

## **Psychological Burnout and its relationship to methods of facing problems among psychiatric nursing workers in Hafar Al-Batin Governorate**

**Prepared by the researchers  
Mishary Ibrahim Abdullah Al-Shammari**

Email : bdalltyfaldyly535@gmail.com

Director of outpatient clinics at the psychiatric hospital- Hafar Al-Batin

### **Abstract:**

The study aimed to identify the nature of the relationship between psychological burnout and methods for facing problems among workers in the field of psychological nursing in Hafar Al-Batin Governorate, In addition, identify whether there are differences in the level of psychological burnout due to the these variables: For scientific degree, marital status, number of children.

Moreover, the researcher used the analytical descriptive method and the exploratory sample for the study that consisted of (20) psychological nurses .after that, the validity and reliability of the study tools were verified and the actual sample of the study consisted of (126) psychological nurses in Hafar Al-Batin governorate. The researcher used many tools involves the psychological burnout questionnaire and questionnaire of methods for facing problems. Also, many numbers of the statistical methods represented in the correlation coefficient of Person, Cronbach's alpha, half-segmentation, arithmetic means, standard deviations, relative weights, T-test, single-variance analysis, Scheffet's test, and after the statistical analysis the study reached to some results.

**key words:** Psychological Burnout, methods of facing problems

## ملخص

هدفت الدراسة إلى التعرف على طبيعة العلاقة بين الاحتراق النفسي وأساليب مواجهة المشكلات لدى العاملين في مجال التمريض النفسي في محافظة حفر الباطن، والتعرف عما إذا كان هناك فروق في مستوى الاحتراق النفسي تعزى إلى المتغيرات التالية: (الجنس- للعمر - لدرجة العلمية- للحالة الاجتماعية - عدد الأبناء).

استخدم الباحث المنهج الوصفي التحليلي، وتكونت العينة الاستطلاعية للدراسة من (20) ممرض نفسي ثم تم التحقق من صدق وثبات أدوات الدراسة، كما تكونت العينة الفعلية للدراسة من (126) ممرض نفسي في محافظة حفر الباطن، وقد استخدم الباحث أدوات وهما: استبانة الاحتراق النفسي، واستبانة أساليب مواجهة المشكلات، ووظف كذلك عدداً من الأساليب الإحصائية تمثلت في معامل ارتباط بيرسون، ألفا كرونباخ، التجزئة النصفية، المتوسطات الحسابية، الانحرافات المعيارية، الأوزان النسبية، اختبار ت، تحليل التباين الأحادي، اختبار شيفيه، وبعد التحليل الإحصائي توصلت الدراسة إلى النتائج التالية

الكلمات المفتاحية: الاحتراق النفسي، أساليب مواجهة المشكلات

## Introduction

The rapid change and the complexity of civilization in the global life has created stressful situations and tensions that have forced the individual to build renewed behavioral, value and social models which are consistent with the requirements of this time and this conditions cause anxiety and psychological tension for the individual (Judah 1998: 2).

Consequently, human did not need to understand himself more than he is now because of conflict as a result of the deep gap between fast-paced material progress and fast-paced progress with regard to the value, spiritual and moral aspects on the other hand.so human knowledge has expanded (Quraiti) (The Person, 1992: 2).

However, this knowledge carries a lot of psychological pain , fatigue and many of the elements of human misery. this requires building personality better able to face whole problems and requirements of this age and more responsive to the elements of progress and advancement (Mansour, 1982: 65).because of psychological burnout is one of the most important psychological phenomena that are related to the profession of psychological nursing that workers are exposed to sometimes so they don not have the meaningful methods that enables them to deal with these situations that they are unable to face all problems. Which prevent the achievement of their work goals. and thus become vulnerable by the negative effects of stressful situations.in addition, some psychiatric nurses have personal characteristics that make them more affected by them, unlike people who are indifferent to the pressures resulting from through these situations that cause pressure. therefore, the importance of research lies in studying this phenomenon and trying to shed light on it to know relationship by methods of facing problems which they are facing it in order to reach a good results that may contribute to improving the psychological conditions of workers in field of psychiatric nursing. psychological burnout term. has become common to describe the psychological state of professionals who work in the field of human service and spend a long time in stressful work with their clients because of nature of their

## The study problem is determined by the following questions:

- 1.What is the level of both psychological burnout and methods for facing problems among workers in the field of psychiatric nursing in Hafar Al-Batin governorate?
  - 2.What is the relationship of psychological burnout and methods of facing problems among workers in the field of psychiatric nursing in Hafar Al-Batin Governorate?
  3. Are there statistically significant differences in the level of psychological burnout and methods for facing problems among workers in the field of psychiatric nursing in Hafar Al-Batin governorate due to gender: (male - female)?
- 2.Are there statistically significant differences in the level of psychological burnout and methods of facing problems among workers in the field of psychological nursing in Hafar Al-Batin governorate due to age: (less than 30 years - from 30 to 50 years - more than 50 years)?

3. Are there statistically significant differences in the level of psychological burnout and methods of facing problems among workers in the field of psychological nursing in Hafar Al-Batin governorate attributable to the scientific degree (diploma - bachelor - master - doctorate)?
4. Are there statistically significant differences in the level of psychological burnout and the methods of facing problems among workers in the field of psychiatric nursing in the clinics of Hafar Al-Batin governorate due to the marital status: ) Single - married - divorced - widowed?
5. Are there statistically significant differences in the level of psychological burnout and the methods of facing problems among workers in the field of psychological nursing in the Governorate of Hafar Al-Batin due to the number of children: (without children - less than five children - more than five children)?

