

## Relationship between Perceived Family Support and Vulnerability to Stress at Work

### Abstract

The family constitute itself as a major form of social support, and the greater the support that the individual possesses, the less likely to develop mental disorders and be vulnerable to stressful situations. Considering the multiplicity of roles that the family is faced with many stressful situations, including labor, this paper investigated the relationship between perceived family support and vulnerability to stress at work. To this end, it was applied an identify questionnaire, the Escala de Vulnerabilidade ao Estresse no Trabalho- EVENT and, the Inventário de Percepção de Suporte Familiar - IPSF on 414 university students with an average age of 25 years ( $SD = 6.27$ ), with 56.8% women. The results indicated correlations between all dimensions of EVENT with the IPSF, the latter differed statistically significantly between the sexes. The results also showed that a higher workload, greater vulnerability to stress.

*Key words:* family; stress; work.