

PREVALENCE OF BURNOUT SYNDROME AMONG ACADEMIC STAFF AT THE KMTC, NAIROBI CAMPUS

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Background: Long period of work overload may lead to chronic fatigue/stress which is a precursor of burnout syndrome. This may further be precipitated by negative personal or job related factors.

General Objective: To determine the prevalence of burnout syndrome and the factors associated with its precipitation among the respondents

Design and Setting: A cross-sectional sample survey that recruited a total population of 139 academic staff in all the academic departments at KMTC Nairobi Campus.

Methodology

Self administered instruments were used which included a Social demographic (SDQ) questionnaire developed by the researcher on general personal particulars and work related information and the Maslach burnout inventory (MBI).

The researcher observed all ethical considerations and the Data was analyzed using SPSS version 14 utilizing descriptive and inferential statistics. Results were presented in tables, bar charts, pie charts and narratives.

Results: Sixty 65.1% had high and 34.9% had average levels of burnout syndrome ($p = 0.007$). Eighty five percent (85%) of whom had emotional exhaustion ($p=0.01$). All the respondents had high levels of depersonalization, and 67.6% had low levels of personal accomplishment ($p=0.036$).

The highest risk factor for developing burnout syndrome was being an academic lecturer, being over 41 years and having worked at KMTC for over 6 years ($p<0.001$), not taking annual leave ($p= 0.001$) and being married with 1-5 children ($p = 0.036$), being married with the highest professional qualification of a diploma or higher diploma ($p= 0.009$), working more hours beyond normal ($p = 0.023$), absence of social support ($p = 0.049$) and undertaking studies as the respondents was on full time employment ($p=0.029$).

Conclusion: All academic lecturers at KMTC Nairobi campus had burnout syndrome.