Title: Measuring self-esteem and social support health personnel, a criterion for predicting health center staff burnout Mashhad

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Abstract: ..

Background: One of the problems of modern society, lack of full growth and satisfy basic human needs. On the other hand one of the major factors in decreased efficiency and loss of manpower, reduce burnout and self-esteem and social support among employees. This problems in addition to physical adverse effects, adverse effects also carry numerous psychological and efficient staff will be reduced. This study to determine the relationship between prevalence of burnout and social support and self-esteem in employee health centers conducted Mashhad is.

Methods: This descriptive - analytical study using census workers in 30 health centers of Mashhad, the research instrument that includes demographic information and self-esteem questionnaires - Mazlak social support and burnout (MBI) was, completed. Mazlak frequency questionnaire study units in each dimension of burnout include: emotional exhaustion - depersonalization and reduced personal adequacy with the Likert scale in the form of low - medium and high was assessed and data analysis software computer using SPSS and statistical tests (descriptive - analytic) took appropriate.

Results: Results showed 27 percent of personnel, Mr. and Mrs. have been 73 percent. In terms of educational level: 10.2 percent of school education, 22.5 percent of high school diploma, Associate Degree 27.4 percent, 24.6 percent of BA, 1.7 percent and 14.4 percent of MA PhD professionals have. The results showed that 92.3 percent of high self-esteem subjects, 72.3 percent had high social support staff. The results showed that 92.3 percent of high self-esteem subjects, 72.3 percent had high social support staff. With three dimensions of burnout frequency: low frequency of 50.2 percent staff levels of emotional exhaustion, 97.2 percent of low levels of depersonalization and frequency of high frequency of 79.3 percent reported personal adequacy. Also the results showed a significant direct correlation between sense of personal adequacy with the level of social support and significant inverse relationship between self-esteem with a feeling of emotional exhaustion and depersonalization with feelings of social support was (p <0.05).

Conclusion: Overall the staff burnout in emotional exhaustion and depersonalization after low and high personal adequacy is later. Of social support and self-esteem in middle to high staff and the results indicate that with this rate rise social support and self esteem in staff levels of burnout in emotional exhaustion and depersonalization Dimension decreased.

Key words: burnout levels - health workers - self-esteem - Social Support

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