7%	50.0%	43.3%	0.0%
2	I feel that excessive workload cause unrelieved stress at the end of the day	10.0%	53.3%	36.7%	0.0%

3	I feel fatigued when I get up in the morning and have to face another day on the job	6.7%	46.7%	36.7%	10.0%
4	I feel detached from other colleagues, friends and family members. (depersonalization)	10.0%	50.0%	26.7%	13.3%
5	I feel no sense of accomplishment anymore.	6.7%	50.0%	16.7%	26.7%
6	I feel sleeplessness due to my excessive working at job place.	3.3%	66.7%	20.0%	10.0%
7	I feel severe physical fatigue all the time	6.7%	50.0%	36.7%	6.7%
8	I feel that there is absence of positive emotions in me like joy, gratitude, inspirations, hope etc.	10.0%	30.0%	40.0%	20.0%
9	I feel cognitive problems like trouble in remembering, learning new things, concentrating, or making decisions.	10.0%	46.7%	33.3%	10.0%
10	I feel self-care deficit due lack of time for myself.	10.0%	40.0%	43.3%	6.7%
11	I feel that I have become completely careless toward people's lives due to my work.	10.0%	43.3%	30.0%	16.7%
12	I feel I treat some clients as if they were impersonal objects.	13.3%	23.3%	36.7%	26.7%
13	I feel unmotivated towards my life.	16.7%	16.7%	36.7%	30.0%
14	I feel frustrated by my job due to my work assignment at my job.	20.0%	30.0%	30.0%	20.0%

15	I feel that I can't fight or run my way out of any danger.	3.3%	30.0%	33.3%	33.3%
16	I feel apathy and hopelessness due to my work load at my job place.	3.3%	40.0%	36.7%	20.0%
17	I feel ineffective, unimportant, use less at my workplace as well as at home.	6.7%	30.0%	46.7%	16.7%
18	I feel that as hard as I try, I can't be that productive as I was earlier in my work.	23.3%	30.0%	26.7%	20.0%
19	I feel some physical symptoms at my work place that include (all or any one of them )	10.0%	20.0%	53.3%	16.7%
	<ul style="list-style-type: none"> <li>• Chest Pain,</li> <li>• Heart Palpitations,</li> <li>• Shortness Of Breath,</li> <li>• Gastrointestinal Pain.</li> </ul>				
20	I feel like I am at the end of my rope i.e. there is no way to go somewhere else from this hectic schedule.	13.3%	33.3%	40.0%	13.3%
21	I feel I am now more vulnerable to infections, colds, flu, and other immune-related medical problems.	20.0%	30.0%	33.3%	16.7%
22	I feel I have begun to lose a significant amount of weight due to lack of appetite.	13.3%	26.7%	40.0%	20.0%
23	I feel some angry outbursts and serious arguments in the workplace.	3.3%	23.3%	53.3%	20.0%

24	I feel that I have lost enjoyment in my work as well as in my personal life.	3.3%	63.3%	26.7%	6.7%
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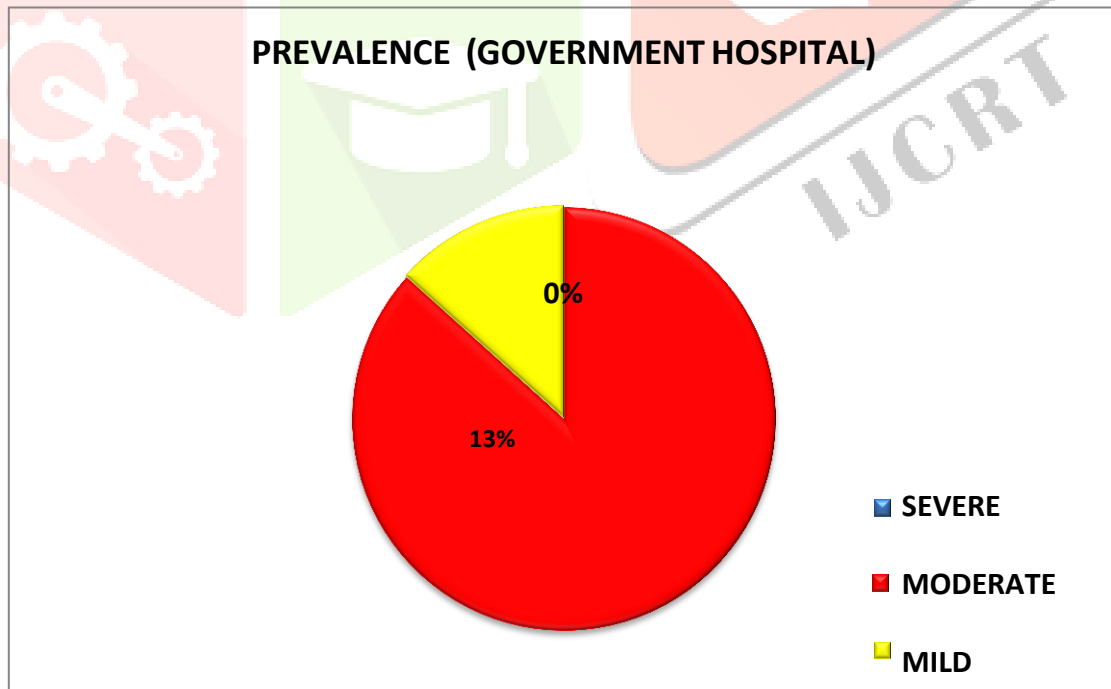
**Table 2.1** Depicts the response in percentage (%) of subjects according to item wise by the nurses working in Government Hospital. It is found that majority of nurses were responded to the category of sometimes in the scale and the highest percentage for this category was 63.3%.

