

Thesis Title Codependency and Burnout Among Professional Nurses
in Maharaj Nakorn Chiang Mai Hospital

Author Somjai Sirakamon

M.N.S. Nursing Administration

Examining Committee :

Associate Prof. Udomrat Sangounsirithum Chairman

Associate Prof. Siriporn Singhanetr Member

Assistant Prof. Dr. Paungpayom Panya Member

Assistant Prof. Dr. Linchong Pothiban Member

Abstract

The purpose of this study was to examine the codependency and burnout among professional nurses in Maharaj Nakorn Chiang Mai Hospital. The subjects were 88 head nurses working in nursing departments and 242 staff nurses practicing in all nursing sections. Subjects were selected using the stratified random sampling method. The research instruments used for data collection were the Biographic Data Questionnaire, the Friel Co-dependency Assesment Inventory (FCAI) and the Maslach Burnout Inventory (MBI). The translation

accuracy of the Friel Co-dependency Assessment Inventory was achieved by back-translation technique. The reliability coefficient obtained by the KR-20 method was 0.90. The Maslach Burnout Inventory was tested for internal consistency from which reliability for emotional exhaustion, depersonalization and reduced personal accomplishment subscales were 0.88, 0.91, and 0.72, respectively. The SPSS/PC+ program was used for data analysis, frequency, percentage, arithmetic mean, standard deviation, Pearson's product moment correlation and t-test.

The results of this study were :

1. Both head nurses and staff nurses had a mild to moderate degree of codependency ($\bar{X} = 21.57$, $SD = 8.75$ and $\bar{X} = 27.43$, $SD = 8.19$, respectively).

2. Head nurses had a low degree of burnout in all three subscales ($\bar{X} = 14.44$, $SD = 9.72$, $\bar{X} = 2.61$, $SD = 3.89$ and $\bar{X} = 10.55$, $SD = 8.82$, respectively), while staff nurses had a moderate degree of emotional exhaustion ($\bar{X} = 21.63$, $SD = 11.42$) and a low degree of depersonalization and reduced personal accomplishment ($\bar{X} = 4.41$, $SD = 4.71$ and $\bar{X} = 13.07$, $SD = 8.66$, respectively).

3. The codependency levels of head nurses and staff nurses were statistically significant different ($t = 5.64$, $p < .001$). Further analysis showed that staff nurses had codependency scores higher than those of head nurses. The burnout scores of staff nurses were significant different in all aspects ($t = 5.25$, $p < .001$, $t = 3.50$, $p < .001$, and $t = 2.33$, $p < .05$, respectively). Staff nurses had burnout scores of all aspects higher than those of head nurses.

4. Among both head nurses and staff nurses, a moderate positive correlation between codependency and emotional exhaustion was found ($r = .49$, $p < .001$ and $r = .47$, $p < .001$, respectively). There was a small positive correlation between codependency and depersonalization ($r = .25$, $p < .01$ and $r = .25$, $p < .001$,

respectively). It also found that there was a small negative correlation between codependency and reduced personal accomplishment among staff nurses ($r = .23$, $p < .001$), but this association between the two variables was not found among head nurses .