Abstract

Several studies show the presence of high levels of burnout in human service professionals. This syndrome is related to on-the-job injuries and work absenteeism. In this ex-post study, the presence of burnout syndrome and coping strategies used by 64 child protection workers form different Spanish regions is assessed. Measures used were the MBI and the Coping Survey COPE. Results support a high rate of the syndrome in the studied sample. Correlational analyses show significant associations between the use of coping strategies and high personal accomplishment. Analyses of variance show significant differences based on sociodemographic variables, such as gender, as well as on organizational variables (e.g. shifts, satisfaction toward salaries, among others). Likewise, positive and significant correlations were obtained between age, length of employment and dimensions of burnout. Results support the need for interventions with these professionals, to provide them with strategies to cope with work demands, as well as to improve the organizations to make them healthier.

Keywords