**Table 2.2 Mean score of prevalence of Burnout Syndrome among nurses of government hospital**

N=30

Hospital setting	Prevalence	%	Mean	Median	SD
Government hospital	Mild (0-24)	13.3%	34.23	35.5	6.847
	Moderate (25-48)	86.7%			
	Severe (49-72)	0%			

**Table 2.2** Depicts the prevalence of Burnout Syndrome among nurses of government hospital. The majority of nurses i.e. 86.7 % were having moderate level of Burnout syndrome where as 13.3% nurses were fall in mild category of Burnout syndrome, furthermore there were no severe prevalence in the nurses of government hospital.



**Figure 11:** Pie chart showing the percentage distribution according to the prevalence of burnout syndrome among nurses of government hospital.

**Table 2.3:** Item wise percentage distribution of prevalence of Burnout Syndrome among nurses in private hospital.

N=30

SR.NO	ITEMS	ALWAYS (%)	SOMETIMES (%)	ONCE IN A WHILE (%)	NEVER (%)
1	I feel severe exhaustion from my work	10.0%	40.0%	40.0%	10.0%
2	I feel that excessive workload cause unrelieved stress at the end of the day	6.7%	43.3%	36.7%	13.3%
3	I feel fatigued when I get up in the morning and have to face another day on the job	3.3%	50.0%	36.7%	10.0%
4	I feel detached from other colleagues, friends and family members. (depersonalization)	6.7%	53.3%	40.0%	0.0%
5	I feel no sense of accomplishment anymore.	13.3%	40.0%	30.0%	16.7%
6	I feel sleeplessness due to my excessive working at job place.	0.0%	43.3%	50.0%	6.7%
7	I feel severe physical fatigue all the time	10.0%	36.7%	40.0%	13.3%
8	I feel that there is absence of positive emotions in me like joy, gratitude, inspirations, hope etc.	16.7%	26.7%	33.3%	23.3%
9	I feel cognitive problems like trouble in remembering, learning new things, concentrating, or making decisions.	6.7%	36.7%	40.0%	16.7%
10	I feel self-care deficit due Lack of time for myself.	16.7%	33.3%	40.0%	10.0%
11	I feel that I have become completely careless toward people's lives due to my work.	13.3%	30.0%	36.7%	20.0%

12	I feel I treat some clients as if they were impersonal objects.	16.7%	23.3%	33.3%	26.7%
13	I feel unmotivated towards my life.	13.3%	33.3%	26.7%	26.7%
14	I feel frustrated by my job due to my work assignment at my job.	10.0%	46.7%	26.7%	16.7%
15	I feel that I can't fight or run my way out of any danger.	6.7%	26.7%	50.0%	16.7%
16	I feel apathy and hopelessness due to my work load at my job place.	23.3%	40.0%	26.7%	10.0%
17	I feel ineffective, unimportant, and useless at my workplace as well as at home.	6.7%	23.3%	50.0%	20.0%
18	I feel that as hard as I try, I can't be that productive as I was earlier in my work.	23.3%	30.0%	33.3%	13.3%
19	<p>I feel some physical symptoms at my work place that include (all or any one of them )</p> <ul style="list-style-type: none"> <li>• Chest Pain,</li> <li>• Heart Palpitations,</li> <li>• Shortness Of Breath,</li> <li>• Gastrointestinal Pain.</li> </ul>	13.3%	23.3%	43.3%	20.0%
20	I feel like I _am at the end of my rope i.e. there is no way to go somewhere else from this hectic schedule.	10.0%	36.7%	40.0%	13.3%
21	I feel I am now more vulnerable to infections, colds, flu, and other immune-related medical problems.	13.3%	33.3%	36.7%	16.7%
22	I feel I have begun to lose a significant amount of weight due to lack of appetite.	16.7%	26.7%	33.3%	23.3%



23	I feel some angry outbursts and serious arguments in the workplace.	0.0%	20.0%	56.7%	23.3%
24	I feel that I have lost enjoyment in my work as well as in my personal life.	3.3%	60.0%	26.7%	10.0%

**Table 2.3** Depicts the item wise response of the staff nurses for the prevalence of Burnout Syndrome in percentage (%) in Private hospital. It is found that majority of nurses were responded to the category of sometimes in the scale and the highest percentage for this category was 60.0%.

**Table 2.4** Mean score of prevalence of Burnout Syndrome among nurses of private hospital

N=30

Hospital setting	Prevalence	%	Mean	Median	SD
Private Hospital	Mild (0-24)	10.0	34.00	35.5	6.091
	Moderate (25-48)	90.0			
	Severe (49-72)	0%			

**Table 2.4:** Depicts the level of prevalence of Burnout Syndrome among nurses of private hospital. The majority of nurses i.e. 90.0% were having moderate level of Burnout syndrome where as 10.0% nurses were falling in mild category of Burnout syndrome; furthermore there were no severe prevalence of Burnout syndrome in the nurses of private hospital.

