



**CICLO
DE CONFERÊNCIAS 2012
A CIÊNCIA QUE POR CÁ SE FAZ**

CENTRO DE INVESTIGAÇÃO
ISPA - INSTITUTO UNIVERSITÁRIO

BURNOUT EM ESTUDANTES UNIVERSITÁRIOS: DETERMINANTES E CONSEQUÊNCIAS

Burnout is a state of permanent fatigue associated with psychological exhaustion, disbelief at work and low efficacy. Although the Burnout syndrome was first described in aid-professionals, more recently this syndrome has been identified as highly prevalent in college students. In this conference, we report the results of a study on the determinants of Burnout development in a sample of 1080 college students and its consequences in academic achievement and social interaction. We propose a structural model where academic workload and socioeconomic constraints are precursors of student burnout. The effects of these predictors on burnout are theorized to be mediated by students' social support and student's coping strategies. School dropout and low academic achievement can be significantly predicted from the Burnout status of students.



João P. Marôco
ISPA - Instituto Universitário

25 OUTUBRO 2012

12H30

AUDITÓRIO 1

ENTRADA LIVRE

ISPA ^{50 ANOS}



CI

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