

The Burnout syndrome and Mental Health of pupils homosexuals CU UAEM Valle de Chalco Solidarity, México

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Abstract: The term "Burnout" derived from the term Anglo-saxon, whose translation is to be "burned", "exhausted", "worn", "losing the illusion of the work". The Burnout Syndrome is a disorder of the psychological order that affects and alters the working capacity of the people and to the educational institution, especially to relations with the students and the quality of education. It welcomes the stress of students homosexuals academics, with the validation of the Maslach Burnout Inventory (MBI), with an objective to analyze the levels of stress. To date no investigation has been carried out about the level of stress in homosexuals, and much less the relationship that exists between stress and homosexuality. To determine the level of stress is conducted an investigation of both a quantitative, cross-sectional analytical, through non-probability sampling for convenience, the sample of 22 academics Gays in the various degrees, the instrument to be applied is the SWS-Survey, which is a scale to measure the level of stress, divided in 8 categories (Personal Support, Personal Stress, Social Support, Social Stress, Academic Support, Stress Academic poor Mental Health and Mental Health). Identifies a Burnout Syndrome high, at the level of personal stress with a 40.9%, a mental health deficitaria reported by high rates, represented in percentages with a 54.55%, a stress academic high only 13.63%, social stress under 50%.

Word keys: Burnout Syndrome, cognitive process, emotional and behavioral, facts psychosocial.

Introduction

The cognitive processes, behavioral and emotional influence the way as faces and manages a stressful event. What makes the difference is the way in which each person facing the different situations, taking into account their individual characteristics and the nature of the medium, the cognitive assessment is the one that finally determines that a relationship individual-environment is stressful or not in the coping strategies (Quiceno, 2007).

The confrontation then, it is understood here like the cognitive and behavioral efforts that they develop to handle the stress and to reduce the tensions caused by the situations aversivas, both internal and external, that the persons face during the daily life (Quiceno, 2007)

The psychosocial factors are conditions present in employment situations related to the organization of work, the type of post, the completion of the task, and even with the environment that affect the health of workers and the development of their work (Uribe,2014). These authors give us reference , the environment and cognitive processes emotional and behavioral arriving to cause a certain level of stress ,these variables called the attention to the study , since they are the main that assessed the level of stress in the university students homosexuals. According to the references to the environment and the capacity to deal with the perception of individuals toward them generates a certain tension, i.e. the pressure of the society that is being exerted on people who have the taste for the same sex.

However, psychosocial factors may favor or prejudice the work activity, student and the quality of life; in the first case, foster the development of the people, however, when they are unfavorable lead to stress or burnout and harmful to the health and welfare (Uribe, 2014).

Defined as the Syndrome of Burnout : set of symptoms divided into three dimensions: a) exhaustion or emotional wear, defined as the tiredness and fatigue, b) cynicism or depersonalisation, as the set of feelings, attitudes and negative responses developed by a person to remain distant and cold toward other people mainly from work, and (c) the low personal accomplishment or dissatisfaction of achievement, which is characterized by a painful disappointment of the meaning of his own life and toward personal achievements (Uribe, 2014).

Definition of homosexuality: homosexuality is simply the preference for persons of the same sex, as stimulation and to exercise the sexual function (Boscan, 2008).

Returning to the definition of the Burnout syndrome, homosexuality and stress caused by psychosocial factors on the whole environment and the pressure exerted by the society , along with its capacity and features cognitive, emotional and behavioral each individual homosexual are vulnerable to the syndrome and the data provided by WHO are the following:

- According to the information available, LGBT people experience worst disparities and health outcomes than the heterosexual. Have higher rates of HIV infection, depression, anxiety, tobacco consumption, alcohol abuse, suicide or thoughts of suicide by chronic stress, social isolation, and disconnecting from a series of health services and support. Are the people with the highest rate of chronic stress derived from the variables already mentioned by the WHO. (Who, 2015)
- The lack of skills of health professionals to understand and address the specific health problems of this group is another of the challenges. "Lesbian, gay, bisexual, and trans people are subjects of law and should receive a respectful treatment and considered in the health services and human rights in accordance with the norms and standards of universal and regional human rights", stressed Heidi Jimenez, legal adviser, PAHO/WHO (WHO,2015).
- Homosexuality is a way of life controversial, vetoed by the society that, in good part, sees this as a "aberration", as a "disease". There is a great amount of errors of concept that persist for centuries in our society and which maintain a display wrong of homosexuality, as: perversion, sin, contagion, punishment of God, ways of speaking, clothing and behaving "different", among many others (Boscan,2008).