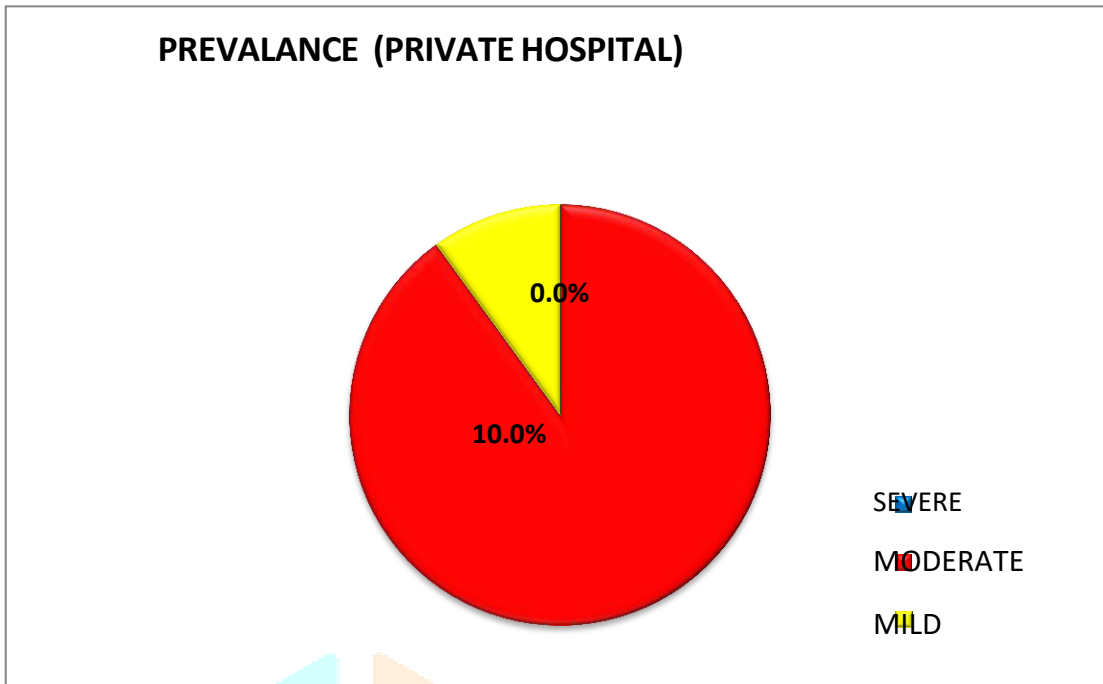


Figure 12: Pie chart showing the percentage distribution according prevalence of burnout syndrome among nurses of private hospital.

SECTION III

Table 3 Coping strategies adopted by nurses in government and private hospital

Table 3.1: Percentage distribution of coping strategies according to item wise response by the nurses working in the government hospital.

N=30

SR.NO	ITEMS	ALWAYS (%)	SOMETIMES (%)	ONCE IN A WHILE (%)	NEVER (%)
<b>A.</b>	<b>Physiological</b>				
1	I engage in activities like exercise, running and workout in the gym.	16.7%	40.0%	26.7%	16.7%
2	I go for swimming	23.3%	33.3%	10.0%	33.3%
3	I do Yoga daily	16.7%	40.0%	10.0%	33.3%
4	I do Deep Breathing exercises	33.3%	43.3%	16.7%	6.7%
5	I meditate daily	30.0%	26.7%	20.0%	23.3%

6	I follow the basic rules i.e. eat and sleep and hydrate my body.	33.3%	33.3%	13.3%	20.0%
<b>B.</b>	<b>Psychological</b>				
7	I turned to work or substitute activity to take my mind off things happened on the shift.	33.3%	40.0%	13.3%	13.3%
8	I try to see it in a different light, to make it seem more positive.	23.3%	16.7%	40.0%	20.0%
9	I am aware of what I am doing with my life	26.7%	23.3%	40.0%	10.0%
10	I prefer/try to find some value in my work.	43.3%	13.3%	33.3%	10.0%
11	I believe that my work is meaningful to me.	40.0%	13.3%	26.7%	20.0%

12	I try to deal with emotional problem very calmly on my work place.	30.0%	36.7%	23.3%	10.0%
13	I try to find out the stressor or observe what's happening around me.	33.3%	33.3%	23.3%	10.0%
14	I try to come up with a strategy about what to do.	33.3%	36.7%	16.7%	13.3%
15	I take a great night's sleep.	33.3%	33.3%	13.3%	20.0%
16	I think about how I might best handle the problem.	36.7%	20.0%	13.3%	30.0%
<b>C</b>	<b>Sociological</b>				
17	I discuss my feelings with someone at my workplace.	23.3%	36.7%	23.3%	13.3%
18	I try to get emotional support from friends or relatives.	26.7%	26.7%	23.3%	23.3%
19	I engage in religious activities to seek peace.	16.7%	26.7%	36.7%	20.0%
20	I talk to someone about how I feel about my job and my colleagues.	30.0%	33.3%	20.0%	16.7%

21	I make time to engage in activities I enjoy, or simply have goodtime with people who are close to me.	30.0%	23.3%	20.0%	23.3%
22	I take consultation from experts.	16.7%	53.3%	6.7%	23.3%
D.	<b>Miscellaneous</b>				
23	I listen to soft music of ten to relieve my stress.	26.7%	20.0%	33.3%	20.0%
24	I daydreamed or imagined a better time or place than the one I was in before.	30.0%	36.7%	23.3%	10.0%
25	I didn't let it get to me; refused to think too much about it.	23.3%	23.3%	30.0%	23.3%
26	I start a fun project, or resume a favorite hobby.	20.0%	36.7%	36.7%	6.7%
27	I appreciate the things in my life that are good and bring me some joy.	20.0%	43.3%	20.0%	16.7%
28	I came up with a couple of different solutions to the specific problem.	26.7%	33.3%	20.0%	20.0%
29	I say 'NO' to take additional assignments on my workplace when I feel or I know that i am unable to complete the task in time.	36.7%	30.0%	23.3%	10.0%
30	I ask people who have had similar experiences what they did.	30.0%	30.0%	30.0%	10.0%
31	I stay flexible and open minded.	36.7%	26.7%	26.7%	10.0%
32	I make fun of the situation.	23.3%	20.0%	23.3%	33.3%
33	I try to find comfort in my religion.	30.0%	40.0%	20.0%	10.0%
34	I learn something from the previous experience	36.7%	20.0%	30.0%	13.3%

**Table 3.1** Depicts the item wise distribution of response given by the nurses working in the government hospital. It clearly shows that most of the nurses i.e. 43.3% adopted deep breathing exercises sometimes for the physiological relief whereas for the psychological the majority of nurses i.e. 43.3% were trying to find some value for the work always.

