

Akladeus R.A.B, Tlas S., Bondarenko D.S.

THE PROBLEM OF EMOTIONAL BURNOUT AMONG DENTISTS IN THE ARAB WORLD

Tutor: PhD, associate professor Bondarenko O.V.

Department of Therapeutic Dentistry

Altai State Medical University, Barnaul

Relevance. Currently, the general level of tension and stress in both the household and professional spheres is growing in the world. In the course of professional activity, the stresses that arise lead to psychological problems that make it difficult to perform professional duties. This is especially true of those specialties whose activities are associated with the greatest emotional stress. In this regard, the term "emotional burnout" is often found in the literature, which means a state of physical and mental exhaustion caused by intense interpersonal interactions when working with people, accompanied by increased emotional saturation. Dentists are often subject to professional emotional burnout due to the specifics of their work: close contact with the patient, prolonged work in an uncomfortable position, performing small movements sometimes in conditions of insufficient visibility, and in this regard, discomfort, as well as the risk of infection. The literature describes data on the burnout syndrome among dentists in Russia, European and Asian countries. In this regard, it is interesting to study this phenomenon among dentists in Arab countries.

Aim: analysis of the prevalence and severity of burnout syndrome among dentists in the Arab world.

Materials and methods. An anonymous online survey of 87 dentists from Arab countries was conducted according to the questionnaire of K. Maslach in the adaptation of N.E. Vodopyanova. Statistical processing was carried out using the Microsoft Excel program.

Results and their discussion. It was revealed that the majority of Arab dentists have signs of emotional burnout of varying severity. According to the overall score, low and medium burnout prevailed among the respondents. According to the indicator of emotional exhaustion, more than half showed an average level, and a third of the respondents showed a low level. According to the degree of depersonalization, 40% of doctors had a low and average level, and only a few respondents had a high level. The analysis of the index of reduction of personal achievements showed that a significant majority of Arab dentists have a low level on this scale, 10% - an average level, and only a few responses corresponded to a high level of reduction.

Conclusions: thus, as a result of the survey, the presence of emotional burnout syndrome among dentists in the Arab world was revealed. The majority of respondents had an average level of emotional exhaustion; according to the degree of depersonalization, the average and low levels of the trait prevailed; according to the scale of reduction of personal achievements, the majority of dentists revealed a low level of the studied indicator. In this regard, in order to reduce emotional stress and prevent more serious psycho emotional disorders, it is recommended to introduce preventive measures that will save human resources and increase work efficiency.