

IMPACT OF OCCUPATIONAL STRESS AND COPING STYLES ON BURNOUT AMONG PHYSICIANS IN YUN NAN, CHINA

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Abstract: This study was conducted to investigate the impact of occupational stress and coping styles on burnout among physicians in Yun Nan province, China. The sample consisted of 208 participants, consisting of 80 male and 128 female in-service physicians, recruited from different public hospitals. They voluntarily filled in a survey questionnaire consisting of the Occupational Stress Indicator-2 (OSI-2), the Maslach Burnout Inventory-Human Services Survey (MBI-HSS), and the Coping Inventory for Stressful Situations (CISS). The results revealed that the Chinese physicians' reported level of occupational stress directly influenced their reported level of burnout. It was also found that the more they applied emotion-focused coping, the higher was their reported level of burnout. Their reported level of occupational stress was not found to have any significant influence on their employment of either problem-focused or avoidance-focused coping style. All three coping styles were found to be associated with burnout. The more the participants employed problem-focused coping style as well as emotion-focused style, the higher was their reported level of burnout. On the other hand, the more they employed avoidance-focused coping style the lower was their reported level of burnout.

Keywords: Burnout, Coping Style, Problem-Focused Coping, Emotion-Focused Coping, Avoidance-Focused Coping, Occupational Stress.

Introduction

Today, people pay too much attention to their jobs more than their health or disposition (Maslach & Leiter, 2008). High levels of stress are so pervasive in our modern career-work commitment that burnout has been described as a global state of chronic pandemic (Aiken et al., 2001; Golembiewski, Boudreau, Sun, & Luo, 1998). Bradley first identified the phenomenon of 'burnout' in 1969 (Muheim, 2013). Freudenberger and Richelson (1980) further identified the work environment and work situation as precipitating factors that lead to symptoms of burnout. Essentially, burnout results from prolonged interpersonal work-related stressors, and mediated by the individual's characteristics; this syndrome affects the person not only in the

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