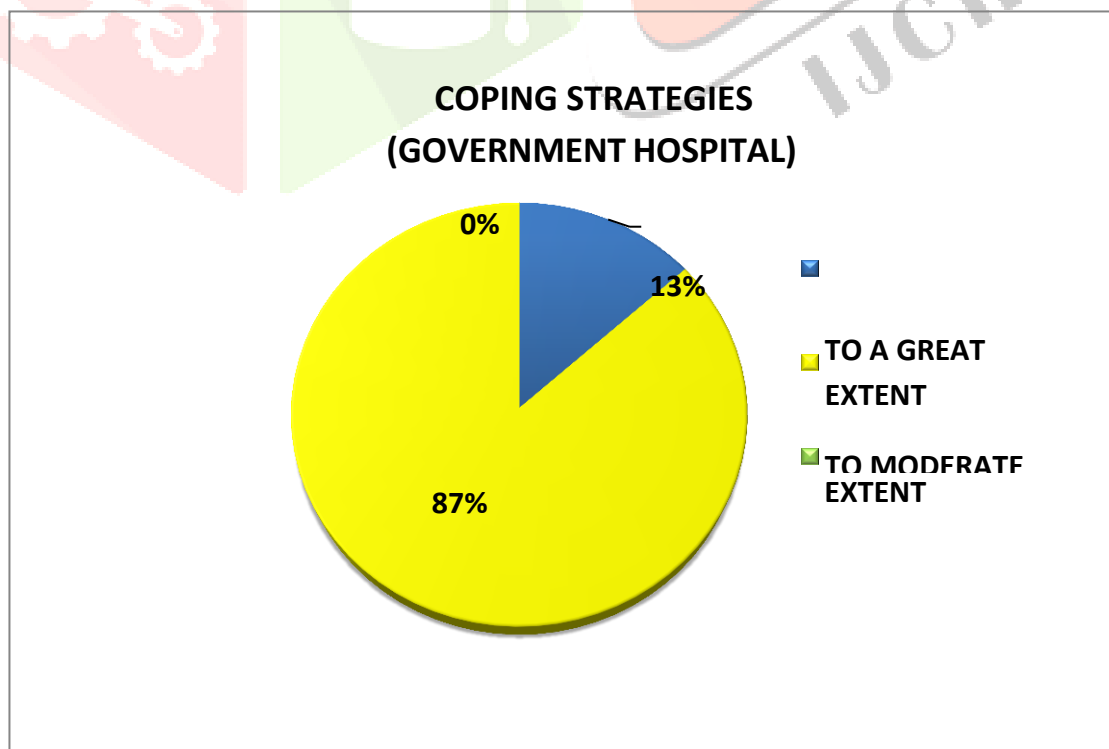
Furthermore, for the sociological items, the response from majority of nurses i.e. 36.7% was to engage in the religious activities to cope up with the stress, and the response for the miscellaneous items, majority of the nurses i.e. 43.3% appreciate the things in their life that are good and bring them joy.

**Table 3.2: Mean score of coping strategies adopted by the nurses in government hospital**

N=30

Hospital setting	Coping score	%	Mean	Median	SD
Government hospital	Some extent(0-36)	0%	58.10	56.5	9.778
	Moderate extent (37-72)	86.7%			
	Great extent (73-108)	13.3%			

**Table 3.2** depicts the coping strategies adopted by the nurses to prevent the burnout syndrome in government hospital. This table shows that none of the nurses in government hospital uses the coping strategies to some extent, whereas majority of nurses i.e. 87% adopted coping strategies to moderate extent, furthermore 13% of the nurses in the government hospital adopted coping strategies to the great extent for the prevention of burnout syndrome.



**Figure 13: Pie chart showing the coping strategies adopted by nurses of government hospital**

**Table 3.3** Percentage distributions of coping strategies according to item wise response by the nurses working in private hospital.

N=30

SR.NO	ITEMS	ALWAYS (%)	SOMETIMES (%)	ONCE IN A WHILE (%)	NEVER (%)
<b>A.</b>	<b>Physiological</b>				
1	I engage in activities like exercise, running and workout in the gym.	16.7%	33.3%	26.7%	23.3%
2	I go for swimming	33.3%	40.0%	20.0%	6.7%
3	I do Yoga daily	26.7%	33.3%	10.0%	30.0%
4	I do Deep Breathing exercises	26.7%	30.0%	16.7%	26.7%
5	I meditate daily	33.3%	33.3%	13.3%	20.0%
6	I follow the basic rules i.e. eat and sleep and hydrate my body.	36.7%	16.7%	30.0%	16.7%
<b>B.</b>	<b>Psychological</b>				
7	I turned to work or substitute activity to take my mind off things happened on the shift.	26.7%	33.3%	23.3%	16.7%
8	I try to see it in a different light, to make it seem more positive.	20.0%	33.3%	26.7%	20.0%
9	I am aware of what I am doing with my life	13.3%	30.0%	23.3%	33.3%
10	I prefer/try to find some value in my work. .	33.3%	26.7%	23.3%	16.7%
11	I believe that my work is meaningful to me.	23.3%	33.3%	23.3%	20.0%
12	I try to deal with emotional problem very calmly on my work place.	30.0%	30.0%	30.0%	10.0%
13	I try to find out the stressor or observe what's happening around me.	13.3%	36.7%	26.7%	23.3%

