

**DEGREE OF BURNOUT EXPERIENCE AND BEHAVIORAL RESPONSES OF  
NURSES AT A PRIVATE HOSPITAL IN ILOILO CITY**

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**by**

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## **ABSTRACT**

This descriptive relational study was conducted to determine the degree of burnout experience and behavioral responses of nurses at a selected private hospital in Iloilo City. Specifically, this study aimed to determine the personal characteristics of the respondents according to age, sex, civil status, length of service, patient –ratio, area of assignment, and personality type. A one –shot survey design was employed using a self –administered questionnaire modeled from Maslach Burnout Inventory. The respondents were the regular employed nurses of Iloilo Mission Hospital. Frequency distribution, Percentages, mean were the statistical tools used to analyze the descriptive data; Gamma and Chi- square test were used to determine relationship among different variables. The result of the study showed that majority of the respondents were in their late twenties, female, married, with less than three years length of service, assigned in special units and with varying number of patients.

More than half of the respondents are extraverted, emotionally stable; less than half are introverted, emotionally stable; a very low proportion are extraverted emotionally unstable and only one has an extraverted emotionally unstable type of personality.

A high percentage of nurses has low degree of burnout in depersonalization, more than half have the same degree in emotional exhaustion and high in personal accomplishment. A great majority used adaptive behavioral responses such as self distraction, active coping, instrumental support, venting, positive reframing, planning and praying. While a very low percentage used maladaptive responses such as denial, substance use, behavioral discouragement, and self blame.

The study results revealed that degree of burnout experience in the three subscales did not vary when classified according to age, civil status, length of service, patient-ratio, and area of assignment. While, a variation was revealed between degree of burnout experience and sex.

Nurse's degree of burnout experience is low regardless of personality type. Majority of nurses who are introverted and extraverted and emotionally stable have adaptive behavioral responses.

A significant relationship was found between the respondent's behavioral responses and age and between behavioral responses and length of service. However, no relationship was found between nurse's behavioral responses and sex, civil status, nurse-patient ratio, and area of assignment. Behavioral responses of nurses may not influence degree of burnout experience in emotional exhaustion and depersonalization. On the other hand, behavioral responses may influence degree of burnout experience in personal accomplishment.