

Impact of job burnout on mental health among social workers in public and private sector in Greece

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Abstract.

Purpose: This study examines the impact of job burnout on the social workers’ mental health in public and private sector.

Material and Method: A descriptive, cross-sectional study was conducted in which 103 social workers who were working in public (n=56) and private (n=47) sector of the Thessaly region in Greece. Data were collected with a questionnaire including socio-demographic and work-related characteristics, the Maslach Burnout Inventory - Human Services Survey (MBI-HSS) and the General Health Questionnaire (GHQ-28). Independent t-test, anova and Pearson coefficient were used in statistical analysis.

Results: Emotional exhaustion was positively related to somatic symptoms ($r=0.470$, $p<0.001$), anxiety/insomnia ($r=0.429$, $p<0.001$), social dysfunction ($r=0.365$, $p<0.001$), depression ($r=0.252$, $p=0.010$) and overall mental burden ($r=0.518$, $p<0.001$) of social workers. Personal achievements were negatively related to somatic symptoms ($r=-0.326$, $p=0.001$), anxiety/insomnia ($r=-0.266$, $p=0.007$), social dysfunction ($r=-0.321$, $p=0.001$), depression ($r=-0.444$, $p<0.001$) and overall mental burden ($r=-0.444$, $p<0.001$). Also, depersonalization was positively associated with somatic symptoms ($r=0.218$, $p=0.027$), anxiety/insomnia ($r=0.317$, $p=0.001$) and overall mental burden ($r=0.258$, $p=0.009$).

Conclusion: All dimensions of burnout had a significant effect on mental health disorders of social workers in labor.

Keywords: *Burnout, satisfaction, mental health, depression, stress, social workers*