14	I try to come up with a strategy about what to do.	33.3%	23.3%	20.0%	23.3%
15	I take a great night's sleep.	13.3%	50.0%	26.7%	10.0%
16	I think about how I might best handle the problem.	40.0%	26.7%	13.3%	20.0%
<b>C.</b>	<b>Sociological</b>				
17	I discuss my feelings with someone at my workplace.	10.0%	23.3%	23.3%	43.3%
18	I try to get emotional support from friends or relatives.	33.3%	33.3%	23.3%	10.0%
19	I engage in religious activities to seek peace.	16.7%	36.7%	23.3%	23.3%
20	I talk to someone about how I feel about my job and my colleagues.	33.3%	40.0%	16.7%	10.0%
21	I make time to engage in activities I enjoy, or simply have goodtime with people who are close to me.	33.3%	33.3%	26.7%	6.7%
22	I take consultation from experts.	23.3%	46.7%	23.3%	6.7%
<b>D.</b>	<b>Miscellaneous</b>				
23	I listen to soft music of ten to relieve my stress.	33.3%	36.7%	30.0%	0.0%
24	I daydreamed or imagined a better time or place than the one I was in before.	33.3%	33.3%	23.3%	10.0%
25	I didn't let it get to me; refused to think too much about it.	33.3%	36.7%	20.0%	10.0%
26	I start a fun project, or resume a favorite hobby.	33.3%	40.0%	13.3%	13.3%
27	I appreciate the things in my life that are good and bring me some joy.	30.0%	30.0%	33.3%	6.7%
28	I came up with a couple of different solutions to the specific problem.	56.7%	33.3%	10.0%	0.0%

29	I say 'NO' to take additional assignments on my workplace when I feel or I know that i am unable to complete the task in time.	33.3%	23.3%	36.7%	6.7%
30	I ask people who have had similar experiences what they did.	23.3%	36.7%	26.7%	13.3%
31	I stay flexible and open minded.	33.3%	26.7%	26.7%	13.3%
32	I make fun of the situation.	23.3%	30.0%	16.7%	30.0%
33	I try to find comfort in my religion.	43.3%	20.0%	26.7%	10.0%
34	I learn something from the previous experience	30.0%	33.3%	20.0%	16.7%

**Table 3.3** depicts the item wise distribution of response given by the nurses working in the private hospital. It clearly shows that most of the nurse's i.e. 40.0% adopted swimming sometimes for the physiological relief where as for the psychological the majority of nurses i.e. 50.0 % took a great night's sleep sometimes.

Furthermore, for the sociological items, the response of majority of nurse's i.e.46.7% sometimes take consultation from experts, to cope up with the stress, and the response for the miscellaneous items, majority of the nurses 56.7% always came up with the different solution to specific problem.

**Table 3.4: Mean score of coping strategies adopted by the nurses in private hospital**

**N= 30**

Hospital setting	Coping score	%	Mean	Median	SD
Private hospital	Some extent(0-36)	0%	59.10	59	4.634
	Moderate extent (37-72)	96.7%			
	Great extent(73-108)	3.3%			

**Table 3.4** depicts the coping strategies adopted by the nurses to prevent the burnout syndrome in private hospital. This table shows that none of the nurses in private hospital uses the coping strategies to some extent, whereas majority of nurses i.e.97% adopted coping strategies to moderate extent, furthermore 3% of the nurses in the private hospital adopted coping strategies to the great extent for the prevention of burnout syndrome.



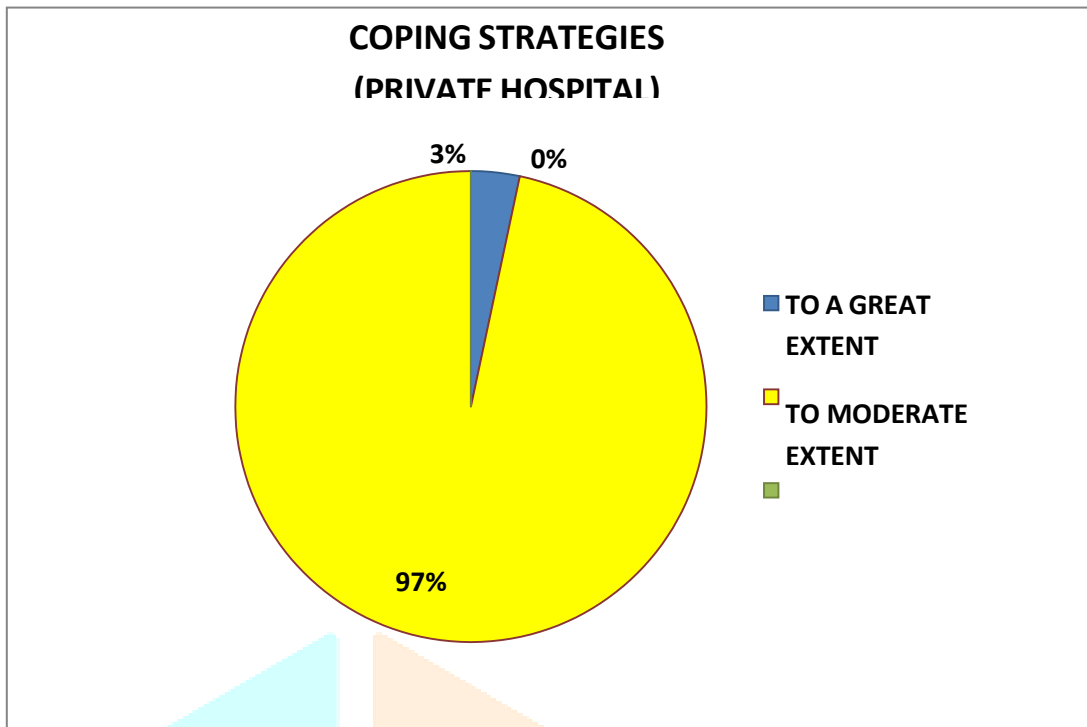


Figure 14: Pie chart showing the coping strategies adopted by the nurses to prevent the burnout syndrome in private hospital.

