



INTRODUCTION

Burnout Syndrome (BS) is known as an inappropriate way to manage chronic workplace stress conformed by negative behaviors and emotions, this is also present in the academic field, being considered as a prolonged disorder, which is characterized by both physical and mental fatigue leading to the loss of ability and study-related motivation, causing a low academic performance; this could have an impact in physical and mental health like other aspects of life. BS addresses three scales: exhaustion, cynicism and professional efficacy.

OBJECTIVE

Determine the prevalence of Burnout Syndrome in Clinical Cycle Students of Dentistry Degree at Universidad Nacional Pedro Henríquez Ureña.

METHODS & MATERIAL

The research was descriptive, cross-sectional, prospective and analytical, conducted through an online questionnaire on Google Forms using Maslach Burnout Inventory – Student Survey template. 88 students were surveyed, their response were measured by descriptive and statistical test. Informed consent was provided prior the survey. For the statistical analysis of the information, tables were created in Excel, tabulated and represented in percentages.

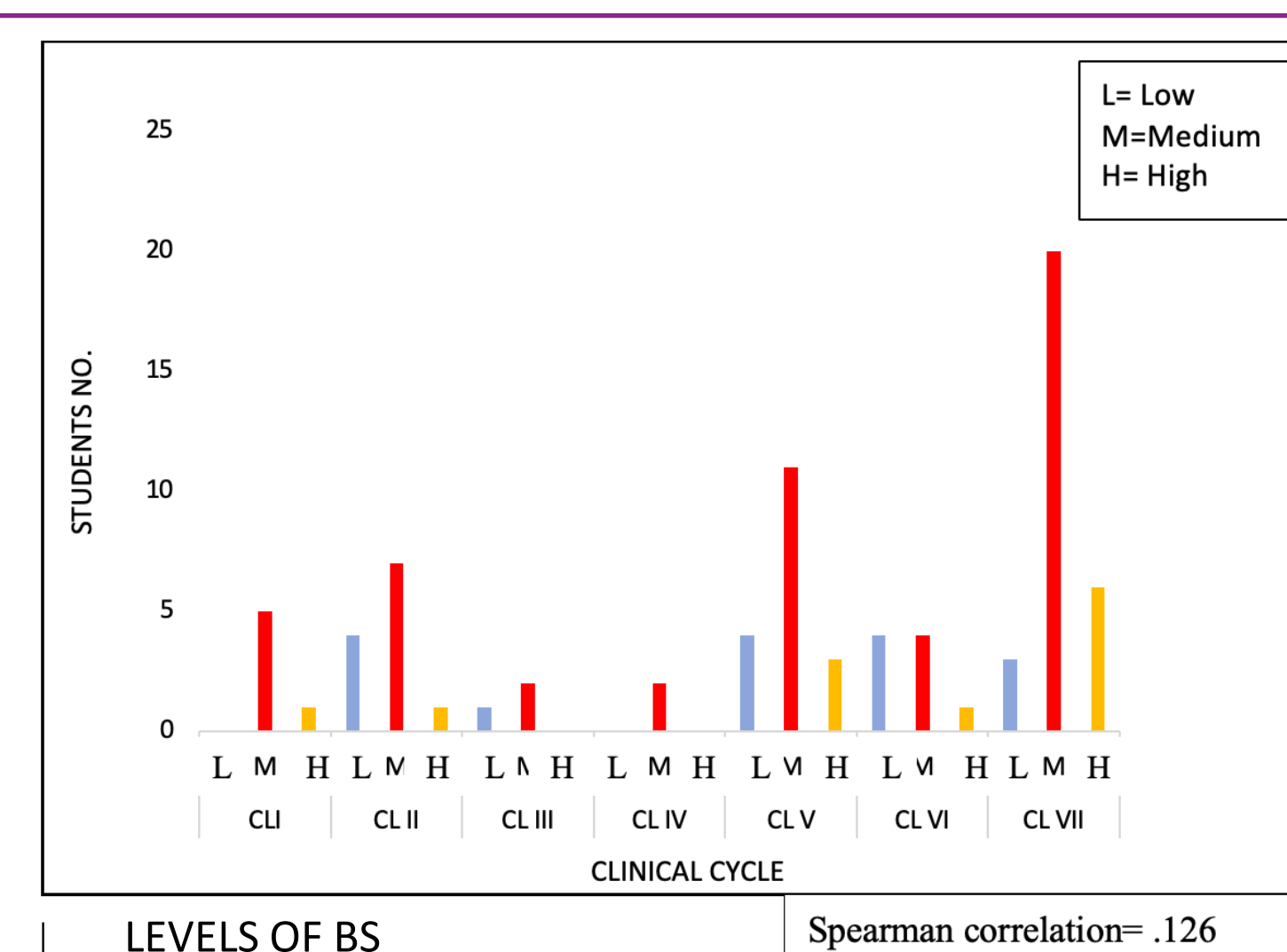
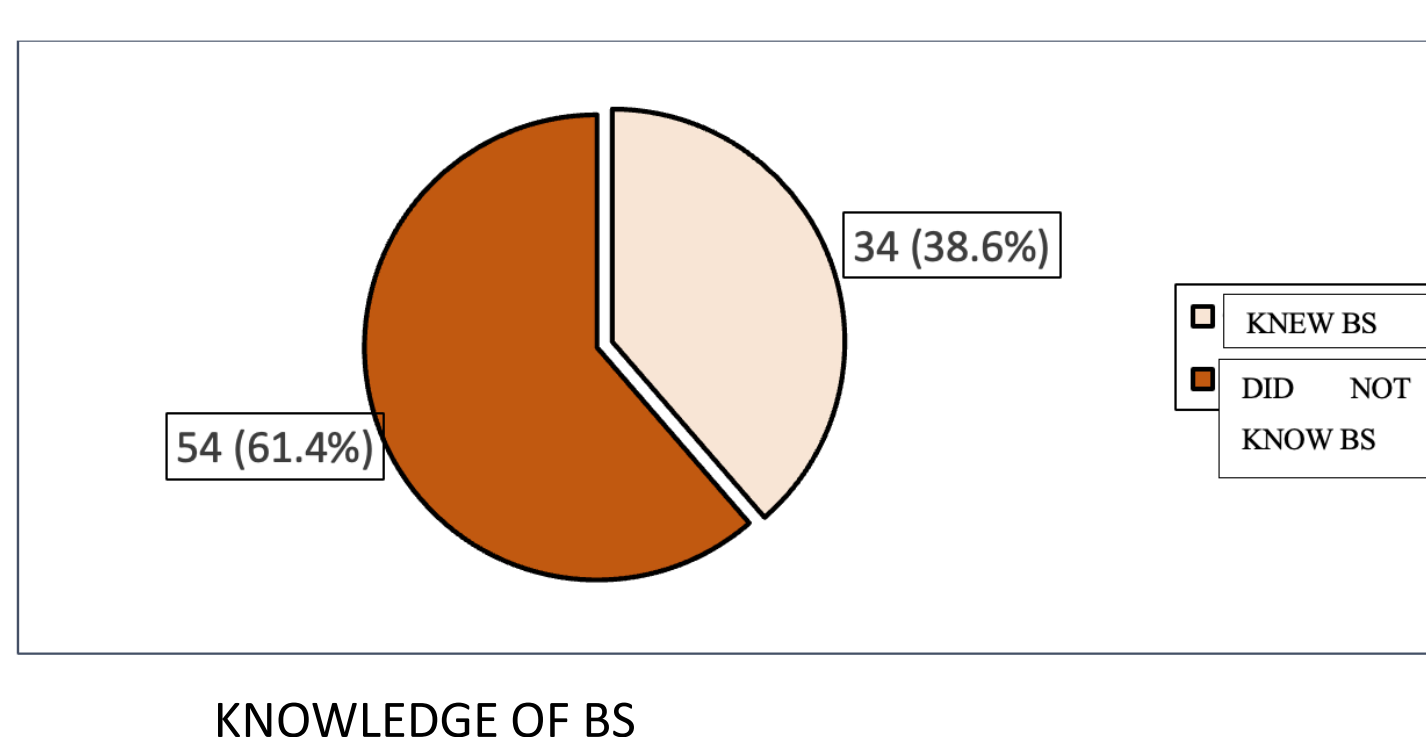
RESULTS

