

ABSTRACT

Introduction to the issue: This paper examines the impact of burnout syndrome, which is common among caring professionals, on the sexuality of male paramedics. The term “burnout” was coined in the US 25 years ago. Burnout is defined as a mental state resulting from constant and long-term exposure to stress, especially in relation to psychosocial work factors (Melamed and Shirom, 2006). The effect of burnout syndrome on sexuality is a topic that has received very little attention. That is why I decided to cooperate with PhDr. Šárka Dynáková, Ph.D. and doc. PhDr. Jan Kožnar, CSc, who are working on an international study in the Czech Republic on the effects of burnout syndrome on human health.

Methodology: For the theoretical part of this diploma thesis, use was made of monographs and databases. For the practical part, quantitative data was collected using standardized questionnaires distributed among male paramedics. The first questionnaire focused on burnout syndrome using a validated questionnaire for the Czech Republic, one that applies the Shirom-Melamed scale from 2006 (Ptáček, 2013). An extended Kroměříž version of the Sexual Functions of Men questionnaire was used for collecting the data on sexuality (Kratochvíl, 1999). After establishing five working hypotheses (H), the relationship between burnout syndrome and sexuality was examined. The survey was conducted at the medical emergency facilities in the Czech Republic from May till October 2018. A total of 100 questionnaires were handed out, of which 51 were subsequently processed. The data were processed using descriptive statistics and hypotheses testing. Both parametric (two-selection t-test, ANOVA) and non-parametric tests (Mann-Whitney Test, Kruskal-Wallis Test) were applied to all the calculations. The results of the survey were subsequently compared to that of a control group of husbands of general nurses in both teaching and non-teaching facilities.

Results

H1: The higher the burnout score among male paramedics, the lower their sexual needs. The hypothesis was refuted.

H2: The higher the burnout score among male paramedics, the less likely they are to attempt sexual intercourse and the lower the frequency of satisfactory sexual intercourse. The hypothesis was refuted.

H3: The further burnout syndrome develops among male paramedics, the less sexually successful they feel. The hypothesis was confirmed.

H4: The higher the burnout score among male paramedics, the more negative their mood is before and after sexual intercourse. The hypothesis was confirmed. The result proved statistically significant from all examined aspects.

H5: Respondents with more than 5 years professional experience have a higher burnout syndrome score. The hypothesis was confirmed.

Discussion and conclusion: The empirical part of this paper examines five hypotheses regarding the effect of burnout syndrome on the sexual lives of male paramedics. It was found that those people suffering with burnout syndrome are less motivated to fill out

a questionnaire and that it is difficult to convince them to do so. The results of the conducted survey reveal that in the sample, very few male paramedics are suffering from burnout or are close to burnout, which may not be considered representative of all emergency service facilities. The most significant finding related to H4 regarding mood after sexual intercourse: the lower the rate of any kind of burnout, the better the mood. This result proved to be statistically significant for physical as well as overall burnout. In other words, it has been statistically proven that a lower rate of physical and overall burnout is connected to a better mood after sexual intercourse. No further statistically significant effect was found with regards to burnout syndrome and sexuality in the rest of the examined areas.

Keywords: Burnout, intimate life, paramedic, problems, sexuality, stress.