

THE PREVALENCE OF WORKAHOLISM AMONG HEALTH PROFESSIONALS IN CHERNIVTSY

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Introduction. Workaholism (W) – is an obsessive need to work, a soul-destroying addiction that changes people's personality and the values they live by. According to experts of the International Labour Organization, 8% of employees spend at the office more than 12 hours a day, engaged in any activities, just to avoid of the real life and their personal problems. In Ukraine 48% of health professionals (HP) suffer from W, 29% are tend to W, and only 33% are completely healthy. However, we could not find any statistics regarding the prevalence of W in the governmental and private medicine.

Objectives. The objective of the study was to investigate the prevalence of W among governmental and private HP in Chernivtsy.

Material and methods. Totally we have interviewed 40 HP, which were divided into 2 groups: Group 1 – governmental HP (n=20); Group 2 – private HP (n=20). The average age in both groups was 42±7.5 years, the distribution by gender – 60% women, 40% – men. Professional experience of respondents was 10±5.5 years. The W was diagnosed by the Bergen Work Addiction Scale (BWAS), Phoenix and Rogov tests.

Results. The results of Phoenix test have revealed, that 20% of responders in group 2 occurred quite healthy, while in group 1- only 10%; 30% were tend to W (group 1 – 20%), 50% – were diagnosed W (group 1 – 70%) (p€0.05).

By the Rogov test 50% of group 2 were workaholics (group 1- 90%), another 50% were predisposed to W (group 1- 10%) (p€0.05).

80% of group 2 responders paid to work more than 35 hours a week (group 1 – 70%), 90% – paid to personal needs less than 40 hours per week (group 1 – 40%); 80% reported some hobby – (group 1 – 50%) (p€0.05).

An interesting finding was that less number of private HP occurred to be workaholics, as compared to governmental HP. Even though they spend more hours per week at the office, they didn't get addicted to work.

Conclusions. We can conclude that private HP are less prone to workaholism, as compared to governmental doctors. This can be explained with a number of prophylactic measures, applied by private HP – diversification of activities, active rest and hobbies, effective time management and correct work\life ratio.

Summary. The research has revealed the higher prevalence of workaholism in governmental health professionals in Chernivtsy, as compared to private. This

might be explained with diverse types of their professional activities and highly structured working time.

PERSONALITY CHARACTERISTICS AND BURNOUT SYNDROME IN DOCTORS

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Introduction. The BS is a complex of symptoms which are related to psychological, behavioral and physiological man's functioning. In personality psychology, locus of control (LC) refers to the extent to which individuals believe they can control events affecting them. People who have low LC will have a negative appraisal of themselves and will lack confidence, which makes them to disappoint in their profession and brings them to BS.

Objectives. The aim of present study was to investigate the correlations between BS symptoms of doctors, their style of coping with stress and locus of control.

Material and Methods. Totally we interviewed 98 doctors in different medical institutions of Chernivtsy city. Questionnaire of BS Ch. Maslach (MBI) and Questionnaire of Rotter's Locus of Control I-E Scale (RLCS) were used. Forms of coping with stress were assessed by Endler and Parker's of Coping Inventory for Stressful Situations (CISS).

Results. The responders presented the style of coping with stress as a mediator of the relationship: LC – BS subscales. The external locus of control (ELC) correlated positively with the emotion-focused coping style (EFCS) (r=0.48), as well as with the avoidance-oriented coping style (AOCS) (r=0.20), and showed an inverse correlation with the problem-focused style (PFCS) (r= -0.25) (p€0.05). In turn, EFCS correlated positively with EE (r=0.32) and DP (r=0.34), and was inversely correlated with PS (r= -0.34) (p€0.05). Moreover, PFCS was found to be inversely correlated with EE (r= -0.16) and DP (r= -0.16), and showed positive correlation with PS (r=0.20) (p€0.05). No significant correlations were found between AOCS and components of BS. The ELC correlated positively with EE (r=0.36) and DP (r=0.32), and was inversely correlated with PS (r= -0.29) (p€0.05).

Conclusion. The external locus of control is positively related to BS through the emotion focused style of coping with stress and inversely related to BS through the problem-focused style of coping with stress. Hence, the problem-focused and emotion focused coping style can be considered as a mediator of a relationship between locus of control and BS in doctors.

Summary. The present study demonstrates the correlation of locus of control, style of coping with stress