BioSpectrum
the business of Bi
24 years of leveraging the business of Bio
www.biospectrumindia.co

91% doctors would discourage children from choosing medicine as career: Survey

04 March 2026 | News

Study raises concerns that the doctor-patient gap may widen



A nationwide study conducted by the Debabrata Mitalee Auro Foundation (DAF) between January and June 2025 has revealed a stark, statistically significant and concerning trend within India's medical community: 91.4% of doctors surveyed said they would not encourage their children to pursue medicine as a career.

Importantly, this sentiment reflects concern about present working conditions and systemic pressures rather than a loss of faith in medicine as a vocation.

With India facing significant challenges in maintaining the doctor-to-patient ratio across several regions, the study raises concerns that the doctor-patient gap may widen if fewer high-performing students choose medicine or if an increasing number of doctors consider early exit due to sustained systemic pressures.

The survival of the healthcare ecosystem depends not just on infrastructure but also on motivated professionals who feel secure and valued while continuing their service to society and the nation.

The study surveyed 1,208 doctors across Tier 1, Tier 2 and Tier 3 cities in India, spanning both private and government practice. Of the respondents, 63% were male and 37% female; 78% were from the private sector and 22% from government hospitals. The doctors represented a broad spectrum of specialities, including general medicine, surgery, paediatrics, gynaecology, dermatology, orthopaedics, ENT and others.

The findings indicate sustained professional strain and rising disillusionment:

- 78% of respondents reported high levels of burnout in the past year
- 56% acknowledged experiencing symptoms consistent with anxiety or depression, underscoring the psychological toll of prolonged professional strain
- 84% said they feel more likely than the general population to face physical or verbal assault by patients or their families
- 67% reported having been named in some form of medico-legal complaint
- Nearly half, 47%, said they had actively considered leaving the profession
- In addition, 61% believe public perception of doctors has worsened over the past five years

The Foundation states that the report is intended to initiate dialogue on systemic reform, including structured mental health support for doctors, stronger legal and institutional protections against violence and harassment, public sensitisation efforts to rebuild trust, and healthcare workplace policies that enable recovery and respite.