## Objectives of the study

The study aims to achieve the following objectives:

1. Know the level of both psychological burnout and methods of facing problems among workers in the field of psychiatric nursing in Hafar Al-Batin.

Finding nature of the relationship between: (psychological burnout, methods of facing problems) of workers in the field of psychiatric nursing in Hafar Al-Batin Governorate.

2. Identify all differences in the level of psychological burnout among workers in the field of psychiatric nursing due to a variable (gender, age, academic degree, marital status, number of children).

## The Importance of the Study

The importance of the current study has shown in the following points:

### The theoretical significance of the study:

.Studying an important segment of society) which is the segment of workers in the field of psychiatric nursing who need a great care and attention from all sides.

The scarcity of research and studies - within the limits of the researcher knowledge - that dealt with the concepts of study in the Saudi environment.

### Applied importance of the study:

Open the way for research and other studies that are concerned with other aspects revolving around the study concepts.

Directing the attention of specialists and researchers to prepare and introduce new extension programs in light of the results of the current study.

This study may be an new point to the psychological heritage that may contribute to enriching Saudi and Arab libraries, and educational studies, which would be useful postgraduate students and all those interested in the field of scientific research.

### **Terminology of study:**

**First – Psychological** e (Issa, 1995: 130) psychological burnout as: “a state of psychological and functional deterioration that results from an increase in sensitivity to occupational pressures.” In this study, it is measured by the total scores obtained by workers in the field of psychological nursing. The psychological burnout questionnaire used in this study.

### **Second - Methods of facing problems:**

researchers define ( Happner, 1982: 20 )Methods of facing problems are: “the set of processes that the individual performs using the information that he has previously learned and the acquired skills for controlling and finding solution in a new and unfamiliar ways.in this study it is measured by the total degrees which taken by Personnel working in the field of psychiatric nursing .also methods of facing problems used in this study.

### **Third - Workers in the field of psychiatric nursing:**

Both of the researchers working in the field of psychiatric nursing define procedurally as: “a psychiatric nurse who provides a set of nursing services to the patient which benefits and helps him to reconcile with himself and his environment during .moreover, taking good care of his physical and psychological or social needs to make him accept himself and others .

### **The limits of the study**

This study is limited to workers in the field of psychiatric nursing according to the following limits:

- 1.Thread Limit:** This study determines the identification of burnout and methods of facing problems of workers in the field of psychiatric nursing in Hafar Al-Batin Governorate.
- 2.Temporal limit:** This study was conducted on psychiatric nursing workers between the period (2020-2021).
- 3. Spatial boundary:** The current study was applied to workers in the field of psychiatric nursing in Hafar Al-Batin Governorate.
- 4. Human limit:** The current study was restricted to workers in the field of psychiatric nursing in hospitals and psychiatric clinics in Hafar Al-Batin Governorate.

## Methods of the study

it is the research method that the researcher chooses to help him obtain information that enables him to answer the research questions from its sources ( The Professor, 2003: 82).

the researcher wants to know the level of psychological burnout and its relationship to the methods for facing problems among workers in psychiatric nursing field in Hafar Al-Batin Governorate. To achieve the objectives of the study, the researcher used the descriptive analytical method. It is one of the forms of organized scientific analysis and interpretation to describe a specific phenomenon or problem, and quantify it quantitatively by collecting codified data and information about the phenomenon or problem, classifying , analyzing and subjecting it to accurate studies.(Melhem, 2000: 324

So the Researcher depends on this approach to gain accurate and detailed knowledge about the research problem and to achieve a better and more accurate perception of the phenomenon under study.also the stratified random sampling method was used in his selection for this study sample next to using Questionnaire in collecting primary data.

## results of the study

**Table (1)**

Significant value	value	relative weight	Standard deviations	Mean	Numbers of paragraphs	Scale
.002	3.23	%64	.715	3.20	17	Total score to level phycological burnout

The Results of the study According to the obtained results by using study tools and statistical treatments based on the study questions and hypotheses, results of the study that involves questions of the study then results of hypotheses will be displayed. The results of the study's questions and hypotheses : The first question: What is the level of psychological burnout among the psychiatric nursing workers in the governorate of Hafr al-Batin? To answer this question, one sample t test was used for one sample to konw whether there are statistically significant differences between the average estimates for the sample population and the intermediate grade of (3) according to the scale used.so the mean, standard deviation, and relative weight of the fields were calculated. This is illustrated by the following table: Table (1) arithmetic averages, standard deviations, and relative weights of the psychological burnout scale

**Table (2)**

Significant value	Value	relative weight	Standard deviations	Mean	Numbers of paragraphs	Scale
0.000	7.088	%67.2	.575	3.36	32	Total value for levels for facing problems

The table shows that the Arithmetic average is equal (3.36), the relative weight is (67.2%), the calculated t value is (7.088) and the significant value is (0.000) which is less than (0.05).so this refers that all the psychiatric nursing workers in Hafr al-Batin governorate have moderate methods for facing problems. The third question :are there statistically significant relationship at the level of connotation ( $\alpha$  0.05 scale of psychological burnout and methods for facing problems in psychiatric nursing workers in Hafr al-Batin governorate. To answer this question, the researcher formulated the following hypothesis: There is no statistically significant relationship at the level of connotation ( $\alpha$  0.05 scale of psychological burnout and methods for facing problems in psychiatric nursing workers in Hafr al-Batin governorate. To answer this hypothesis, the Person correlation coefficient test was found to measure the degree of correlation between the degrees of the psychocombustible burnout metric and the methods for facing problems of the psychiatric nursing staff in the Hafr al-Batin governorate. The results of this hypothesis are shown in the following table

**Table (3)**

Table (3)" Person correlation coefficient Test Results " to measure the scores of correlation between the scores of psychological burnout measurements and methods for facing problem.

