

PSYCHOLOGICAL DISINTEGRATION SYNDROME AMONG DENTISTS

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Abstract

Background: This research investigates burnout syndrome among dentists about age, gender, professional experience, and specialisation.

Materials and Methods: Between 2024 and 2025, a survey was conducted involving 200 dentists from the Faculty of Dentistry at Samarkand State Medical University, using V.V. Boyko's "Diagnostics of Emotional Burnout Level" methodology.

Findings: The report indicated burnout in 53.8% of instances. Age, gender, and years of experience did not substantially affect emotional tiredness ($p > 0.05$). Professional specialisation notably influenced the "trapped in a cage" symptom ($p = 0.02$), which was more common among general practitioners and oral surgeons. Orthodontists and prosthodontists mostly demonstrated "emotional detachment" ($p = 0.03$).

Conclusion: Professional specialisation significantly contributes to the emergence of emotional tiredness in dentists.

Keywords: Dentistry, emotional exhaustion, specialisation.

Introduction

Resident burnout impacts patients, organisations, and staff retention, resulting in heightened medical mistakes, less professionalism and empathy, and a "brain drain" from clinics [5, 2]. Burnout-related distress correlates with inadequate patient communication

and heightened organisational expenses resulting from diminished productivity and employee turnover [5]. Occupational stress induces mental and physical exhaustion, culminating in burnout—a condition primarily seen among educators, social workers, psychologists, and medical professionals [1, 3, 5]. Maslach and Leiter [6] describe burnout as a "discrepancy between the individual and the occupation."

Materials and Methodology

The research examined the impact of age, gender, experience, and specialisation on burnout among 180 dental students and practitioners at Samarkand State Medical University (2024–2025). The sample included 85 women and 95 males, aged 40 to 55 years. The distribution by speciality was as follows: General Practitioners (66%), Prosthodontists (18%), and Surgeons (16%). Burnout symptoms were evaluated using V.V. Boyko's technique [2]. Statistical analysis was conducted using Stata v.18, including arithmetic means, correlation coefficients, standard errors, and Pearson's chi-squared test (χ^2).

Results

Age did not have a significant effect on burnout symptoms in the Tension ($p=0.69$), Resistance ($p=0.28$), or Exhaustion ($p=0.18$) stages. No gender-based differences were observed ($p=0.75$, 0.75 , and 0.55 , respectively). The length of work experience had no significant link with stages of burnout.

Concerning specialisation, notable disparities were identified in certain symptoms: The "trapped in a cage" symptom ($p=0.0118$) is more prevalent among general practitioners and oral surgeons. This symptom manifests when emotional stress induces feelings of despair or sadness. Emotional detachment ($p=0.0277$): Predominantly seen among prosthodontists. This symptom presents as emotional detachment in the professional, characterised by a "mechanical" response and apathy towards the patient, indicating a distortion of professional identity.

The predominant indicators across phases included "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. In all, 25% of dentists had complete burnout syndrome, whilst 40% were in the stages of its development.

Conclusion

Burnout is a significant issue for healthcare practitioners. The main signs among dentists are emotional detachment, anxiety, despair, and insufficient emotional reaction. Although age, gender, and years of experience are not principal determinants, occupational specialisation significantly affects the emergence of certain burnout symptoms. General practitioners and surgeons are more susceptible to the "trapped" sense, whereas prosthodontists more often encounter emotional withdrawal. This research establishes that the particular characteristics of dental practice and the selection of speciality are critical determinants of professional emotional fatigue.

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