

Cisgender and transgender sex workers from Colombia: The relation between burnout syndrome and working conditions in a prohibitionist-regulatory law

María del Mar Sánchez-Fuentes, Sandra Milena Parra-Barrera, Nieves Moyano

Abstract

Introduction

Burnout syndrome has been recently included in the 11th revision of the International Classification of Diseases (ICD-11) as an occupational phenomenon. This syndrome has often been studied in the occupational context, but very little research has been conducted on sex workers. The present study examined the prevalence of burnout in cisgender and transgender women from Colombia for whom no laws regulate their job. It also analyzed the relation of burnout with sociodemographic variables and working conditions: number of working hours/week, monthly income, number of clients, experience as sex workers, and clients' sex.

Methods

We examined data from 98 sex workers using non probabilistic sampling. Self-reported measures of burnout syndrome were administered.

Results

Our results indicated that a considerable amount of women experience high burnout levels. However, 43.9% of the transgender women reported considerable personal accomplishment. Lower level of education and less income were related to more burnout, while the women who worked fewer years as sex workers reported less personal accomplishment.

Conclusions

These findings shed light on sex workers' burnout to raise awareness, improve their protection, and move toward regulatory laws that increase their safety and protection.

Policy Implications

Some implications may emerge which comprehends (1) security and safety, (2) whether performing sex work is deliberate or pressured, and (3) protective working conditions.

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Palabras clave

Sex workers, Cisgender, Transgender Burnout, Working conditions, Regulatory laws.