**SECTION IV**

*Comparison of prevalence of burnout syndrome*

**Table 4.1:** Comparison of prevalence of burnout syndrome among nurses working in the government and private hospital

N= 60

CATEGORY	PREVALENCE IN GOVERNMENT HOSPITAL (%)	PREVALENCE IN PRIVATE HOSPITAL (%)
Mild (0-24)	13.3 %	10%
Moderate (25-48)	86.7%	90%
Severe (49-72)	0%	0%

**Table 4.1:** Depicts the comparison of the prevalence of Burnout syndrome among the nurses of both government and private hospital. It has been concluded that none of the nurses i.e. 0% from the both settings had severe category of Burnout syndrome. Whereas there were only 13.3% nurses in government and 10% nurses in private hospital have mild burnout syndrome. Majority of nurses from government i.e. 86.7% and in private i.e. 90% of nurses, there was a presence of moderate burnout syndrome.

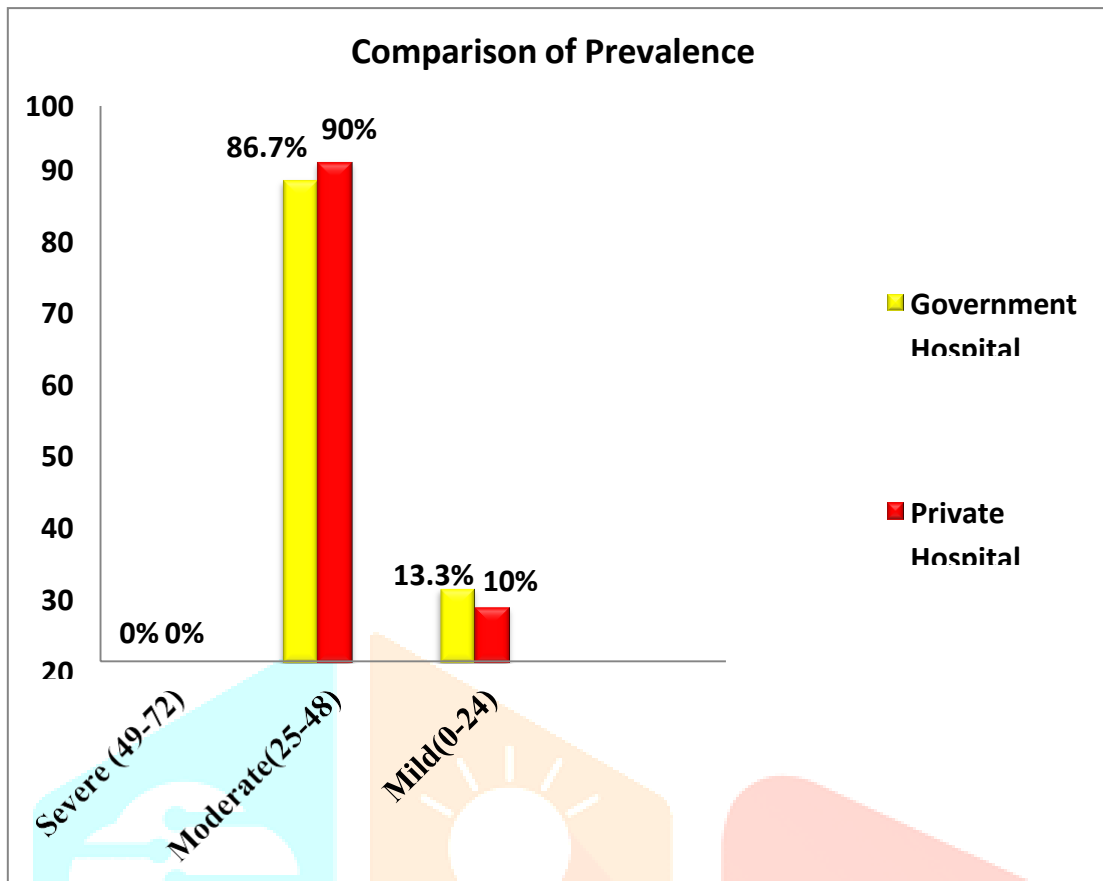


Figure 15: Bar graph showing the comparison of prevalence of burnoutsyndrome between the nurses working in government and private hospital.