Methods for facing problems		
.652	correlation coefficients	psychological burnout

The following results shows that there is a statistically significant correlation between the scores of psychological burnout and scores of methods for facing problems among the workers in the psychological nursing field in the governorate of Hafr Al-Batin. In other words,

when scores the psychological burnout is increasing was also more increasing in the methods for facing problems and are the same score for the psychiatric nursing staff in the governorate of Hafr al-Batin. Fourth, are there statistically significant differences in the level of psychological burnout among psychiatric workers in Hafr al-Batin governorate due to variables (gender, age, degree, social status, number of children)? To answer this question, the researcher formulated five hypotheses of the first hypothesis: There are no statistically significant differences at the level of indication ( $0.05 < \alpha$ ) in the average estimates of the researchers' answers the level of psychological burnout among the psychiatric workers in Hafr al-Batin governorate due to the test sex variable

This hypothesis was tested by using the "T. Test" examine to test the differences between the two research answers in averages estimates of the answers to the level of psychological burnout by psychiatric workers in the Hafr al-Batin governorate attributed to the gender variable and the results shown in Table 4.

**Table (4)**

Table (4) Results for test " t" differences between answers of both researchers in Average estimates to their given answers about the level of psychological burnout among all workers In the psychiatric nursing in the governorate of Hafr al-Batin which is attributed to a variable Gender

Value probabilistic	Value t	standard deviation	arithmetic mean	Number	Sex	Hypothesis
0.100	-1.685	0.720	3.15	101	female	psychological burnout
		0.670	3.41	25	Girl	

The following table shows that the probability value is (0.100) bigger than (0.05) indicating that there are no statistically significant differences in scores of psychological burnout at a significant level in the mean estimates of the survey answers of psychiatric workers in Hafr al-Batin governorate attributed to the gender variable. Hypothesis 2: No statistically significant differences at an indication level ( $0.05 < \alpha$ ) At the level of psychological burnout by psychiatric workers in the governorate of Hafr al-Batin which is due to the variable age and to the validation of this hypothesis ,the single-variation analysis test was used to test the differences in the level of psychological burnout by psychiatric workers in the governorate of Hafr al-Batin which is attributed to the variable age. The results are shown in table (5).

**Table (5)**

One way ANOVA results To identify the differences in the level of psychological burnout among workers in The field of psychiatric nursing in the governorate of Hafr al-Batin is attributed to the variable age

Value probabilistic (Sig)	Value test (f)	mean Squares	score freedom	mean Squares	Source disparity	
<b>.982</b>	<b>.018</b>	<b>.009</b>	<b>2</b>	<b>.018</b>	between groups	Total score level of psychological burnout
		<b>.520</b>	<b>123</b>	<b>63.98</b>	within groups	
			<b>125</b>	<b>63.99</b>	total	

table shows that the probability value is (0.982) which is bigger than (0.05) and the value of F calculated is (.018) this indicates that there are no significant statistically significant differences in the degrees of psychological burnout among workers in the psychiatric field of Hafr al-Batin governorate due to the age variable. Also, this shows that the life-changing of psychiatric workers in Hafr al-Batin governorate does not affect on level of psychological burnout. The third hypothesis: There are no statistically significant differences at the level of an indication ( $0.05 < \alpha$ ) In the level of psychological burnout of psychiatric workers in the governorate of Hafr al-Batin due to the variable degree of science. In order to verify the validity of this hypothesis, a single contrast analysis test was used to test the differences in the level of psychological burnout by the psychiatric nursing staff in the governorate of Hafr Al-Batin due to the variable degree of science. The results are shown in table 6.

**Table (6)**

One way ANOVA results To identify the differences in the level of psychological burnout among workers in The field of psychiatric nursing in the governorate of Hafr al-Batin due to the variable marital status

Value probabilistic (Sig)	Value test (f)	mean Squares	Score Freedom	mean Squares	Source disparity	
<b>.269</b>	<b>1.326</b>	<b>.675</b>	<b>2</b>	<b>1.35</b>	between groups	Total score level of psychological burnout
		<b>.520</b>	<b>123</b>	<b>62.64</b>	within groups	
			<b>125</b>	<b>63.99</b>	total	

The table shows that the significant value is (.042) less than (0.05) and the calculated value F is (1.151) indicating that there are substantial differences that are statistically significant in the degrees of psychological burnout among psychiatric nursing workers in the Hafr al-Batin governorate due to the marital status.

