

Occupational health problems, life style and occupational risk factors associated with burnout among female primary school teachers in the Southern Province of Sri Lanka MD (Community Medicine) - 2007 D 1963

A descriptive cross sectional study was carried out among the 660 female primary school teachers of the Southern Province using a self-administered questionnaire. According to the findings of this study, the prevalence-of-bronchial asthma was 9.8 percent varicose veins was 21.25 percent and hoarseness of voice during the teaching career was 25.5 percent and hoarseness of voice during the teaching career was 25.5 percent . Majority (50.6 percent) of the primary school teachers had suffered an infectious disease during the last year and common cold was the commonest 46.6 percent infectious disease. 19.8 percent of female primary school teachers were suffering from chronic knee joint pain and 18.1 percent had chronic backache. 14 percent of female primary school teachers had an accident/injury during last year while they were working in the school. A case control study was conducted to identify the occupational and life style risk factors for burnout among female primary school teachers. Logistic regression analysis identified the following risk factors. Teaching more than 20 years has a 11.73 times of increased risk of burnout compared to teaching 20 years or less (1.94~70.85)., Living more than 10 kilometers away from the school has a 6.80 times of increased risk compared to living less than 10 kilometers (1.21-36.50). Spending more than five hours per week for home work has a 15.91 times of increase risk compared to spending less (3.77-67.16). It is recommended to translate this Questionnaire to the Tamil language and validate it in order to facilitate cross-cultural research in Sri Lanka. The present study found many risk factors for burnout among female primary school teachers. Some of these risk factors can be prevented or reduced. Therefore, it is recommended that relevant authorities take necessary steps to address them and to establish appropriate referral centers with adequate resources to prevent such problem.