

# **The study of burnout among ambulance service employees in different gender groups (*Myroslav Tymbota, Igor Zavgorodnii, Valeriy Kapustnyk, Olga Lalymenko, Viktor Zabashta, Beatrice Thielmann, Irina Böckelmann*)**

Nowadays there is an insufficient research on the development of burnout among ambulance service employees. The purpose of the study was to determine the risk of emotional burnout and work-related behavior and experience patterns among ambulance service employees of different gender.

The study involved 85 people: 28 men and 57 women. The middle age was  $44 \pm 13.4$  year. All participants were ambulance workers, working also as general practitioners (37 participants) and paramedics (48 participants). In order to study emotional burnout the Maslach Burnout Inventory (MBI) and the questionnaire of work-related behavior and experience patterns (AVEM) were used.

In accordance with the burnout classification established by Kalimo et al. the participants showed the following results: 21.4% of men and 47.7% of women had no burnout symptoms; 71.4% of men and 50.9% of women had some burnout symptoms; 7.1% of men and 1.8% of women experienced severe burnout symptoms. The differences between gender groups was significant (PChi-Quadrat nach Pearson = 0,046). Men have a higher level of emotional burnout than women as well as a higher risk of burnout occurrence. It is also worth noting that there is a tendency of burnout risk among the majority of the participants (57.6% of respondents had some burnout symptoms).

According to the data captured from the AVEM questionnaire, the following results were determined: 35,7% of men and 31.6% of women are assigned to A-pattern, 21.4% of men and 12.3% of women to B-pattern, 17.9% of men and 40.4% of women to G-pattern, 25% of men and 15.8% of women to S-pattern. No significant difference between the groups was identified (PChi-Quadrat nach Pearson = 0.183). 49,2% of all participants assign to the risk group.

According to the gathered results, surprisingly, men have a higher level of emotional burnout development. Such notions may be due to the fact that male ambulance service employees have a higher rank, and therefore a grader responsibility than women, which may affect the development of emotional burnout of male participants. In order to reduce the risk of developing burnout, it is recommended to take measures to improve the emotional status of ambulance service employees, as well as establish general measures to prevent the occurrence of burnout.



**Herr Myroslav Tymbota**