This shows that the changing marital status of psychiatric workers in Hafr al-Batin governorate affects the level of psychological burnout. The fifth hypothesis: There are no statistically significant differences at the level of an indication ( $0.05 < \alpha$ ) In the psychological level of combustion of psychiatric workers in Hafr al-Batin governorat due to the variable number of children and to the validation of this hypothesis the single contrast analysis test was used to test the differences in the level of psychological burnout of the psychiatric workers in Hafr al-Batin governorate due to the variable number of children and results Shown in Table number (8)

One way ANOVA results To identify the differences in the level of psychological burnout among workrs in The field of psychiatric nursing in the governorate of Hafr al-Batin is attributed to the number of children variable

**Table (7)**

Value probabilistic (Sig)	Value test (f)	mean Squares	score freedom	mean Squares	Source disparity	
<b>.138</b>	<b>2.015</b>	<b>1.60</b>	<b>2</b>	<b>2.030</b>	between groups	Total score level of psychological burnout
		<b>.504</b>	<b>123</b>	<b>61.96</b>	within groups	
			<b>125</b>	<b>63.99</b>	Total	

The table shows that the probability value.(138.)which is bigger than (0.05) the value of F calculated is (2.015)indicating that there are no significant statistically significant differences in the degrees of psychological burnout by the psychiatric nursing field in the Hafr al-Batin governorate due to number of children. Moreover, this shows that the variable number of children working in the psychiatric field in Hafr al-Batin governorate does not affect on the level of psychological burnout. Fifth: Are there statistically significant differences at the level of evidence ( $0.05 < \alpha$ ) in the level of methods for facing problems among psychiatric workers in Hafr al-Batin governorate due to variables (gender, age, degree of science, social status, number of children)? To answer this question, the researcher formulated five hypotheses First hypothesis: There are no statistically significant differences at the level of indication ( $0.05 < \alpha$ ) in the average estimates of the survey's answers in the level of methods for facing problems of psychiatric workers in Hafr al-Batin governorate due to the gender variable This hypothesis was tested by using the "T" test to examine the differences between the researchers answers in averages estimates of answers to the level of methods for facing problems of psychiatric nursing workers in the Hafr al-Batin governorate due to the gender variable . The results shown in Table No. 19. Table (9) T-Test Results for the differences between the responses researchers teams in the averages estimates their answer on the level of methods for facing problems of the psychiatric workers in a Hafr al-Batin governorate.

**Table (8)**

One way ANOVA results To identify the differences in the level of psychological burnout among workers in The field of psychiatric nursing in the governorate of Hafr al-Batin is attributed to the Sex variable

Value probabilistic	Value t	standard deviation	arithmetic mean	Number	Sex	Hypothesis
.239	-1.195	0.593	3.33	101	female	Methods for facing problems
		0.488	3.47	25	Girl	

The table shows that the significant value is (0.239) bigger than (0.05) which indicating that there are no statistically significant differences at a significant level in the average estimates of the survey's answer methods for facing problems of psychiatric workers in the Hafr al-Batin governorate due to the gender variable. The second hypothesis: There are no statistically significant differences at the level of an indication ( $0.05 < \alpha$ ) The level of methods for facing problems for psychiatric nursing field in Hafr al-Batin governorate due to the variable age. In order to verify the validity of this hypothesis, a single contrast analysis test was used to test the differences in the level of methods for facing problems of psychiatric nursing staff in the governorate of Hafr al-Batin due to the age variable. The results are shown in a table Table No. (10): The results of the one way anova analysis to identify differences in the level of methods for facing problems of psychiatric nursing staff in Hafr al-Batin governorate due to the variable of the treatment.

**Table (9)**

One way ANOVA results To identify the differences in the level of psychological burnout among workers in The field of psychiatric nursing in the governorate of Hafr al-Batin is attributed to the variable age

Value probabilistic (Sig)	Value test (f)	mean Squares	Score Freedom	mean Squares	Source disparity	
.242	1.437	.472	2	.943	between groups	Total score level of Methods for facing problems
		.328	123	40.385	within groups	
			125	41.328	Total	

The table shows that significant value is equal (1.437) indicating that there are no substantial differences of statistical significance in the degrees of psychiatric nursing staff in the Governorate of Hafr al-Bat in in due to the lifes variable .

This indicates that the age variable of the psychiatric nursing workers in Hafr al-Batin governorate does not affect the level of methods for facing problems. The third hypothesis: There are no statistically significant differences at the level of an indication ( $0.05 < \alpha$ ) In order to verify this hypothesis, a single-variation analysis test was used to test the differences in the level of methods for facing problems of psychiatric nursing staff in Hafr al-Batin governorate due to the variable grade The results are shown in Table 11 countries that the significant value is (0.242) and is bigger than(0.05) and the value f

**Table (10)**

One way ANOVA results To identify the differences in the level of psychological burnout among workrs in The field of psychiatric nursing in the governorate of Hafr al-Batin is attributed to the variable Degree

Value probabilistic (Sig)	Value test (f)	mean Squares	Score Freedom	mean Squares	Source disparity	
.368	1.008	.333	<b>2</b>	.667	between groups	Total score level of Methods for facing problems
		.331	<b>123</b>	<b>40.66</b>	within groups	
			<b>125</b>	<b>41.328</b>	Total	

The table shows that the significant value is (0.368) bigger than (0.05) and the value of F calculated is (1.008)which indicates that there are no substantial differences of statistical significance in the scores of methods for facing problems among psychiatric nursing staff in the Hafr al-Batin governorate due to the scientific degree variable. This shows that the variable degree of science among psychiatric workers in Hafr al-Batin governorate does not affect the level of methods for facing problems. The fourth hypothesis: There are no statistically significant differences at the level of an indication ( $0.05 < \alpha$ ) In order to verify the validity of this hypothesis, the experience of the methods for facing problems of psychiatric workers in the governorate of Hafr al-Batin was used to test the differences in the level of methods for facing problems among psychiatric workers in the governorate of Hafr al-Batin due to the degree variable.