89.7% of the students suffer BS; 38.6% of the students knew the syndrome; 76.9% of the male students, and 92% of the female students suffered from BS; 18.1% of the students with a low level, 57.9% medium level and 13.6% high level of BS

RESULTS

BS PRESENCE	CLINICAL CYCLE	I	II	III	IV	V	VI	VII	TOTAL
	WITHOUT BS	5.9% (5)	1.1% (1)	1.1% (1)	1.1% (1)	0.0% (0)	0.0% (0)	1.1% (1)	10.3% (9)
WITH BS	6.8% (6)	13.6% (12)	3.4% (3)	2.4% (2)	20.4% (18)	10.2% (9)	32.9% (29)	89.7% (79)	
PRESENCE OF BS									100% (88)

Chi²: P= .001



DISCUSSION

Obtaining these results could mean that dentistry students are really exhausted and sometimes academically demotivated either because of his socioeconomic condition or clinical cycle requirements, among many other motives, would lead the student to have an unmotivated attitude and detached from their studies

CONCLUSION

A high percentage of the students suffer from BS. Most of the surveyed students did not know the syndrome. The higher the clinical cycle, more cases of BS there may be. Instead, the level of the clinical cycle does not influence the increase in the level of BS. Feminine students were the most affected and the most frequent level of BS was medium.