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Burnout and work-family conflict among nurses during the preparation for reevaluation of a grade A tertiary hospital

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Original article

Burnout and work-family conflict among nurses during the preparation for reevaluation of a grade A tertiary hospital

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ABSTRACT

Objectives: To gain a better understanding of nurse burnout and work-family conflict for nurses and to help the hospital prepare for hospital grade reevaluation.

Methods: This study is a cross-sectional study, and 95 nurses participated. The questionnaires included MBI and Carlson work-family conflict questionnaires, and the data were analyzed using SPSS 17.

Results: A total of 71.6% of nurses worked over 8 hours per day during the last two months before the reevaluation. The total score of burnout of nurses was 66.84 ± 12.60 , and the proportion of heavy work burnout was 44.2%. The personal accomplishment takes the heaviest portion (80.0%). The total score of work-family conflict is 55.19 ± 9.27 . The scores of work-to-family conflict are all higher than that of family-to-work conflict. The time dimension had the highest score.

Conclusions: During the preparation period, nurses suffered from a heavy workload and intense job burnout, and many aspects of work-family conflict existed.

1. Introduction

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