**Table (11)**

One way ANOVA results To identify the differences in the level of psychological burnout among workers in The field of psychiatric nursing in the governorate of Hafr al-Batin is attributed to the Marital status variable

Value probabilistic (Sig)	Value test (f)	mean Squares	Score Freedom	mean Squares	Source disparity	
.431	.846	.281	<b>2</b>	.561	between groups	Total score level of Methods for facing problems
		.331	<b>123</b>	<b>40.767</b>	within groups	
			<b>125</b>	<b>41.328</b>	Total	

The table shows that the significant value is (.431) bigger than (0.05) and the calculated value f is (.846) indicating that there are no substantial statistically significant differences in the scale of the methods for facing problem among psychiatric workers in Hafr al-Batin governorate in due to the marital status. This shows that the changing of marital status among psychiatric workers in Hafr al-Batin governorate does not affect the level of methods for facing problems The fifth hypothesis :There are no statistically significant differences at the level of an indication ( $0.05 < \alpha$ ) In order to verify the validity of this hypothesis the one-to-one contrast analysis test was used to test the differences in the level of methods for facing problems of psychiatric workers in the Hafr al-Batin governorate attributed to a variable The number of children . The results are shown in the below table

**Table (12)**

One way ANOVA results To identify the differences in the level of psychological burnout among workers in The field of psychiatric nursing in the governorate of Hafr al-Batin is attributed to the number of children variable

Value probabilistic (Sig)	Value test (f)	mean Squares	Score Freedom	mean Squares	Source disparity	
.594	.523	.174	<b>2</b>	.348	between groups	Total score level of Methods for facing problems
		.333	<b>123</b>	<b>40.979</b>	within groups	
			<b>125</b>	<b>41.328</b>	Total	

The table shows that the significant value is (.594) bigger than (0.05) and the calculated f value is.(523.) This indicates that there are no substantial differences of statistical significance in the scale of the methods for facing problems among the psychiatric workers in the governorate of Hafr al-Baten due to the number of children. This shows that the variable number of children working in the psychiatric field in Hafr al-Batin governorate does not affect the level of methods for facing problems.

### Questionnaire psychological burnout

M	Phrases	Apply	Apply strongly	Sometimes	not applicable	not applicable strongly
1.	I feel like I am an emotional collapse because of my career					
2.	I feel that My energy is exhausted at the end my Professional day					
3.	I am tired When I wake up from my sleep or know that I have to face a day New work					
4.	I feel that I am dealing with some patients with cold					
5.	Iam dealing with people along a working day requires me a heavy effort					
6.	feel the psychological burnout of my practice					
7.	it seems to me that I have a positive impact on the people who have been In My work					
8.	I has become less people-like since I joined By this job					
9.	I am afraid to make me serious because of this job					
10.	I am depressed because of my practice to psychiatric nursing job					
11.	I feel that I am I work in hard and heavy effort in this profession					

12.	in facts ,I do not care What happens to some patients					
13.	is that working directly with People are causing me severe pressures					
14.	I feel happy after work With patients up close					
15.	I have done a lot of things Value in my career					
16.	I feel like that I am on the edge of the abyss My practice of					
17.	I feel the patients blame me					

#### Questionnaire Methods for facing problems

M	Phrases	Apply	Apply strongly	Sometimes	not applicable	not applicable strongly
1.	look at problems as a natural thing in human life					
2.	Gather information about the problem you are experiencing					
3.	Focus attention on the immediate results of the solution, not the far results					
4.	To have the ability to deal with everyday problems					
5.	I find difficult to think of multiple solutions to the problem					
6.	Limit my thinking to the positive aspects of the solution which inclined to					
7.	Choose the easiest solution no matter what					
8.	Use a structured approach to problems					

9.	I find my thinking confined to one solution to the problem					
10.	Limit my thinking to the negative aspects of the solution which I am inclined to					
11.	Be sure to evaluate the solutions after actually having them					
12.	I find it difficult to organize my ideas when I have a problem					
13.	Be sure to use specific statements to describe the problem					
14.	I find myself so much on the issue that I am not able to think					
15.	I find myself so much on the issue that I am not able to think					
16.	When I have a problem, I act without thinking					
17.	Choose the solution that satisfies others regardless of its effectiveness					
18.	When my solution to the problem does not work, I am trying to find out why					
19.	Be sure to postpone thinking about any problem that you are experiencing					
20.	When I have a problem, I don't know exactly how to set it up					
21.	I can think of good solutions to any problem					
22.	Think about what the solution can do in the short term and the long					
23.	Insist on implementing your solution even when					

	it appears Failed to solve the problem					
24.	I avoid talking about the topic I am facing					
25.	I don't know how to describe the problem I face					
26.	When I have a problem, I think about the solutions that are possible before I build One of them					
27.	I feel angry when I find that the solution I found To him he was a failure					
28.	I have a sense of hopelessness if I have any problem					
29.	When I have a problem, I use the first thought to solve it In Bali					
30.	When I have a problem, I choose the best solution to succeed					
31.	When I face my problem, I do not worry about the solutions that I have I get there					
32.	When I have a problem, I don't know where to start to solve it					

