

ABSTRACT

This study determined burnout among health workers in Kamuli hospital; assessment of knowledge and coping strategies. To achieve this purpose, the following research objectives were formulated: to assess the influence of socio-demographic factors on burn out among health workers towards burnout in Kamuli hospital; to investigate the levels of knowledge of health workers about burnout in Kamuli hospital; to determine the coping strategies of health workers in Kamuli hospital towards burnout; and to determine the relationship between knowledge and coping strategies towards burnout among health workers in Kamuli Hospital.

In the literature, different concepts, opinions and research findings of scholars and authors were analyzed so as to bring about clarity about research variables. In the methodology, this study employed a cross-sectional descriptive study design employing quantitative methods of data collection; the accessible population was 75 and all these were considered as respondents. Both primary and secondary sources of data were employed in this study and questionnaires were used as research instrument. The reliability and validity of the research instruments were determined through pretesting and content validity index.

Data was analyzed using SPSS. Frequencies and percentages were used to determine the research objectives. Ethical considerations were also taken in to consideration. The research findings indicated that socio-demographic factors influence the level of knowledge and coping strategies towards burnout among health workers; it was also found out that health workers in Kamuli Hospital have some considerable level of knowledge about burnout; the level of coping strategies towards burnout among health workers in Kamuli Hospital is still low; and finally, this study found out that there is a significant relationship between level of knowledge about burnout and coping 0.000 level of significance and a correlation of 0.84 indicating a positive relationship.

The study concludes that socio-demographic factors significantly influence the level of knowledge and coping strategies among health workers; health workers in Kamuli Hospital have some knowledge about burnout; the level of coping strategies among health workers in Kamuli is still low; there is a positive correlation between level of knowledge and coping strategies towards burnout among health workers. This study recommends that different stakeholders such the government, health center administrators and health workers should work hand in hand to ensure that health workers get sufficient knowledge about burnout as it is likely to reduce their work performance and lead to counter productive work behaviors.