Evaluation on predisposition of professors to burnout syndrome at a university in Parnaíba/Brasil

Abstract

Burnout syndrome is a common occupational stress in general professional working with any sort of uninterruption and emotional relationship with others. Thus, we evaluated the predisposition of professors at a University of Parnaíba, in Parnaíba/ Brazil, to develop this syndrome by sociodemographic and professional/occupational questionnaires and Maslach Burnout Inventory (MBI). In that analysis, we used the statistical software SPSS, version 18.0, frequency analysis for sociodemographic and professional/occupational and factor analysis (FA), which had presented three factors: Exhaustion, Professional Achievement, Depersonalization - Cronbach's alpha 0.87, 0.79 and 0.63, respectively, and the media of each dimension to identify predisposition. As conclusion, we obtained low levels of Exhaustion and Depersonalization and high levels of Professional Achievement, but we also found average rates of Exhaustion, this insinuated an alert about the predisposition of investigated to burnout syndrome.

Key-words: University professors; Exhaustion; Burnout syndrome.

Programa de Mestrado e Doutorado em Psicologia, UCDB - Campo Grande, MS