

# **Burnout syndrome among the students of Belarusian State Medical University**

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## **Introduction**

Burnout Syndrome is a type of psychological stress. It affects work performance, self-esteem, and psychological health. The Medical students are continuously exposed to psychosocial stressors throughout training that, if persistent, can lead to Burnout Syndrome. It is an experience of physical, emotional, and mental exhaustion, caused by long-term involvement in situations that are emotionally demanding.

## **Aim**

To assess the prevalence and levels of burnout syndrome among medical students at the BSMU and to identify associated factors.

## **Materials and methods**

A cross-cultural study was carried out among the random students of all the departments of the BSMU in 2016.

## **Results**

In order to assess the predisposition of the students to the burnout syndrome, 170 students were offered a list of questions concerning their psychological condition while studying at the medical university. Around 38% of the students have chosen the variant “Studies and research” as their current priority. The  $\frac{3}{4}$  of the target group spend more than 6 hours per week on home assignment and 27% has crossed the edge of 14 hours per week. Nearly 63% of the respondents need to distract from studies before doing their homework. Only 36 out of 170 students don't notice any changes in their character while the vast majority of the respondents admitted that they experience irritation and indifference to the problems of others. Around 86% of the respondents loose their temper in order to relieve stress. Besides around 71% of the students have noticed health deterioration to any extent. Only few of the students (2.9%) are satisfied with their academic achievements. In the end we have asked whether the students would choose some other university if they were given a chance. 57.6% would apply for the BSMU once again, 15.9% would prefer being a student of any other university, while 26.5% found it difficult to give a certain answer. All this gives pretty much food for thought.

## **Conclusion**

The medical students of BSMU have quite a distinct predisposition to the burnout syndrome due to the heavy workload, constant stressors, lack of leisure time and deterioration of the physical and psychoemotional condition.