## Conclusion

This study reached to the following results:

- 1.The relative weight for psycholocial burnout questionnaire among workers in the field of psychiatric nursing in Hafar Al-Batin Governorate(64)
- 2.The relative weight of the questionnaire for methods facing problems among workers in the field of psychiatric nursing in Hafar Al-Batin Governorate. (67.2)
- 3.There is a statistically significant direct relationship between scores of scale Burnout and scores of methods for facing problems among workers in the field of psychiatric nursing in Hafar Al-Batin Governorate.
4. There's no Statistically significant differences in scale scores Burnout and methods for facing problems among the workers in the field of psychiatric nursing in Hafar Al-Batin Governorate due to variable of Sex.
5. Theres no significant statistically differences in the scale scores Psychological Burnout and methods for facing problems among workers in Hafar Al-Batin governorate due to variable of age.
6. No significant statistically differences in the scale scores Burnout and methods of facing problems among Workers in the field of psychiatric nursing in Hafar Al-Batin Governorate according to the scientific degree.
7. There are statistically significant differences in scale scores Psychological Burnout Workers in the field of psychiatric nursing in Hafar Al-Batin Governorate Of marital status variable.
8. No significant differences in scale scores Burnout and methods for facing problems among Workers psychiatric nursing field in Hafar Al-Batin Governorate according to the number of children.
9. No statistically significant differences in scale scores methods for facing problems among Workers in psychiatric nursing field in Hafar Al-Batin Governorate according to marital status.

## Recommendations

1. According to the theoretical framework, previous studies and the results of the current study, the researcher makes some recommendations that would benefit for specific group also those who care for them. In addition , the Saudi society in general. These recommendations include the following:
2. Designing counseling programs to enhance the psychological toughness of workers in the field of psychiatric nursing which can be divide in to social, religious and psychological programs in order to face all difficult circumstances.
- 3. The authorities supervising workers in the field of psychological nursing conduct field meetings to find out the problems that faced by workers in this field and work to solve all these problems.

-4. The various forms of community institutions adopt a pioneering role in educating workers in the field of psychological nursing also raising their morale and deepening their awareness of themselves.also their abilities and capabilities on the basis that it is a community element participating in all community issues. This come back that they in dire need of support in all its forms.

## References

1. Al-Quraiti, Abdul Muttalib, the person, Abdel Azeez( 1992). **Youth Mental Health Scale**. The Anglo-Egyptian: Cairo.
2. Jawdeh, Amal (1998). **Psychological tension and its relationship to some psychological variables among secondary school teachers in Gaza governorates** . Master Thesis, Faculty of Education, Al-Aqsa University: Gaza.
3. Mansour, Talaat (1982). A healthy personality. **Thought World Magazine in Kuwait** , (2), 3.63-108.
4. Moses, Mahad ( 2018 ). **Professor's psychological burnout and its relationship to the trend towards education**. Master of Science and Technology in Physical and Sports Activities: University of Akli Mohand Oulhaj-Bouira.
5. Majdalawi , Deft ( 2014 ).Sources of psychological burnout and their relationship to social support for a sample of drivers . **Al-Aqsa University Journal, Human Sciences Series** , (2), 8,212-249.
6. Ahmed, Essam (2001). A comparative study of the burnt and the psychopathic in some personality characteristics. **Journal of Contemporary Psychology and Human Sciences** , (1), 12,219.
7. Yusef Interview, Nasr (1995). The effect of the control center and some demographic variables on the psychological burnout of a sample of teachers . **Journal of the College of Education**, Ain Shams University, (15).
8. Mahran, Intisar (2015). The relationship between methods of coping with psychological and behavioral problems of commercial secondary school students. **Journal of Scientific Research in Education** ( 16 ).
9. Miqdadi, Youssef, Abu Zaitoun, Jamal (2010). The effect of a training program based on rational emotional education on improving social competence and problem-solving skills among students of the basic seventh and eighth grades . **Journal of the Islamic University (Human Studies Series)**, 8, 521-555.
- 10 . Muhammad, Rajab (1992). Methods of dealing with premature and censure with crises, psychological compatibility and some personality traits. **Psychology Journal, the Egyptian General Book Authority in Cairo** , (24), 104-125.
- 11 . Hamdi, Nazih (1998). The relationship of problem-solving skills to depression among students at the University of Jordan. **Studies Journal** , (1), 25.
- 12 . Issa, Muhammad (1995). Professional compatibility and its relationship to psychological burnout among Riyadh teachers . **Educational Journal Kuwait** , (34), 9, 112-165.

