

Professional Burnout in Orthodontists- An Online Survey Report

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ABSTRACT

Introduction- Professional burnout is a type of job stress; a physical, mental and emotional exhaustion associated with worries about personal competence and the value of one's work due to prolonged stress. This affects one's professional life and personal life detrimentally. **Aim-**This study is online survey which is based on the standard scores of burnout from American welfare association in orthodontists & postgraduates from orthodontics in Maharashtra region. **Materials and Methods-** In an online survey study, all (n=50) orthodontist and post graduate filled and submitted online form. A questionnaire of 28 questions was answered on scale of 1 to 5 where 1 meant minimum score and 5 maximum. **Results-** In this online survey 26 % respondent displayed minimal stress with no signs of burnout, 38 % respondent displayed moderate stress and fair chances of burnout, 36 % respondent displayed high stress and signs of early burnout, no respondent showed displayed either zero stress or dangerously high amount of stress and advance burnout.

KEYWORDS: Survey, Burnout, Orthodontics

INTRODUCTION

Professional burnout is a gradual erosion of a person and reduced personal accomplishment. This is seen in professionals who have to come in contact with people for most of the time as a professional job.^{1,2}

With the fast evolving knowledge and resulting competition dentistry has become one of the stressful professions. Dental work is characterized by isolated conditions and a strong reliance on technical skills, also less quality time with family and friends, lack of time for exercise and food etc; resulting into stressful life.³

Although some stress is inherent and useful, there is a concern that heavy stress and long term stress exposure may precipitate burnout.⁴ Reduction in stress would help build better professional environment. Before planning and developing strategy for stress reduction, it is important to know the prevalence of stress and specific reasons behind it.⁵

The aim of this study was to find out burnout and stress levels in orthodontists and post graduate orthodontic students.

SUBJECTS AND INVENTORY

A website having survey questionnaire was developed using Google site and Google forms. The questionnaire had 28 questions based upon standard questionnaire of American welfare association .The link of website was forwarded to orthodontists and orthodontic post graduates of various departments of Maharashtra. The 50 responses in Google forms were recorded in span of 3 weeks. The Questions asked were on sleep, work satisfaction, energy levels, personal relationships, professional relationship,

job environment etc.

The questionnaire had a standard result criteria and grades ranging from (grade 0) to (grade 4). (Table 1)

Sr no	Grade of stress and professional burnout	Scores	Inference
1	Grade 0	28 -38	No stress and professional burnout proof
2	Grade 1	38-50	Low stress and no professional burnout
3	Grade 2	51-70	Moderate stress and fair chances of burnout
4	Grade 3	71-90	High stress and signs of early burnout
5	Grade 4	91-up	Dangerous stress and advance burnout

Table 1: Grades and Criteria

RESULTS AND DISCUSSION

No respondent was having score of no job related stress and practically burnout proof soundness (grade 0).

26 % respondent showed low amount of job related stress and were not showing any signs of burnout yet, neither any good chances of burnout in future (grade 1).

38 %respondent showed moderate amount of job related stress, no signs of burnout yet but fair chances of starting with it. (Grade 2).

About 36 % respondent showed high amount of job related stress, which means they have already begun to show some signs of professional burnout (grade 3).

No respondent was having alarming score of stress related to job; professional burnout (grade 4).

How to cite this article:

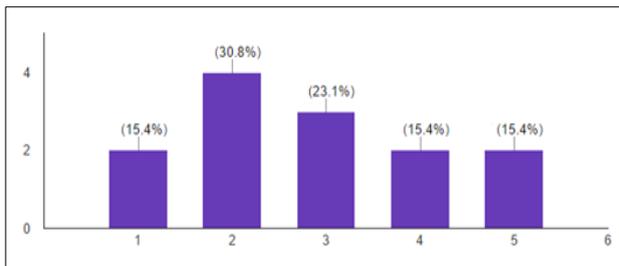
Bedre VV, Chachada A, Atulkar M. Professional Burnout in Orthodontists- An Online Survey Report. *Int J Oral Health Med Res* 2016;3(1):36-37.

