



Job Stress, Burnout and Coping Strategies

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LAP Lambert Acad. Publ. Okt 2011, 2011. Taschenbuch. Book Condition: Neu. 220x150x4 mm. This item is printed on demand - Print on Demand Neuware - The aim of this study was to determine whether coping strategies of police officers help moderate the outcome of burnout resulting from job stress. The nature of the job demands of police officers is such that they may experience high levels of stress. A convenience sample (N = 89: n Males = 58; n Female = 29) of police officers in police stations in the Eastern Cape was surveyed. The Maslach Burnout Inventory General Survey, Police Stress Inventory and COPE questionnaire were administered. Results for all the participants indicate that when the occupational stressor Lack of Resources occurs police officers implement Avoidance Coping (COPE) as a strategy, which leads to the experience of Exhaustion. Results also indicate that police officers use Active Coping, Cognitive Coping and Turning to Religion as means of moderating the stress-burnout relationship. Results also show that the coping strategy Avoidance Coping, used by male officers lead to Cynicism. When female police officers experience Job Demands and a Lack of Resources they make use of Seeking Emotional Support as a coping strategy....



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