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MAT 1372

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Data is not only just information, but also a solution to mind-boggling questions. David Brooks states that data can clarify the superstitious thoughts that certain people believe in. There are a few examples that Brooks mentions in his article, “The Philosophy of Data”, and they are: how much money is spent on a campaign determines a win ratio, the success rate of a basketball player’s foul shot, the teacher’s new methods of teaching to help improve students learning abilities according to the student’s interests, and several other reasons. Data are just facts that help us realize what has happened, what is happening, and what possibly can happen. This philosophy brings up another category that I want to consider using data and statistics because it brings up a rather important question that relates to the future of jobs in the medical field. What is the relationship between job burnouts and medical professions? One would think that the medical field is not just a job, but a career in helping others in need of medical attention. The job satisfaction in the medical field should be very rewarding even though there is exhaustion of energy at the end of the day. We will first discuss the medical profession’s job burnouts in China that are in the urban area and in public medical institutions. Xueshan Feng wrote in a Health article, “Effect of job satisfaction on burnout among physicians: A survey study in urban public medical institutions in Hubei province, China”, explaining that burnout is a concept used to describe “demoralization, disillusionment and exhaustion” (Feng 856).

Chinese physicians in urban public medical institutions in Hubei province, China, were part of a study to find the correlation, relationships, and reasons to job burnouts. The method used to help gather data was a modified “Chinese Physicians’ Job Satisfaction Questionnaire” and the “Chinese Maslach Burnout Inventory” (Feng 856). These surveys and questionnaires try to discover the reasons why there are job burnouts in the medical profession in China. If physicians are having burnouts, this could ultimately affect one’s physical and mental health, and job effectiveness (Feng 856). The surveys have acquired data from approximately 1451 physicians within 13 cities in the province and grouped according to the grade level of the medical institution from high to low (Feng 857-59). Results display gender, age, marital status, educational background, years of service, technical titles, departments, average income, employment mode, development levels in the urban area, burnouts, and job satisfactions within: itself, reward, environment, and organizational management (Feng 859-60). Analysis from the article shows within the job burnouts, 66.99% of the physicians were from the emotional exhaustion, 68.64% were from depersonalization and a mere 5.79% were from reduced personal accomplishment (Feng 860). Now within these three categories of emotional exhaustion, depersonalization, and reduced personal accomplishment, 3.2% has severe burnouts, 48.2% has moderate burnouts, 35.4% has mild burnouts, and 13.2% has no burnout at all (Feng 860). In addition to the percentages of burnouts, there is a relationship between the burnouts and the development levels in the area because the higher the development, the less the burnouts there are (Feng 860). Another factor that was discovered is that job satisfaction and burnouts has a correlation because data shows that “emotional exhaustion” is closely related to “medical practice environment” and “job-itself satisfaction”, while “depersonalization” is closely related to “medical practice environment” and “job rewards satisfaction” (Feng 860). Other factors such as mentioned above also play a very special role in correlation to job burnouts because they are all possible reasons for cause stress and stress is the biggest issue that causes burnouts.

Another article that can help us further the study of job burnouts in correlation to medical professions in China is, “Nurse burnout and its association with occupational stress in a cross-sectional study in Shanghai”, written by Zhenyu Xie, Aolin Wang, and Bo Chen. The method used to acquire data from nurses in Shanghai was very similar to the method used on the physicians in Hubei province, and it is through the use of surveys and questionnaire. The surveys have acquired data from 527 nurses in 41 hospitals in Shanghai. The results portray nurses with job burnouts, “high levels of emotional exhaustion”, “moderate level of depersonalization”, and “low levels of reduced personal accomplishment” (Xie 1537). The data acquired displays age, height, weight, education, marital status, income, salary, drug habits, exercise habits, hospital type, department, position, experience, hours of work time per week, and other factors. After analysis, the correlation between burnouts and nurses has uncovered a few relationships. As stated in the article, “nurses’ emotional exhaustion” and “nurses’ depersonalization” were “inversely” associated with age, position, and experience. However, it was “positively associated” with being unmarried and the work environment. In addition, “nurses’ enhanced personal accomplishment has opposite relationships to the factors of the previous two categories of burnouts (Xie 1540).The more experienced nurses have less burnout from their responsibilities, but rather more from the environment and personal stressors.

Overall, there are many factors that play a role in becoming an occupational stressor and cause job burnouts, which would ultimately result in a poor job performance. Educational background, age, experience, income, shift work, medical institution grade, personal background, position/rank, departments, hours of work per week, and many other factors are stressors. Physicians, nurses, and all medical professions have job burnouts for various numbers of reasons. Burnouts can be severe, mild, or possibly little to none, however, when it happens, job performance will worsen as burnout increases. Sometimes the job satisfaction in helping others isn’t enough to balance out the exhaustion work produces. Personal stressors that aren’t work related can cause job performances to lower because psychologically, it’s causing us to worry about person business throughout the day.

Works Cited

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