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An exploration of the effects of diabetes on burnout among the Walter Sisulu University employees, EC, SA

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This study investigated the effects of diabetes mellitus on burnout among WSU employees as well as the prevalence of diabetes mellitus and burnout. A mixed method research design using quantitative and qualitative approaches was employed in order to explore the effects of diabetes on burnout as well as the prevalence of diabetes and burnout at WSU. A cross-sectional survey was used to gather quantitative data and semi-structured interviews were used for the qualitative data collection. A total number of 169 participants were involved in this study. This included 154 participants and 15 participants who were selected

for the quantitative and qualitative respectively using random sampling technique and purposive sampling method. Qualitative data analysis involved coding data and analysing the emerging themes to form the basis of the findings. The quantitative data was analysed using Stata version 13. The study findings indicated that the prevalence of diabetes at WSU is 16% and 57% participants were burned out. It was further found that the majority of participants (58%) who were diabetic also suffered from burnout. The relationship between diabetes and burnout was found to be significant.

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