SECTION –V

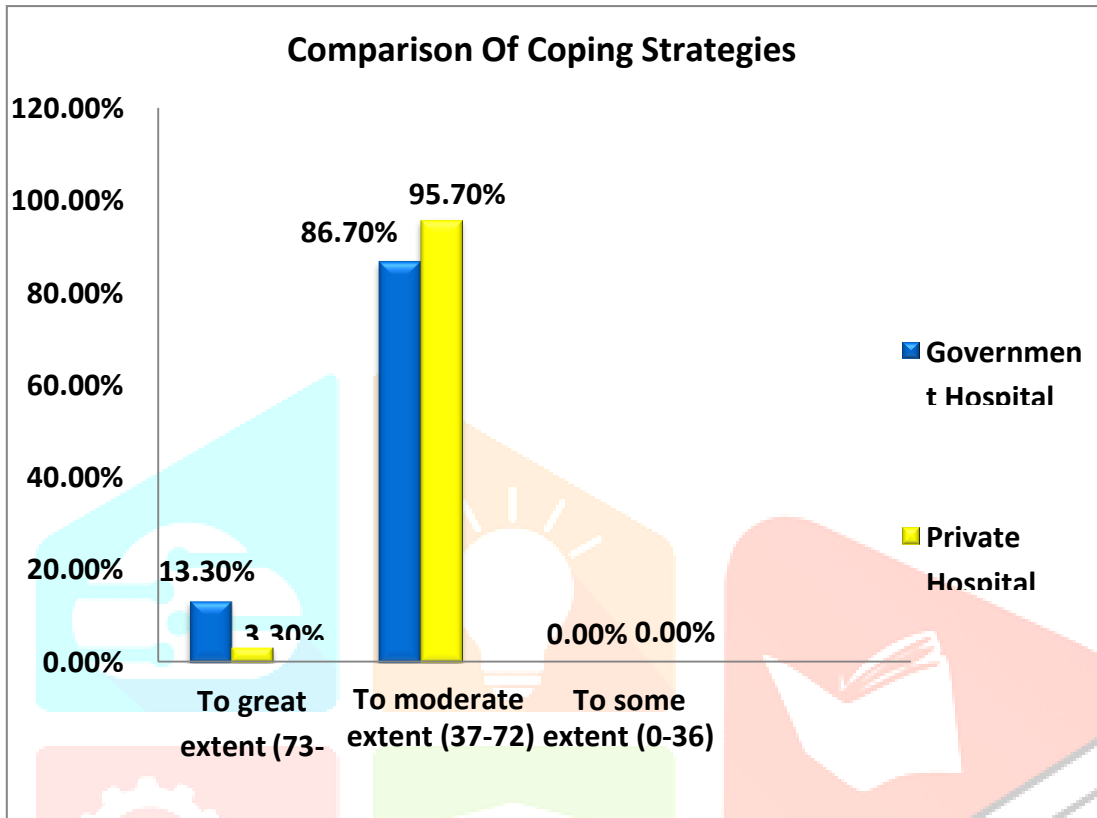
Comparison of Coping Strategies

Table 5.1 Comparison of coping strategies adopted by nurses working in governmentand private hospital

N= 60

CATEGORY	COPING STRATEGIES IN GOVERNMENT HOSPITAL (%)	COPING STRATEGIES IN PRIVATE HOSPITAL (%)
Some extent(0-36)	0%	0%
Moderate extent(37-72)	86.7%	96.7%
Great extent(73-108)	13.3%	3.3%

**Table 5.1** depicts the comparison of coping strategies adopted by the nurses working in government and private hospital to prevent the burnout syndrome. It shows that both private and government 0% nurses adopted coping strategies to some extent. Whereas the percentage for the use of coping strategies to great extent is 10% more in the government hospital i.e.13.30% rather than private one. Majority of nurses adopted coping strategies to moderate extent in both government and private hospital i.e. 86.7% (g) and 95.7% (p).



*Figure 16: Bar graph showing the comparison of coping strategies adopted by nurses of government and private hospital.*

**SECTION VI**

*Association between prevalence of Burnout Syndrome and coping strategies adopted by nurses working in government hospital and private hospital with selected demographic variables.*

**Table 6.1:** Association between the levels of score with socio demographic data of government hospital.

N= 30

S.No	Demographic Data		Levels			Government Hospital $\chi^2$ , df, p-value
	Variables	Options	Mild n <sub>1</sub> = 4	Moderate n <sub>2</sub> =26	Severe n <sub>3</sub> =0	
1	Age (in years)	26-35	0	4	0	1.118,
		36-41	3	13	0	

		42-47	1	9	0	2, 0.572 <sup>NS</sup>
2	Gender	Male	1	6	0	0.007, 1, 0.933 <sup>NS</sup>
		Female	3	20	0	
		Transgender	0	0	0	
3	Marital Status	Married	4	23	0	0.513, 1, 0.474 <sup>NS</sup>
		Unmarried	0	3	0	
		Divorced / Separated	0	0	0	
		Widow/ widower	0	0	0	
4	Educational Qualification	GNM	3	14	0	1.408, 2, 0.495 <sup>NS</sup>
		Basic B.Sc. Nursing	0	7	0	
		Post basic Nursing	1	5	0	
		M. Sc. Nursing or above	0	0	0	
5	Hospital Setting	Private sector	0	0	0	-
		Government sector	4	26	0	
6	Current area of work	Ward	0	6	0	2.596, 4, 0.628 <sup>NS</sup>
		OPD	1	5	0	
		ICU	0	0	0	
		Emergency	2	6	0	
		Operation theatre	1	5	0	
		Any other	0	4	0	
7	Experience / duration of work in the Present Area	0-8	1	4	0	1.923 3, 0.589 <sup>NS</sup>
		9-17	2	7	0	
		18-26	1	8	0	
		27-35	0	7	0	
8	Monthly	5000-20000	0	3	0	

Income of the participant (in Rupees).	21000-36000	0	0	0	2.837 3 0.418 <sup>NS</sup>
	37000-52000	3	9	0	
	53000-67000	1	8	0	
	68000-83000	0	6	0	

*NS- Non-significant*

*\*- Significant at  $p < 0.05$*

**Table 6.1:** Depicts that there is no significant association of age, gender, marital status, education qualification, hospital setting, current area of work, experience duration of work in the present area, monthly income of the participant in government hospital.

**Table 6.2:** Association between the level score and socio demographic variable of private hospital.

*N=30*

Demographic Data		Levels			Private hospital
Variables	Options	Mild $n_1=3$	Moderate $n_2=27$	Severe $n_3=0$	$\chi^2$ , df, p-value
Age (in years)	26-35	1	17	0	3.951 2 0.139 <sup>NS</sup>
	36-41	1	9	0	
	42-47	1	1	0	
Gender	Male	2	20	0	0.0076 1 0.783 <sup>NS</sup>
	Female	1	7	0	
	Transgender	0	0	0	
Marital Status	Married	2	14	0	3.148 2 0.207 <sup>NS</sup>
	Unmarried	0	11	0	
	Divorced / Separated	1	2	0	
	Widow / widower	0	0	0	
Educational Qualification	GNM	2	10	0	1.958 2 0.376 <sup>NS</sup>
	Basic B.Sc. Nursing	0	11	0	
	Post basic Nursing	1	6	0	
	M. Sc. Nursing or above	0	0	0	
Hospital Setting	Private sector	3	27	0	

