



STRESS AND INDICATIVES OF BURNOUT SYNDROME IN THE PRISION WORKERS ESTRESSE E INDICATIVOS DA SÍNDROME DE *BURNOUT* EM SERVIDORES PENITENCIÁRIOS ESTRÉS Y INDICATIVOS DEL SÍNDROME DE BURNOUT EN SERVIDORES PENITENCIARIOS

Sabrina Azevedo Wagner Benetti¹, Eniva Miladi Fernandes Stumm²

ABSTRACT

Objective: to evaluate the intensity of occupational stress, prevalence and indicative of burnout syndrome in workers working in the prison system. **Method:** this is an exploratory, transversal, descriptive and analytical study with 381 prison workers from the 3rd penitentiary region of the State of Rio Grande do Sul. Data will be collected by sociodemographic and clinical form, Work Stress Scale, Maslach Burnout Inventory and Salivary samples for cortisol levels. This research is approved by the Research Ethics Committee of the Regional University of the Northwest of the State of Rio Grande do Sul, CAEE 63136916.6.0000.5350. The analysis will be performed by descriptive and inferential statistics. **Expected results:** measurement of stress, concentration of salivary cortisol, indicative of burnout syndrome and effects on the health of prison workers. **Descriptors:** Prisons; Professional Burnout; Hydrocortisone; Workers.

RESUMO

Objetivo: avaliar a intensidade de estresse ocupacional, prevalência e indicativos da síndrome de *Burnout* em trabalhadores que atuam no sistema prisional. **Método:** estudo exploratório, transversal, descritivo e analítico, com 381 trabalhadores penitenciários da 3^a região penitenciária do Estado do Rio Grande do Sul. Os dados serão coletados por formulário sociodemográfico e clínico, Escala de Estresse no Trabalho, Inventário de *Maslach Burnout Inventory* e amostras salivares para dosagem dos níveis de cortisol. Aprovado pelo Comitê de Ética em Pesquisa da Universidade Regional do Noroeste do Estado do Rio Grande do Sul, CAEE 63136916.6.0000.5350. A análise será por estatística descritiva e inferencial. **Resultados esperados:** mensuração do estresse, concentração de cortisol salivar, indicativos da síndrome de *Burnout* e efeitos na saúde dos servidores penitenciários. **Descritores:** Prisões; Estresse ocupacional; Cortisol; Trabalhadores.

RESUMEN

Objetivo: evaluar la intensidad de estrés ocupacional, prevalencia y indicativos del síndrome de *burnout* en trabajadores que actúan en el sistema penitenciario. **Método:** estudio exploratorio, transversal, descriptivo y analítico, con 381 trabajadores penitenciarios de la 3^a región penitenciaria del Estado de Rio Grande do Sul. Los datos serán recogidos por: formulario sociodemográfico y clínico, Escala de Estrés en el Trabajo, Inventario de *Maslach Burnout Inventory* y muestras salivares para dosis de los niveles de cortisol. Aprobado por el Comité de Ética en Investigación de la Universidad Regional del Noroeste del Estado de Rio Grande do Sul, CAEE 63136916.6.0000.5350. El análisis será por estadística descriptiva y inferencial. **Resultados esperados:** mensuración del estrés, concentración de cortisol salivar, indicativos del síndrome de *burnout* y efectos en la salud de los servidores penitenciarios. **Descriptores:** Prisiones; Agotamiento Profesional; Hidrocortisona; Trabajadores.

¹Nurse, Master's degree student in Integral Health Care, Regional University of Noroeste of the State of Rio Grande do Sul/UNIJUI. Ijuí (RS), Brazil. E-mail: sabrina.benetti@hotmail.com; ²Professor, Nurse, Ph.D. in Sciences-Nursing/UNIFESP. Permanent Professor of Graduate Program - Master's Degree in Integral Health Care UNICRUZ/UNIJUI. Ijuí (RS), Brazil. E-mail: eniva@unijui.edu.br

INTRODUCTION

The prison population in Brazil has increased by 575%, from 90,000 prisoners in the early 1990s to 607,731 in 2014. Faced with this demand, it would require a further 373,991 prison places.¹ The massive number of prisoners together with the lack of vacancies in prison houses, result in overcrowding. As a result, these spaces become difficult to administer by the State, together with the control of the prison population.² This scenario requires an increase in the responsibility of the workers who work in the prison and predisposes the physical and psychic illness.

