

Original Article

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Cross-sectional Study on Career Planning and Job Satisfaction of the Anesthesiologists of Bangladesh.

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Abstract:

Introduction: Anesthesiologists are the essential members of any hospital. Their job is very stressful and skillful. The job satisfaction for anesthesiologists are very important to deliver the excellence.

Methodology: This was a questionnaire based cross-sectional observational study to evaluate the career planning and job satisfaction of the anesthesiologists. Study period was 1 month and sample size was 63. IERB approval was taken from Sylhet Women's Medical College (SWMC).

Result: Nearly half (50.79%) of anesthesiologist's experience was less than 5 years. The reason of selecting this discipline was work-life balance (33.33%), it was dream (28.57%), did not get chance in other subject (19.05%), for better income (12.70%). More than half (57.14%) were happy with their income, 55.56% thought that they spent a quality time with their family, 93.65% thought their remuneration was not appropriate and 68.25% did not want to switch their discipline.

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Conclusion: Career planning is very important for any profession. In order to have a job satisfaction work-life balance and remuneration are very important determinant factors.

Key words: Career planning, Job satisfaction, Anesthesiologists.

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Introduction:

Anesthesiology necessitates extensive knowledge, significant workload, and experience, resulting in heightened stress for practitioners and an increased risk of burnout.¹ Research indicates that anesthesiologists experience a lower life expectancy compared to other specialties and exhibit a suicide incidence that exceeds the average.^{2,3} The outcome is that the specialty is unappealing to emerging physicians, leading to documented shortages of anesthesiologists in wealthy regions such as North America, Europe, and Australia.⁴⁻⁶

Surveys of physicians across diverse medical specialties indicate discontent, despair, and sadness, with some recently certified practitioners expressing regret about entering the profession.⁷ Anesthetists receive insufficient recognition and feedback from both patients and colleagues, despite their collaborative efforts within a team.^{8,9} All these factors result in diminished job satisfaction, which may adversely affect the health and job performance of anesthetists.¹⁰

To the best of our knowledge, there has been no survey on job satisfaction among the anesthesiologists in Bangladesh. The purpose of this study was to assess job satisfaction among anesthesiologists in Bangladesh.

Methodology:

This was a questionnaire based cross-sectional observational study to evaluate the career planning and job satisfaction of the anesthesiologists of Bangladesh. Ethical review certificate was achieved from the IERB of Sylhet Women's Medical College (SWMC/Eth.C/IERB/2025008). Study period

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was 1 month. Sample size was 63. All the anesthesiologists who are practicing as anesthesiologist in Bangladesh after obtaining his / her degree or diploma were allowed to enroll. Non-practicing anesthesiologists were not included. Informed consent was taken from each participants. Data were collected by a pre-tested Google form. After collecting all data, they were transferred to an Excel master sheet. Chi-square test was done to find out the p-value.

Result:

Total 63 participants were enrolled in this study (N=63).

Table-1: According to years of experience after Degree / Diploma

	Number	Percentage	
Less than 5 year	32	50.79	< 0.001
05-09 year	14	22.22	
More than 17 years	9	14.29	
10-14 year	8	12.70	

Table-1 shows distribution of the participants according to their experiences. Nearly half anesthesiologist's experience was less than 5 years.

Table-2: According to time of decision to become an Anesthesiologist

	Number	Percentage	
Few years after internship	43	68.25	< 0.001
Just after internship	15	23.81	
During internship	4	6.35	
Before internship	1	1.59	

Table-2 demonstrates that highest number of the anesthetists opted their subspecialty few years after internship and nearly one-quarter decided just after internship.

Table-3: According to daily working hour

	Number	Percentage	
8-12 hours	41	65.08	< 0.001
More than 12 hours	13	20.63	
Less than 8 hours	09	14.29	

Table-3 illustrates that most of the anesthetists work daily between 8 to 12 hours. Nearly one-fifth works more than 12 hours per day.

Table-4: According to the reason of choosing anesthesiology as career

	Number	Percentage	
Work-life balance	21	33.33	< 0.001
It was my dream	18	28.57	
Did not get chance in other subject	12	19.05	
For better income	8	12.70	
Other	3	4.76	
Less job stress	1	1.59	

According to table-4 one-third participants have chosen the subspecialty to maintain work-life balance whereas more than one-fourth participants preferred anesthesia as it was their dream subject.