Sr.no	Grades of stress and professional burnout	Number of respondent and (percentage)
1	Grade 0	0 (0%)
2	Grade 1	13 (26%)
3	Grade 2	19 (38%)
4	Grade 3	18 (36%)
5	Grade 4	0 (0%)

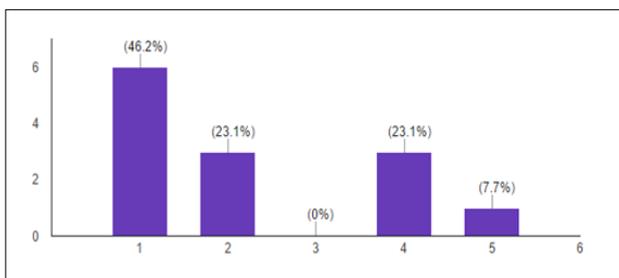
Table 2: Grades of stress and Respondents

In the present survey, the methodology used was simple and reliable. Instead of complete Maslach Burnout Inventory, the American welfare association's adopted version was used.

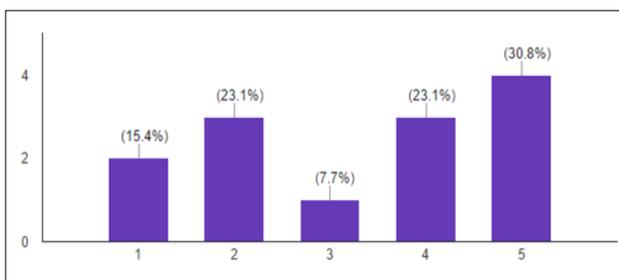
Burnout Features in Percentage of responses on scale 1 to 5 (1 no change, 2 little, 3 moderate, 4 high, 5 severe) has been plotted as under.



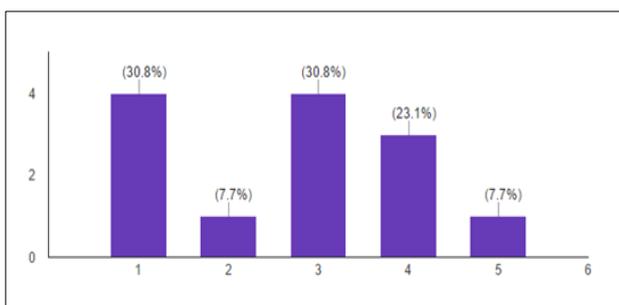
Graph 1: Sleep affected



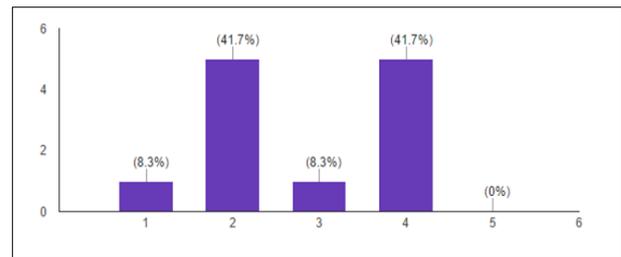
Graph 2: Energy levels affected



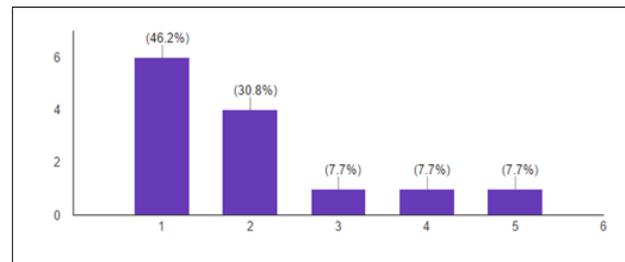
Graph 3: Personal relationships affected



Graph 4: Professional relationship affected



Graph 5: Quality of job environment



Graph 6: Work satisfaction affected

CONCLUSION

Burnout and stress are highly likely to occur in dental profession. About 80 percent respondents showed moderate to high amount of Job related stress. 40 percent respondent showed some signs of professional burnout. This is alarming situation for orthodontic community. The healthy lifestyle and preventive measures to reduce stress has to be followed.^{6,7}

Strategies to deal with stress could be incorporated in Academic curriculum for optimum performance professionally.

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Source of Support: Nil
Conflict of Interest: Nil