



Sindrom izgaranja u savremenom svetu

Burnout Syndrome in the Modern World

Marija Stanković, Danijela Nikolić, Nataša Mirić, Slađana Kušaković

Zdravstveni centar Valjevo Health Center Valjevo

Apstrakt

U svakodnevnom životu često se srećemo sa terminom stres. Rezultati brojnih istraživanja pokazali su da je veliki broj zaposlenih izložen stresnim situacijama, što za posledicu ima negativno delovanje na radne sposobnosti i na zdravlje. Zanimanja iz zdravstvene struke, kao i ona koja se odnose na spasilačke i interventne aktivnosti, spadaju u najugroženije i najopterećenije profesije, kada je u pitanju pojava visokog nivoa stresa, a simptomi stresa su kod 20–80% osoba produženog intenziteta.

Najčešći oblici stresa su mobing i sindrom izgaranja. Procenjuje se da je više od 75% bolesti prouzrokovano baš stresom.

Svetska zdravstvena organizacija proglasila je stres na radnom mestu svetskom epidemijom. Prema prikupljenim podacima, u Evropskoj uniji stresom na poslu obuhvaćeno je 41,2 miliona zaposlenih, od toga više žena nego muškaraca.

U savremenom svetu ovaj problem je jedan od vodećih i, svakako, oblast kojom se treba baviti sa više aspekata. Multi-disciplinarni pristup bi bio od velike važnosti.

Ključne reči: sindrom izgaranja, savremeni svet, prevencija.

Abstract

In everyday life, we often come across the term “stress”. The results of numerous researches have shown that a large number of employees are exposed to stressful situations, which has a negative effect on working abilities and health, and that occupations of the branch of health, as well as members of rescue and intervention teams, are among the most threatened and burdened professions, which it results in a high level of stress, and the symptoms that occur in 20-80% are of prolonged intensity.

The most common forms of stress are mobbing and burnout syndrome. It is estimated that more than 75% of diseases are caused by stress.

The World Health Organization has declared workplace stress a global epidemic. According to the collected data, in the European Union, 41.2 million employees are affected by stress at work, of which there are more women than men.

In the modern world, this is one of the leading problems and certainly an area that should be dealt with from several aspects. A multidisciplinary approach of an organization would be of great importance.

Key words: burnout syndrome, modern world, prevention