

## THE BURNOUT SYNDROME OCCURRENCE AMONG THE STUDENTS OF THE MEDICAL UNIVERSITY OF SILESIA IN KATOWICE, POLAND

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**Introduction:** The essence of the burnout syndrome is defined as an simultaneous occurrence all of the following symptoms: emotional use-up, devalued view on own achievements and the depersonalization. It is most commonly observed in professions that require frequent contact to other people. Exhausting work above self-capabilities, the disability to deal with problems concerning the work environment combined with chronic stress they are considered to cause psychical and physical disorders, manifesting variously, e.g.: headaches, gastric upsets or persistent tiredness. Low self-esteem makes the human find himself incompetent and losing the point on the results of the regular tasks daily performed at a workplace.

**Objectives:** The objective of the study was to analyze the described above problem among medical students.

**Methods:** The group of 509 students during 2nd, 3rd, 5th and 6th year of study inc. 371 women and 138 men was examined. The poll had been compiled within 22 different questions concerning: establishing new relationships difficulties, tiredness persistence, perceiving and dealing with own problems capability, selfestimation strength or the psychosomatic symptoms presence.

**Results:** The respondents declared as follows - 50%+:persistent exhaustion right after the morning awakening, 29%: worsened relationship to closest group of family and friends, 21%: void of understanding by the nearest neighborhood, 79%: fear about first steps at the first workplace, 49%: inadequate competences to perform standalone profession tasks.

**Conclusions:** Although rather a small part of the students fit all three BS symptoms defined above, at some people two of them reach.