Evaluate the Effectiveness of Sport on Job Burnout, General Health and Life Expectancy in Jahrom University of Medical Sciences Staff

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Abstract

Background and Objectives: Managers of organizations in addition to the emphasis on improving efficiency and effectiveness also consider the mental state to improve health and quality of life of employees. The aim of this study was to evaluate the effectiveness of sport on job burnout, general health and life expectancy in Jahrom University of medical sciences staff.

Material and Methods: 60 (29 active and 31 inactive) of Jahrom University of Medical Sciences staff volunteers participated in this cross-sectional study. information was collected via Maslach Burnout Inventory (MBI), general health (GHQ 28), life expectancy Schneider and demographic characteristics questionnaire. To analyze the data we used of SPSS-18, Kolmogorov-Smirnov test and independent t-test (α=0.05).

Results: The results showed that active employees compared to inactive employees are in a significantly better position in measures of general health (P=0.02), but there was no significant difference between two group in the all three factors of burnout (emotional exhaustion (P=0.15); depersonalization (P=0.2), lack of personal accomplishment (P=0.20), and Life expectancy (P=0.10).

Conclusion: Activity can improve employee health, so it can be said that through exercise can increase capacity to cope with stress at work and their general health can be guaranteed. Therefore, it is proposed that would provide allow the institutionalization of physical activity and sports organizations.

Keywords: Burnout, General health, Life expectancy, Staff, Exercise and physical activity