

**BURNOUT AND QUALITY OF WORK LIFE  
AMONG ASSISTANT SURGEONS AT NORTH  
OKKALAPA GENERAL AND TEACHING  
HOSPITAL**

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**M.B.,B.S**

**Master of Public Health (MPH)  
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## ABSTRACT

In low and middle-income countries, burnout among doctors has become a global concern among health care professionals and the main reason for reduced job satisfaction. The doctors' physical and mental well-being should be explored through the assessment of the quality of work life. The study aimed to assess the magnitude of burnout and perception of the quality of work life, to investigate the association between socio-demographic factors, burnout and quality of work life among young doctors in Yangon Region, Myanmar. A cross-sectional descriptive study was conducted among 128 assistant surgeons from different specialties in North Okkalapa General and Teaching Hospital. Data was collected by using online self-administered questionnaires using the Copenhagen Burnout Inventory to assess burnout and modified form of work-related quality of life (WRQoL) scale to assess the quality of work life. Chi-square test and Fisher's exact tests were used to determine the association between socio-demographic characteristics with burnout, quality of work life and association between burnout with quality of work life. The results revealed that over half of participants (56.2%) had a moderate degree of burnout and the majority (85.9%) perceived low quality of work life. The level of burnout was significantly associated with departmental experience ( $p=0.011$ ) and working hours ( $p=0.005$ ). The quality of work life had a significant association with government service years ( $p=0.032$ ) and total working hours per week ( $p=0.001$ ). The study also identified a significant negative association between burnout and quality of work life ( $p<0.001$ ). The reasons behind high burnout and low quality of work life were unable to have work-life balance, effort-reward balance, physical and mental exhaustion, limited career opportunities, low salary and inadequacy of facilities, supplies and equipment. The findings suggested that a clear policy regarding prevention of burnout should be set up to improve the quality of work life of young doctors and also researches on interventional measures to reduce burnout should be implemented.