

## PSYCHOLOGICAL DISINTEGRATION SYNDROME AMONG DENTISTS

**Solijonov Sherzod Qahramonovich**

2nd-year Clinical Resident

**Tursunov Begzod Sherzodovich**

PhD, Department of Pediatric dentistry

Samarkand State Medical University

### **Abstract**

**Background:** This study examines burnout syndrome among dentists in relation to age, gender, work experience, and specialization.

**Materials and Methods:** A total of 200 dentists from the Faculty of Dentistry at Samarkand State Medical University were surveyed between 2024 and 2025 using V.V. Boyko's "Diagnostics of Emotional Burnout Level" method.

**Results:** The survey revealed burnout in 53.8% of cases. Age, gender, and years of experience did not significantly influence emotional exhaustion ( $p > 0.05$ ). However, professional specialization significantly impacted the "trapped in a cage" symptom ( $p = 0.02$ ), which was more prevalent among general practitioners and oral surgeons. Orthodontists/Prosthodontists most frequently exhibited "emotional detachment" ( $p = 0.03$ ).

**Conclusion:** Professional specialization is a key factor in the development of emotional exhaustion among dentists.

**Keywords:** Dentistry, emotional burnout, specialization.

### **Introduction**

Resident burnout affects patients, organizations, and staff longevity, leading to increased medical errors, decreased professionalism and empathy, and "brain drain" from

clinics [5, 2]. Burnout-induced distress is linked to poor patient communication and increased organizational costs due to reduced productivity and turnover [5]. Workplace stress causes mental and physical fatigue, leading to burnout—a syndrome predominantly found among teachers, social workers, psychologists, and physicians [1, 3, 5]. Maslach and Leiter [6] define burnout as a "mismatch between the job and the person."

## Materials and Methods

The study investigated the influence of age, gender, experience, and specialization on burnout among 180 dental students and practitioners at Samarkand State Medical University (2024–2025). The sample included 85 women and 95 men (age range 40–55 years). The distribution by specialty was: General Practitioners (66%), Prosthodontists (18%), and Surgeons (16%). Burnout symptoms were assessed using V.V. Boyko's methodology [2]. Statistical analysis was performed using Stata v.18, employing arithmetic means, correlation, standard errors, and Pearson's chi-squared test ( $\chi^2$ ).

## Results

Age did not significantly impact burnout symptoms during the phases of Tension ( $p=0.69$ ), Resistance ( $p=0.28$ ), or Exhaustion ( $p=0.18$ ). Similarly, no gender-based differences were found ( $p=0.75$ ,  $0.75$ , and  $0.55$ , respectively). Work experience duration also showed no significant correlation with burnout phases.

Regarding specialization, significant differences were found in specific symptoms:

"Trapped in a cage" symptom ( $p=0.0118$ ): Most common among general practitioners and oral surgeons. This symptom occurs when emotional stress leads to a sense of hopelessness or depression.

"Emotional detachment" ( $p=0.0277$ ): Most prevalent among prosthodontists. This symptom manifests as professional emotional neutralization, where the practitioner reacts

"mechanically" and becomes apathetic toward the patient, signaling professional personality deformation.

The most common indicators across phases were "experiencing psychotraumatic circumstances" (35%) and "anxiety and depression" (28%) in the Tension phase; "inadequate selective emotional response" (55% and 33%) in the Resistance phase; and early/persistent "emotional detachment" (22.5% and 28.5%) in the Exhaustion phase. Overall, 25% of dentists had a fully formed burnout syndrome, while 40% were in the process of formation.

## **Conclusion**

Burnout is a critical concern for healthcare professionals. The primary indicators among dentists are emotional detachment, anxiety, depression, and inadequate emotional response. While age, gender, and years of experience are not primary predictors, professional specialization significantly influences the development of specific burnout symptoms. General practitioners and surgeons are more prone to the "trapped" sensation, whereas prosthodontists more frequently experience emotional withdrawal. This study confirms that the specific nature of dental work and the choice of specialty are decisive factors in professional emotional exhaustion.

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