

Stress is inevitable, burnout is preventable

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Background: Nowadays, in this running world the stress does not spare the young population. In our present study we attempt to review and draw the attention to the significance of burn-out among students who choose a health professional.

Methods: In our survey we used an anonym questionnaire which consists of thirty-two items and included socio-demographic data, the Perceived Stress Scale (PSS-14) and the Maslach Burn-out Inventory – Student Survey (MBI-SS). We analysed with SPSS-20 statistic programme. Total participants were 224 nursing, paramedic and midwife students from University of Debrecen Faculty of Health.

Results: The students have moderate stress scale and they are in endangered category in burn-out.

Conclusions: In our opinion we have to deal more with the mental health of students and look after their mental health needs. It will be very important to teach them how they can prevent the burn-out syndrome. With health promotion and stress reduction programs we can improve their physical and psychological well-being.

Keywords: students, stress management, preventing burn-out