

# **The Relationship between Occupational Burnout and Quality of Life of Nurses in Hospitals of Guilan University of Medical Sciences**

**Parand Pourghane,  
Fereshteh Besharati**

*Guilan University of Medical Sciences, Iran*

**Farzin Farahbod**

*Islamic Azad University, Iran*

**Hasan Yousefpour Goslafidi**

*Guilan University of Medical Sciences, Iran*

Nursing is a vital professional in the health system and burnout is a common phenomenon in this profession. Burnout, In addition to affecting the personal and professional life of individuals, has also a lot of costs for health systems. The purpose of this study was to investigate the relationship between occupational burnout and quality of life of nurses in Hospitals of Guilan University of Medical Sciences. This research is a descriptive-analytical study that conducted on 350 nurses working in teaching hospitals of Guilan University of Medical Sciences in Rasht in 2015. The data gathering tool was a three-part questionnaire including demographic information, World Health Organizations Quality of Life questionnaire and Maslach Burnout Inventory. The collected data were analyzed using SPSS 16. 66.6% of nurses were women. The age range of 60.3% of them was between 20-42 years. The overall mean score of quality of life in nurses was  $62.51 \pm 19.9$ . There were a statistical reverse relationship between frequency and severity of burnout in emotional exhaustion, depersonalization and personal accomplishment subscales with all areas of quality of life. Given the significant and negative relationship between severity and frequency of job burnout subscales all areas of quality of life, it is important that managers pay attention to the symptoms of job burnout and applies educational, management strategies to prevent burnout and improve the quality of life of nurses.

**Keywords:** *Job Burnout, Nurses, Quality of Life*