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Cross-sectional study on the association between burnout and resilience among clinical years medical students in university of cyberjaya

(2020) *International Journal of Pharmaceutical Research*, 12 (4), pp. 1039-1044.

DOI: 10.31838/ijpr/2020.12.04.162

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Abstract

Burnout is generally high among medical students worldwide. There are many emerging evidences that point out towards resilience as a mediator and protective factor against burnout. However, at the present, few studies have directly investigated the relationship between burnout and resilience, especially in clinical years medical students. Hence, the objective of this study is to determine the prevalence of burnout, the mean resilience level among clinical years medical students in University of Cyberjaya (UOC) and the association between burnout and resilience among clinical years medical students. This is a cross sectional study of 181 clinical years medical students from UoC. The Copenhagen Burnout Inventory (CBI) and Resilience Research Centre-Adult Resilience Measure (RRC-ARM) were distributed by hand to participants. This study was approved by the UoC Research Ethics Review Committee (CRERC). The prevalence of burnout and mean resilience level among clinical years medical students were analyzed using descriptive statistics. The association between burnout and resilience was analyzed using Chi-square test. The prevalence of burnout among clinical years medical students in UoC was 76.8%. Year 3 medical students had the highest prevalence of burnout (83%). Among the three sub-dimensions of burnout, work-related burnout was the highest (48.1%). Almost half of clinical years medical students (48.1%) have high resilience level. Year 3 medical students had the highest percentage of high resilience (56.6%). Higher burnout is reported among those with high resilience level. The prevalence of burnout among UoC clinical years medical students was high and yet, only almost half of the students have high resilience level. Therefore, this should be a concern and must be addressed to prevent unwanted consequences. Also, high burnout is seen among those with high resilience. © 2020, Advanced Scientific Research. All rights reserved.

Author Keywords

Copenhagen Burnout Inventory (CBI); Resilience Research Centre-Adult Resilience Measure (RRC-ARM); UoC-Research Ethics Review Committee (CRERC)

Index Keywords

adult, article, burnout, case report, clinical article, cross-sectional study, female, human, male, medical student, prevalence, research ethics

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Publisher: Advanced Scientific Research

ISSN: 09752366

Language of Original Document: English

Abbreviated Source Title: Int. J. Pharm. Res.

2-s2.0-85089163984

Document Type: Article

Publication Stage: Final

Source: Scopus