

BURNOUT AMONG NURSES: ROLE OF WORK ENVIRONMENT

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ABSTRACT

The effects of burnout are grave, with consequences not only for the individual personally and professionally but also for patient satisfaction and healthcare systems. Among the most significant implications is the nursing shortage resulting from such scenarios and a subsequent decrease in the quality of patient care. This paper covers the causes, effects and remedies of the job burnout in the nursing sector. Study shows the burnout syndrome being suffered by nurses due to certain work environment deficiencies. Understanding of the most common risk factors for burnout can help organizations and employees modify their personal and professional machinery and lifestyles more efficiently. Suggestions are given for ways organizations and nursing leadership can create a healthy work environment in which priority is given to nurses' psychological well-being and to nurturing cordial relationships. While these strategies are aimed at creating a cordial work environment for nurses, they also ultimately promote better care and satisfaction of patients.

KEYWORDS: Burnout among Nurses, Role of Work Environment