

The study of the burnout and its relationship with musculoskeletal disorders among librarians working in public libraries

Vahideh Zarea Gavgani¹, Fatemeh Rastegari^{*2}, Jalil Nazari³, Mohammad Asghari Jafarabadi⁴

Abstract

Background and objectives: In the 1960s, psychologists began to investigate the relationship between the work environment and individuals' tolerance. Since the first harm of burnout is suffering from physical exhaustion, people who suffer from this disorder feel severe fatigue. There are several ways to confront burnout syndrome and try to reduce work-related musculoskeletal disorders: educational planning to the principles of working properly, job rotation, resting and information exchanging related to burnout and musculoskeletal injuries among employees. This study investigated the correlation of musculoskeletal disorders and burnout of librarians working in public libraries in Hamadan.

Material and Methods: This is a descriptive - analytical study. The study population consisted of librarians working in public libraries in Hamadan. The census number was 112. Data collecting tools included two Nordic and burnout questionnaires. The validity of questionnaire was confirmed by the opinions of subject specialists. The questionnaire was distributed among librarians. SPSS13 software was used for statistical analysis. $P < 0.05$ was considered significant.

Results: A significant correlations between burnout and musculoskeletal disorders (74%) has been observed. The relationship between burnout dimensions and musculoskeletal areas were examined.

Conclusion: Given the apparent relationship between burnout and musculoskeletal disorders, organization managers need to improve working conditions, reduce stress, working tools and training to work properly.

Key Words: Musculoskeletal disorder, Burnout, Librarians

1. Aras International Branch of Tabriz University of Medical sciences
2. MSC Student in Tabriz University of Medical Sciences, and lecturer in Hamedan University
(**Email:** f.rastegari2@gmail.com)
3. Assistant Professor of Tabriz University of Medical sciences
4. Associate Professor in Tabriz University of Medical Sciences