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ANALYSIS OF BURNOUT SYNDROME INDUCED MUSCULOSKELETAL PAIN AMONG ACADEMICIANS - PILOT CORRELATION STUDY.

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Background: Burnout syndrome is a psychological condition caused by prolonged occupational stress, commonly seen among academicians due to heavy workloads, administrative duties, and poor work–life balance. The World Health Organization (WHO) officially recognized burnout as an occupational phenomenon in the 11th revision of the International Classification of Diseases (ICD-11). Persistent burnout can lead to physical health problems, particularly musculoskeletal pain, negatively affecting productivity and overall well-being.

Purpose: To examine the relationship between burnout and musculoskeletal pain among academicians.

Methods and Materials: A total of 70 academicians were selected using convenient sampling based on predefined inclusion and exclusion criteria. Data were collected with informed consent from all participants. Burnout levels were assessed using the Oldenburg Burnout Inventory (OLBI), while the Cornell Musculoskeletal Discomfort Questionnaire (CMDQ) evaluated the prevalence and severity of musculoskeletal pain in different body regions. Statistical analysis was performed to determine the correlation between burnout scores and musculoskeletal discomfort.

Result: The findings revealed a weak positive correlation ($r = 0.1782$) between burnout and musculoskeletal pain. As burnout levels increased, reports of musculoskeletal discomfort also rose. The results suggest that occupational stress and emotional exhaustion may contribute to physical strain and pain, particularly in the neck, shoulders, and lower back.

Conclusion: This study concluded that there is a weak positive relationship between burnout and musculoskeletal discomfort among participants, However, this relationship was not statistically significant. Hence the null hypothesis is rejected. Burnout and musculoskeletal pain are interrelated health concerns among academicians. Prolonged work-related stress can lead to both psychological and physical discomfort, highlighting the need for preventive strategies to address these issues.

Key Words: Burnout Syndrome, Musculoskeletal Pain, Oldenburg Burnout Inventory, Cornell Musculoskeletal Discomfort Questionnaire, Academicians.