	Government sector	0	0	0	-
Current area of work	Ward	0	4	0	3.333 4 0.504 <sup>NS</sup>
	OPD	2	6	0	
	ICU	0	7	0	
	Emergency	1	9	0	
	Operation theatre	0	0	0	
	Any other	0	1	0	
Experience / duration of work in the Present Area	0-8	1	16	0	2.135 2 0.344 <sup>NS</sup>
	9-17	1	9	0	
	18-26	1	2	0	
	27-35	0	0	0	
Monthly Income of the participant (in Rupees).	5000-20000	1	21	0	2.727 1 0,099 <sup>NS</sup>
	21000-36000	2	6	0	
	37000-52000	0	0	0	
	53000-67000	0	0	0	
	68000-83000	0	0	0	

*NS-Non-significant*

*\*-Significant at p<0.05*

**Table 6.2:** Depicts that there is no significant association of age, gender, marital status, education qualification, hospital setting, current area of work, experience duration of work in the present area, monthly income of the participant in private hospital.

**Table 6.3:** Association between the score of coping strategies with selected socio-demographic variables

Demographic Data		Levels			Government hospital
Variables	Options	To Some Extent n <sub>1</sub> = 0	To Moderate Extent n <sub>2</sub> = 26	To Great Extent n <sub>3</sub> = 4	$\chi^2$ , df, P-value
Age (in years)	26-35	0	4	0	1.118 2, 0.572 <sup>NS</sup>
	36-41	0	13	3	
	42-47	0	9	1	
Gender	Male	0	0	0	1.405, 1 0.236 <sup>NS</sup>
	Female	0	7	0	
	Transgender	0	19	4	

Marital Status	Married	0	0	0	0.513, 1 0.474 <sup>NS</sup>
	Unmarried	0	23	4	
	Divorced / Separated	0	3	0	
	Widow/ widower	0	0	0	
Educational Qualification	GNM	0	0	0	3.190 2 0.203 <sup>NS</sup>
	Basic B.Sc. Nursing	0	15	2	
	Post basic Nursing	0	7	0	
	M. Sc. Nursing or above	0	4	2	
Hospital Setting	Private sector	0	0	0	-
	Government sector	0	0	0	
Current area of work	Ward	0	26	4	1.875, 4, 0.759 <sup>NS</sup>
	OPD	0	5	1	
	ICU	0	5	1	
	Emergency	0	0	0	
	Operation theatre	0	8	0	
	Any other	0	5	1	
Experience / duration of work in the Present Area	0-8	0	3	1	1.923 3 0.589 <sup>NS</sup>
	9-17	0	4	1	
	18-26	0	8	1	
	27-35	0	7	2	
Monthly Income of the participant (in Rupees).	5000-20000	0	7	0	2.837 3 0.418 <sup>NS</sup>
	21000-36000	0	3	0	
	37000-52000	0	0	0	
	53000-67000	0	9	3	
	68000-83000	0	8	1	

*NS-Non-significant*

*\*-Significant at  $p < 0.05$*

**Table 6.3:** Depicts that there is no significant association of age, gender, marital status, education qualification, hospital setting, current area of work, experience duration of work in the present area, monthly income of the participant in government hospital.

### Conclusion

The present study concluded that majority of nurses both from government and private hospital have moderate prevalence 86.7 % (g) and 90.0% (p) of burnout syndrome and majority of nurses 87%(g) and 97%(p) adopted coping strategies to moderate extent. The findings also reveal that there is more prevalence of burnout syndrome in private hospital than in government. This study also concluded that there the nurses of private hospital adopt more coping strategies than the nurses of government hospital to prevent the burnout syndrome.

**Table 6.4:** Association between the score of coping strategies with selected socio- demographic variables in private hospital.

Demographic Data		Levels			Private hospital
Variables	Options	TO SOME EXTENT N <sub>1</sub> =0	TO MODERATE EXTENT N <sub>2</sub> =29	TO A GREAT EXTENT N <sub>3</sub> =1	$\chi^2$ , df, p-value
Age (in years)	26-35	0	17	1	0.690 2 0.708 <sup>NS</sup>
	36-41	0	10	0	
	42-47	0	2	0	
Gender	Male	0	0	0	2.845 1 0.092 <sup>NS</sup>
	Female	0	22	0	
	Transgender	0	7	1	
Marital Status	Married	0	0	0	0.905 2 0.636 <sup>NS</sup>
	Unmarried	0	15	1	
	Divorced / Separated	0	11	0	
	Widow/ widower	0	3	0	
Educational Qualification	GNM	0	0	0	1.787 2 0.409 <sup>NS</sup>
	Basic B.Sc. Nursing	0	12	0	
	Post basic Nursing	0	10	1	
	M. Sc. Nursing or above		7	0	
Hospital Setting	Private sector	0	0	0	-
	Government sector	0	29	1	
Current area of	Ward	0	0	0	3.399 4
	OPD	0	4	0	
	ICU	0	8	0	



work	Emergency	0	6	1	0.493 <sup>NS</sup>
	Operation theatre	0	10	0	
	Any other	0	0	0	
Experience / duration of work in the Present Area	0-8	0	1	0	2.069 2 0.355 <sup>NS</sup>
	9-17		17	0	
	18-26	0	9	1	
	27-35	0	3	0	
Monthly Income of the participant (in Rupees).	5000-20000	0	0	0	0.376 1 0.540 <sup>NS</sup>
	21000-36000	0	21	1	
	37000-52000	0	8	0	
	53000-67000		0	0	
	68000-83000	0	0	0	

*NS-Non-significant*

*\*-Significant at p<0.05*

**Table 6.4:** Depicts that there is no significant association of age, gender, marital status, education qualification, hospital setting, current area of work, experience duration of work in the present area, monthly income of the participant in private hospital.

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