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Progressive impact of burnout on nurses' wellbeing

Michael Galea

University of Malta, Malta

Nursing profession is a highly stressful vocation. Participants (N=241), who work in three different hospitals in Malta, were assessed on the impact of burnout on their holistic wellbeing. Nurses completed the Maslach Burnout Inventory-Human Services, the Satisfaction with Life Scale, the Faith Maturity Scale, the Positive and Negative Affect Scale, the Big Five Personality Inventory, and demographic variables. Results from this cross-sectional correlational study indicated that: a) Professional nurses in Malta suffer from high levels of burnout, particularly from high exhaustion and depersonalization and low professional accomplishment; b) As expected, burnout negatively correlated with subjective well-being; and c) A path analysis indicated the progressive impact of burnout, first on one's personality and affective mood, and eventually on one's wellbeing and spirituality. The implications and recommendations from these results were discussed.

Biography

Michael Galea is a Clinical Psychologist and Senior Lecturer at the Mental Health Department, Faculty of Health Sciences, University of Malta. He read Master's in Pastoral Theology from the University of London, UK, a Master's in Science in Pastoral Psychology from the University of Loyola, Baltimore, MD, USA. Furthermore, he did his Doctorate in Clinical Psychology from the same university. He has worked in different settings and with various populations, including addiction counselling (Sedqa), as a Consultant Psychologist (Malta Prison system), family and individual psychotherapy (Appogg, Cana Movement). Besides private practice, he is a Senior Lecturer at the Mental Health Department, University of Malta. He has authored a number of peer-reviewed journal articles and chapters in books, and is working on two new books, besides those already published. He is a regular participant in a popular live TV show on mental health - related subjects, which includes phone-in participations as well. His current research interests include stress and burnout at work, post-traumatic growth and psychology of religion & spirituality.

michael.galea@um.edu.mt

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