Table-5: According to child's preferred subspecialty

	Number	Percentage	
Surgery / OBG	22	34.92	< 0.001
Medicine subspecialty	21	33.33	
Anesthesiologist	5	7.94	
His / her choice	5	7.94	
Para-clinical teacher	5	7.94	
Other	5	7.94	

Table-5 shows that one-third anesthesiologists expects their child to become a surgeon or gynecologist and other one-third want their child to select medicine or subspecialty in their career.

Table-6: According to different modalities of job satisfaction.

	Yes (%)	No (%)	
Are you happy with your current income?	57.14	42.86	.047
Do you spend enough quality time with your family?	44.44	55.56	.089
Is the remuneration of Anesthesiologist appropriate?	6.35	93.65	< 0.001
Do you want to switch your subspecialty?	31.75	68.25	< 0.001
Is involving specialist doctors in national political party affiliated doctors' subgroup appropriate?	27	73	< 0.001

Table-6 illustrates that more than half anesthesiologists are happy with their income though most of them thinks remuneration is not appropriate in this country. More than half do not spend enough quality time with their family on the other hand most of them do not want to switch the subject. Nearly three-fourth anesthesiologists think that involving specialist doctors in national political party affiliated doctors' subgroup is not appropriate.

Discussions:

A survey of Indian anaesthesiologists revealed that the majority of participants possessed less than five years of experience in the field of anaesthesia (52.9%; 37).¹¹ Only 21.4% had over 20 years of experience, 17.1% had between 10 to 20 years, and 8.6% had between 5 to 10 years of experience. Our analysis also revealed that the biggest percentage of anaesthesiologists possess fewer than five years of expertise.

A study on Portuguese anaesthesiologists indicated that those with greater years of experience exhibited lower levels of emotional tiredness than their younger counterparts, despite prolonged exposure to stress.¹² This may be elucidated by the evolution of coping techniques over the years.

A study involving 190 anesthesiology postgraduate students revealed that 64% were drawn to the specialty due to the opportunity to perform procedures and the diversity of the clinical spectrum. Economic security was a deciding factor for many, reflecting the

perceived earning potential in anesthesiology.¹³ Notably, 80% reported no family influence in their specialty decision, indicating a trend towards autonomous career choices.

In a different cohort of 167 applicants for anesthesia residency in a developing country, 62% chose the specialty due to its nature and inherent interest, with 17% finding it intellectually challenging and 8% appreciating its technical aspects.¹⁴ Additionally, 36% cited better economic opportunities as a significant factor, and 26% were motivated by interests in critical care, pain management, or emergency management.

A study conducted by Morais et al. involving 3,430 anaesthesiologists from 99 countries revealed that the majority of participants (43.3%) work between 41 to 60 hours per week. Additionally, 26.8% of anaesthesiologists reported working between 61 to 80 hours, while 10.5% indicated a workload exceeding 81 hours weekly.

A study conducted in Tamil Nadu indicated that 62.9% of anaesthesiologists engage in work for 5 to 12 hours daily, while 24.3% exceed 12 hours, and 12.8% work for less than 5 hours each day.¹¹ This study demonstrates comparable patterns, indicating that the majority of anaesthesiologists engage in work ranging from 8 to 12 hours daily. However, it is not uncommon to engage in work that exceeds 12 hours per day. A prior investigation indicated that extended working hours contribute to work-related stress and burnout.

A national survey of physicians indicated that 79% of women and 76% of men reported high career satisfaction.¹⁶ However, satisfaction with work-life balance was moderate, with 48% of women and 49% of men expressing contentment. The study highlighted that control over schedule and work hours was the strongest predictor of both work-life balance and burnout, underscoring the importance of autonomy in managing professional commitments.

In a research among 1219 anaesthesiologists, 81% expressed satisfaction with their profession, but 58% reported dissatisfaction with their compensation.¹⁷ According to prior data, the average compensation of an anaesthesiologist in

India is 20 times lower than that of anaesthesiologists practicing within the USA. Our findings correspond with previous studies, indicating that participants were generally content with their overall income, yet exhibited significant dissatisfaction with their remuneration. Increased income could have been attained through extended working hours.

Conclusion:

Career planning for anesthesiologists is influenced by a combination of personal interests, economic considerations, and the desire for procedural diversity. Ensuring job satisfaction and a healthy work-life balance requires attention to factors such as control over work schedules and alignment of career choices with individual motivations and life goals.

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