13. Al-Wabel, Suleiman (1995). **Psychological burnout and its levels among teachers of public education in the city of Makkah Al-Mukarramah in light of the Al-Ma'arab Maslak Scale**. The Institute for Scientific Research and the Revival of Islamic Heritage, the Center for Educational and Psychological Research, Umm Al-Qura University, Makkah Al-Mukarramah. 78-4 .
14. Hartawy, India (1991). **Levels of psychological burnout among educational counselors in public schools in Jordan** . Unpublished Master's thesis, Yarmouk University, Irbid: Jordan.
15. Askar, Ali (2003). **Life pressures and ways to face them** . Modern Book House: Kuwait.
- 16 . Al-Faouri and Fayza (1990). **The professional pressures facing special education female teachers in Jordan**. Unpublished Master's thesis, Faculty of Graduate Studies, University of Jordan: Jordan.
- 17 . Sword, Fahd (2000). Determinants of occupational fatigue between the two sexes “An applied study in social care institutions in some cities in the Kingdom of Saudi Arabia”. **The Journal of Public Administration, Riyadh** , ( 4 ) , 39 , .781--675
- 18 . Youssef, interviewing Nasr (1991). A study of the trends of Jordanian teachers towards the teaching profession in light of some variables. **Journal of the College of Education** Ain Shams University, (15) Cairo.
19. Youssef, interviewing Nasr (1996). The relationship between the control center and psychological burnout among a sample of teachers. **Journal of Psychology** General Egyptian Book Authority, Issue No. .39
20. Abdel Fattah, Youssef (1999). Psychological pressures of teachers and their guidance needs. **Center for Educational Research** Qatar University, .8
21. Green Mohsen : (1998) The Psychological Burnout Among the Arab Teacher, The Journal of Knowledge, Issue  
39
22. Abdullah, Muhammad (1994). **Burnout Scale: Instruction Manual** . The Anglo Egyptian Library: Cairo.
23. **Abu Habib, Nabila Ahmed (2010). Psychological stress and coping strategies and its relationship to collection Education for the children of martyrs in Gaza Governorate . Unpublished MA Thesis, College of Education, University Al-Azhar: Gaza.**
24. Al-Shuyukh, Hana, and others (2007). Coping strategies and their effect in relieving discomfort of physical symptoms and increasing compliance with medical advice in patients with renal failure undergoing repeated hematologic investigation treatment. **Journal of the College of Arts** . Cairo University, (4), 67.
25. Gad, Abd (2006). **Affirmative behavior as a mediating variable in the relationship of stress with both depression and aggression** . The first scientific conference, Faculty of Specific Education, Mansoura University.

26. Al-Ahmad, Abdulaziz (2016). **Psychological burnout and its relationship to the level of positivity among a sample of employees of the Saudi Telecom Company, the automatic response in Riyadh** . Master Thesis, College of Education, Qassim University: Saudi Arabia.
- 27 Al-Khatib, Muhammad (2007). **Burnout and its relationship to self-resilience among Palestinian teachers in Gaza governorates** . The Third Educational Conference on Quality in Palestinian Education, "Introduction to Excellence", Islamic University: Gaza.
28. Allawi, Muhammad (1998). **Combustion psychology of athlete and coach** . Book Publishing Center: Cairo.
29. Harb, Youssef (1998). **The phenomenon of psychological burnout and its relationship to pressures. Work for teachers of government secondary schools in the West Bank** . Master Thesis, An-Najah National University, Nablus: Palestine.
30. Aziz, Ahmad, Abu Asaad, and Abdul Latif (2008). **Dealing with psychological stress**. Sunrise House: Amman.
31. Obaid, Majda (2009). **Psychological stress and its problems and its impact on mental health** . Safaa House For publication and distribution: Oman.
32. Mansouri, Mustafa (2010). **Psychological and school stress** . Cordoba House: Algeria.
33. Al-Taxi, Abdullah (2010). Methods of facing professional psychological pressures and their relationship to some variables. **Damascus University Journal** , (4) 26.
34. Al-Shakaa, Ali (2009) Strategies for facing the stressful daily life events of Al-Quds Open University students in the Nablus governorate. **An-Najah University Journal for Research** , (2) 23.
35. Miqdad, Muhammad, Khalifa, Fadel (2012). Psychological stress and coping strategies for teachers of the class system in the Kingdom of Bahrain. **Psychological and educational practices development laboratory** , (9).
36. Abu Habib, Nabila (2010). **Psychological stress, coping strategies and its relationship to educational achievement among the children of martyrs in the Gaza governorates** . Master Thesis, College of Education, Al-Azhar University: Palestine.
37. Hussein, Taha, Hussein, Salama (2006). **Strategies for managing educational and psychological stress**. Thought House: Amman.
38. Askar, Ali (2005). **Life pressures and ways to face them** . Modern Book House: Kuwait.
38. Al-Anzi, Amal (2014). **Methods of confronting stress among healthy women and women with autosomal psychosomatal disorders "A comparative study"** . Master Thesis, College of Education, King Saud University: Saudi Arabia.
39. **Zaki, Najat, Othman, Madiha (1998)**. Coping methods in relation to both psychological stress and psychological burnout among a sample of secondary school teachers in Minya . **Journal of Arts and Human Sciences**, Faculty of Arts, Minia University, 32, 163-202 .
40. Al-Azza, Saeed (2004). **Mental Health Nursing** . House of Culture: Amman.
- 41 . Mrazqa, a child (2009). **The Center for Pain Control and its Relation to Coping Strategies for Cancer Patients**. Master Thesis, Faculty of Psychology, University of Batna: Algeria.