The work in the prison system has specificities, such as isolation, monotony, shifts, requiring constant concentration, a sense of insecurity, under threat of violence.³ In this way, workers can suffer adverse psychological effects associated with overload, having Burnout Syndrome (BS) and depression.⁴ In this context, the BS has high percentages in prison workers.⁵

Investigation with 26 Prison Workers (PW) of a prison in the northwestern region of Rio Grande do Sul, with approximately 220 People Deprived of Liberty (PDL) in closed regimen, evaluated working conditions and reflections of the work activity on their health.⁶ They evidenced that most workers entered the position motivated by the stability, salary, influenced by relatives and friends who worked in the prison system. The results revealed that the working conditions are unsatisfactory due to a lack of material resources and a lack of public power with issues inherent in the resocialization of the victim, evolving to exposure to psychosocial risks, dissatisfaction and emotional exhaustion of workers.

Another study with 208 PW in the province of Alberta in Canada identified the prevalence of burnout and coping strategies among professionals.⁷ The authors found that workers had high levels of burnout, evidenced by absenteeism, turnover, poor physical health, emotional exhaustion, depersonalization and reduction of personal fulfillment.

Experience as a nurse in the prison system for 11 years leads me to recognize weaknesses such as inadequate physical structure to meet the demand, dynamics of functioning, insufficient number of professionals together with the investment deficit in the qualification of the team by the State.

OBJECTIVES

- To evaluate the intensity of occupational stress, prevalence and indicative of burnout syndrome in workers of the prison system.
- To verify the influence of sociodemographic and clinical variables on the stress of the penitentiary server; To analyze the influence of the work with the stress experienced by the research participants with the use of the Occupational Stress Scale (OSS).
- To evaluate prevalence and indicative of BS in prison workers, members of the research; To evaluate the concentration of free cortisol levels of workers.
- To relate the indications of burnout to the intensity of stress experienced by prison workers.
- To associate levels of stress and burnout with the workload; To relate cortisol and its relationship to stress.

METHOD

This study is exploratory, descriptive, and cross-sectional with a quantitative approach. The data will be collected with sociodemographic and clinical form, Stress Scale at Work and Maslach Burnout Inventory (MIB) and salivary samples for cortisol levels. The data will be collected among the 381 workers of the 3rd penitentiary region of the State of Rio Grande do Sul, Brazil.

The intention is to include in the survey all 381 active penitentiary workers, who are members of the Superintendent of Penitentiary Services (SUSEPE), working in the 3rd Penitentiary Region. The inclusion criteria are to be a SUSEPE employee, for at least 6 months and to accept to participate in the research. The exclusion criteria were having difficulties in understanding the issues that are part of the data collection instruments and do not agree to sign the Informed Consent Form (TCLE).

The research project was approved by the Ethics Committee of the Penitentiary Service School of the Penitentiary Services Superintendency and Research Ethics Committee of the Regional University of the Northwest of the State of Rio Grande do Sul - Unijuí, under the Certificate of Presentation for Ethical Appreciation (CAAE): 63136916.6.0000.5350.

After the data collection, it will be registered and organized in a database in Excel for Windows (OFFICE, 2007), and later analyzed with descriptive, inferential and analytical statistics, with the help of the

Benetti SAW, Stumm EMF.

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Statistical Package for Social Science (SPSS), Version 17.0.

EXPECTED RESULTS

Mapping and evaluating the intensity of occupational stress, compared to salivary cortisol levels and indicative of burnout syndrome in workers who work in the 3rd Penitentiary Region of the State of Rio Grande do Sul.

It is considered that studying stress, measuring levels of salivary cortisol and indicative of BS and its effects on the health of prison staff, will enable the planning and implementation of actions aimed at health promotion and prevention of damages, often irreparable, in this population. Also, it is considered that the results can be important subsidies for the educational interventions to increase knowledge about stress and burnout and empower them to self-care, increasing the quality of life and health.

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Corresponding Address

Sabrina Azevedo Wagner Benetti
Rua Emílio Frederico Buhner, 637
Bairro São Geraldo
CEP: 98700-000 – Ijuí (RS), Brazil