Abstract

The main aim of this study was to investigate the psychological, cardiovascular and endocrine response to real stressors in natural conditions, by means of the comparison of a working and a non-work day in a group of teachers. Additionally, others aims were to study the gender differences and the relationship between this response and burnout. Perceived stress, mood, heart rate and testosterone and cortisol levels were measured in different moments of both days. The results show that the working day produces a worse negative mood and higher perceived stress and heart rate than the non-work day in the total sample, and lower testosterone levels only in the case of women. In addition, burnout scores correlate positively with negative mood. Psychophysiological response to real life stressors depends on the environmental demands.