

STATISTICS OF PREVALENCE OF PROFESSIONAL BURNOUT SYNDROME

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Introduction. The activity of health care specialists, as specialists of the helping profession in the human-human system, becomes especially difficult in modern working conditions. The specificity of the work of the specified category of specialists is related to receiving negative emotional information, analysis of client history, etc. All this directly or indirectly affects the personality and behavior of healthcare professionals and can cause them to burn out emotionally. The problem of prevention and correction of emotional burnout of health care specialists was and remains scientifically and practically in demand and is especially relevant today.

Goal. To analyze the statistics of the spread of the syndrome of professional burnout

Materials and methods. Methods were used in the work: historical, logical, structural analysis.

Results and their discussion. In the world, the frequency of detection of professional burnout syndrome in medical workers ranges from 20-75 %. There are no official statistics on the prevalence of burnout syndrome, while experts emphasize that burnout syndrome is present in 20-30 % of specialists in the social sphere. The problem has become even more relevant since 2019, when for the first time professional burnout syndrome was discussed as a disease that is a consequence of chronic stress at work. On the initiative of the WHO, occupational burnout is included in ICD-11.

According to statistics for 2019, about 210 million people in the world suffer from burnout syndrome, which is approximately 5-7 % of the entire population. The syndrome of professional burnout as a reaction to professional stress factors is found in 68.4 % of pharmaceutical employees of pharmacy establishments who work at the front desk. Analysis of the dynamic structure of the syndrome in 2019 shows that 30.6 % of the syndrome is in the stress phase, 20.4 % is in the resistance phase, and 17.3 % is in the exhaustion phase. According to the 2021 Work and Well-Being Survey conducted by the American Psychological Association (APA), 3 out of 5 workers reported negative mental and physical effects due to work-related stress; 26 % noted a lack of interest, motivation or energy; 32 % reported emotional exhaustion, and 44 % reported high levels of physical fatigue. A Deloitte study found that 77% of employees experienced burnout at work, and the main cause of burnout was a lack of support and recognition from management. Qualtrics found that in 2020, 79 % of workers in 26 countries felt "at or beyond their capacity." The percentage with a

feeling of burnout is higher among female managers (43 %), compared to men at their level (31 %).

Conclusions. The work of health care specialists is accompanied by stress every day, because there is a responsibility for human life and health. Between 25% and 75% of healthcare workers worldwide experience professional burnout, depending on the specialty.