

ORIGINAL PAPER

Assessment of Burnout Levels among Working Undergraduate Nursing Students in Turkey: Being a Full Time Employee and Student

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Abstract

Background: Burnout originates in social work environment which causes numerous health problems in people.

Objective: The purpose of this research was to determine the burnout levels of working undergraduate students who actually work as health care staff at hospitals and attending full time education in School of Health in North West region of Turkey.

Results: More than half of the students (56.6 %) were satisfied by working and studying at the same time. Majority of the students (84.8 %) reported that they like their profession. We found that, years in profession and income levels did not affect emotional exhaustion ($p>0.05$), whilst having negative feelings about profession increased emotional exhaustion among working students ($p<0.01$).

Conclusion: Being a student and working at the same time as health care staff is a cause of burnout among students. Adding assertiveness, positive thinking, development of self-control to nursing curricula may help overwhelmed and burnout students to get along with problems they face.

Key words: Nursing students, burnout