Burnout, social support, and job satisfaction among Jordanian mental health nurses.

Hamaideh SH¹.

Abstract
Burnout occurs in occupations, such as nursing, where a significant proportion of time is spent in close involvement with other people. Mental health nursing has been considered an area that is subjected to high levels of burnout. Burnout in mental health nursing affects both individuals and organizations. The purposes of this study were to measure the levels of burnout and identify the correlates of burnout among Jordanian mental health nurses. A descriptive correlational design was used to collect data from mental health nurses using the Maslach Burnout Inventory, Social Support Scale, Job Satisfaction Scale, and demographic and work-related variables through a self-reported questionnaire. The sample consisted of 181 mental health nurses recruited from all mental health settings in Jordan. Jordanian mental health nurses showed high levels of emotional exhaustion and moderate levels of depersonalization and personal accomplishment. Scores of job satisfaction and social support were slightly higher than the midrange. Significant correlations were found among burnout categories, job satisfaction, social support, and demographic and work-related variables. Predictor variables accounted for 32.7% of emotional exhaustion, 27.7% of depersonalization, and 16.8% of personal accomplishment. Results revealed that a comprehensive interventional approach aimed at minimizing the risk of burnout among mental health nurses is needed. Such an approach should involve interventions at both individual and organizational levels.