

INVESTIGATION OF THE RELATIONSHIP BETWEEN COVID-19 FEAR, WORK-LIFE BALANCE AND BURNOUT OF HEALTH PERSONNEL WORKING IN ISTANBUL ANATOLIAN SIDE 112 EMERGENCY HEALTH SERVICES DURING THE COVID-19 PANDEMIC PERIOD

SUMMARY

The COVID-19 pandemic that we have been in since 11.03.2019 is a process that affects all societies both materially and spiritually. Healthy health personnel are more important than ever in terms of public health in disaster conditions. In our study, the relationship between fear of COVID-19, work-life balance and burnout in emergency health workers during the pandemic process was investigated.

The research was carried out with the participation of 112 Emergency Health Services Anatolian Region employees who worked actively during the pandemic period between 01.07.2021 and 30.12.2021 in Istanbul Provincial Health Directorate 112 Emergency Health Services Anatolia Region. The participants were asked to fill out electronic forms that include demographic characteristics, work and life variables of the participants as well as 'Maslach burnout scale' to understand general burnout concepts, 'work-life balance scale' for the analysis of changing social life during the pandemic period, and 'COVID-19 fear scale' to understand the negative psychological effects of increasing infection risk.

The study included 415 participants (216 men, 199 women) with different education levels and different duties (28.4% emergency medical technician, 7.5% nurse, 9.6% doctor and 9.2% driver). The mean age was 29.49 ± 6.59 years. The total duration of working in the profession is 7.55 ± 6.52 years; weekly working time was 49.49 ± 10.08 hours, monthly working time was 183.27 ± 32.39 hours and monthly shift numbers were 7.64 ± 3.42 . It was determined that they stayed in quarantine for an average of 27.00 ± 127.00 days during the pandemic, had PCR performed 4.79 ± 6.32 times, and 47.5% of them had COVID-19. 97.1% stated that their workload increased during the pandemic process.

It was determined that the fear of COVID-19 and the idea that life consists of work are more intense in women, besides, doctors, paramedics and emergency medical technicians have higher levels of emotional burnout, and physicians have higher levels of neglect of life. A negative correlation of age was found between emotional exhaustion, personal accomplishment, and general burnout. A positive correlation was found between age and the scores of work-life harmony, neglect of life, taking time for oneself, and life consists of work. A positive correlation was found between the monthly working time and the view that life consists of work. COVID-19 fear levels were found to be statistically significantly positively correlated with emotional exhaustion, personal accomplishment, depersonalization and general burnout levels.

A negative correlation was found between work-life adjustment levels and emotional exhaustion, personal achievement and general burnout levels. The level of violating life was negatively correlated with emotional exhaustion, personal accomplishment, depersonalization and general burnout levels. The levels of taking time for oneself were negatively correlated with the levels of emotional exhaustion, personal accomplishment, depersonalization and general burnout. It has been observed that the most important variable affecting the general burnout levels is taking time for oneself. The effects of neglecting life and fear of COVID-19 are close to each other and at a lower level.

Keywords: Burnout, Fear of COVID-19, Work-Life Balance, COVID-19 Pandemic