42. Passion, Hamza (2011). **Quality of Life and Coping Strategies for Diabetics “A causal study compared to the first and second type** . Master Thesis, Faculty of Psychology, University of Blida: Algeria .
44. Dawani, Kamal, and others (1986). **Levels of psychological burnout among public school teachers in Jordan**.The educational magazine : Jordan .
45. Radwan, Samer : (2007). **Psychological health** . Dar Al Massira: Amman  
**Second: English language.**
46. Asponwall,I Taylors(1992). modeling cognitive adaptation a longitudinal investigation of the impact of individual differences and performance. **Journal of personality and social psychology**, Vol.(63)No(6)989-1003.
47. Heppner,P&Peterson,C(1982). The development and implications of a personal problem solving inventory. **Journal of counseling psychology**,29,66-75.
- 3.48. Freudenberger,HJ (1974). Staff Burnout. **Journal of social Issues**, vol. 30(1), p 195-165.
49. Gervais,C (1991). **Comprendre et prevenir le burnout**. Ottawa, edition Agence d’Art.
50. Hollet.S (2006). **Une application du modèle de déséquilibre effort-récompense** ». à la compréhension des comportements de retrait des commerciaux, cahier de recherche Mars 2006, Institut de recherche en Gestion, Université Paris XII.
51. Lazarus,R.S & Folkman,S (1984).**Stress, appraisal and coping**. New York : Springer.
52. Maslach,C & Jackson,S.E (1981) .The measurement of experienced burnout. **Journal of Occupational Behavior**, vol 2, p 99-113
53. Maslach,C (1979). The Burnout syndrome and patient care.Garfield.**The emotional realities of life.Threatening illness**, p110-120.Louis, Mosby.
54. Evelyne josse(2008). **Le burn-in et le burn- out disponible sur-**  
**http://www.resilience:psy.com/IMG/doc/burnin-burnout-doc.**
55. Pines, A (1993). **Burnout: An existential perspective**. In W.B. Schaufeli, C. 56.Maslach et T. Marek (Eds), Professional burnout: Recent developments in **Theory and Research**, Washington, DC: Taylor& Francis, pp. 19-32.
57. Davison .G.C, & Neale .J.M.(1989). **Abnormal Psychology , Sixth ed**. New York , John Wiley & Sons , Ine.
58. Davison. G.C , (1994).**Abnormal Psychology , sixth ed** .New York , John Wiley & Sons , Ine.
59. Eelin. K., & Lian .T.C (2011).Relation Ship between Perceived Parenting Styles and Coping Capability among Malaysian Secondary School. **Student.International Conference Social Science and human icy**, 5 , 20-24.

60. Pitts .M , & Phillips .K , (1991 ). **The Psychology of health an introduction Essential hypertension Kiethphillips** .London & New York.
61. Skinner .E.A, Zimmer. M. J,(2007). The Development of Coping . **Journal Annual review of Psychology**,58:119 -144.
62. Grantham H-Le (1985).diagnostic differential et le traitement du syndrome d epuisement professionnel.**Ann med psychol**,p776-280.
63. Delbrouck M.Le(2003). burn-out du soignant. **Le syndorome d epuisement professionnel.le ed.bruxelles**, de boeck,p39-40.
64. R.floru,J.C(2008).cnockaert- vaincre iusure professionnelle: stress professional et burnout. **revue,les cahiers de ctif**,N265-265,p38.
- Buunk,B. P, Doosje,B. J, Jans,L. J. M., & Hopstaken,L. E. M(1993). 65.Perceived reciprocity, social support, and stress at Work : The role of exchange and communal orientation. **Journal of Personality and Social Psychology** , 65, 801 - 881.
66. Gil-Monte.P, Moreno.B, Neveu.J.P (2006) .**Violence et épuisement professionnel, In A.El Akremi, S.Guerrero, J.P. Neveu** (Sous direction de), comportement organisationnel : justice organisationnelle, enjeux de carrière et épuisement professionnel, Bruxelles : de boeck.
67. Parker,P.A & Kulik, J.A (1995).Burnout, self and supervisor-rated job performance, and absenteeism among nurses. **Journal of Behavioral Medicille**, 18, 581 - 600.
68. Schaufeli,W & Enzmann,D (1998) :**The burnout companion to study and practice:** Acritical analysis, London: Taylor& Francis.
- .69. Gordon, J (1993) . **A Diagnostic Approach to Organizational Behavior**. 4th Ed .Allyn and Bacon, London
70. steers, R & Black, S (1994).**Organizational Behavior, 5th Ed., Harper Collins**. College Publishers, London.
71. Kulik,J.A, Moore, P.J & Mahler,H.I.M (1993). Sterss and affiliation: hospital roommate effects on preoperative anxiety and social interaction. **Health Psychology** , 12, 118 - 124.
72. Jacques Heurtier Le(2005). **coping : une stratégie d’adaptation au stress, Paris France,fr, viadecom/fr/groups**. /detaildiscussion/?containerId.
73. Lucie Olive(2000) Stress professionnel et stratégies d’ajustement ,de l’interprète français – **langue des signes** p 48
74. Laurencine Piquemal(2001).Vieu- Le coping une ressource à identifier dans le soin infirmier. **Recherche en soins infirmiers** N° 67 décembre p86.

75. Lucie olive(1995).**stress professionnel et strategies d ajustement de linterprete francis.**  
langue des signes.

76. Cedolin(1982).Dimensions techer self- efficacy and relations with strain factors perceived  
collective teacher efficacy and teacher burnoul.**journal of education  
psychology**,99(3),661-625.

p86.