

## 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*