

Coping, Burnout and emotional disorders in students and university professors

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The authors introduce the preliminary results of a project that has for object the study of the relation between coping, burnout and emotional disorders, in a population of Portuguese students and university professors undertaking their activities within an educational model proposed by the Bologna regime.

The test samples comprises 300 students and 50 university professors. The instruments used were the Problem Resolution Inventory by Vaz Serra, Maslach Burnout Inventory, and the Psychological Symptoms Inventory, adapted to the Portuguese reality by Canavarro.

These results suggest the relation between resources of resolution of problems and emotional regulation, emotional exhaustion, depersonalization, and emotional disturbance, both in professors as well as in students. They also suggest an increase presence of coping strategies grounded on avoidance or denial, when referring to students.