Speaking now of the Burnout Syndrome (SB) or also known as the Syndrome of Burnout syndrome emotional overload, burnout syndrome or fatigue in the work was declared in the year 2000, by the World Health Organization (WHO) as a risk factor of labor, due to its ability to affect the quality of life, Mental health and even up to put at risk the life of the individual who suffers, now the new studies emphasize that the syndrome now not only suffer from health professionals , if not various professionals and workers who face various difficulties in the field of labor and even student (Saborío, 2015).

Despite its recognition as a risk factor for labor part of WHO and its current diagnosis by doctors and mental health professionals, the syndrome of burning is not described in the International Classification of Diseases (ICD-10), nor in the Diagnostic and Statistical Manual of Mental Disorders (DSMIV) (5), nor was included in the new version of the Manual of the American Association of Psychology (DSM-V) (6) (Saborío, 2015).

The most widely accepted definition is C. Maslach, what he describes as a poor way to deal with the chronic stress, whose main features are the emotional exhaustion, depersonalization and the decline of the personal performance, P. Gil-Monte defines it as: "a response to chronic stress labor composed of attitudes and negative feelings toward the people you are working with and toward the own professional role, as well as by the experience of being exhausted". Note that both definitions coincide in pointing out that it is an inappropriate response to chronic stress the trigger for this condition (Saborío ,2015)

He is currently recognized as a process multicausal and very complex, where (in addition to the stress) are involved variants such as the boredom, crisis in the development of the professional career, poor economic conditions, work overload, lack of stimulation, poor career guidance and isolation.

Added to the newly renowned elements, there are described factors of risk, which make the individual capable:

- Components personal: age (related to experience), gender (women can cope better conflict situations at work), variables families (harmony and family stability preserved the balance needed to face conflict situations), personality (for example the personalities extremely competitive impatient, hiperexigentes and perfectionists).
- Inadequate vocational training: excessive theoretical knowledge, limited training in practical activities and lack of learning techniques of self-control emotional.
- Occupational factors or professionals: inadequate conditions in terms of the physical environment, human environment, work organization, low wages, work overload, little actual work of equipment.
- Social factors - such as the need to be a professional prestige at all costs, to have a high regard social and family and thus a high economic status.
- Environmental factors: significant changes of life as: the death of a member of the family, marriage, divorce, the birth of children. (Saborío ,2015)

As mentioned there are many factors and elements that can develop the syndrome, in such a way that homosexuality is a subject that draws the attention in the twenty-first century and is still present to this group plenty of questions and issues in society, what promises to be a vulnerable group to submit the following symptoms that belong to the clinical picture of Burnout.

Identify 3 components of the SB (1):

1. Fatigue or emotional exhaustion: progressive loss of energy, wear, fatigue.
2. Depersonalisation: construction, on the part of a subject, a defense to protect themselves from the feelings of helplessness, uncertainty and frustration.
3. Abandonment of the personal realization: the work loses the value that had for the subject. (Saborío and Hidalgo 2015).The clinic of the syndrome is esquematizó on four levels.

- Mild: vague complaints, fatigue, difficulty getting up in the morning
- Moderate: cynicism, isolation, suspicion, negativity
- Severe: slowing, self-medication with psychotropic drugs, absenteeism, aversion, alcohol or drug abuse
- Extreme: very marked isolation, collapse, psychiatric pictures, suicides.

Its diagnosis, the most used test for the diagnosis of the syndrome of fatigue in the work is the Maslach Burnout Inventory: consisting of 22 statements and criticisms about the feelings and thoughts in relation to the interaction with the work, which are valued in a range of 6 adjectives ranging from "never" to "daily", Depending on the frequency with which you experience each one of the situations described in the items. These statements are designed to evaluate the 3 components of the SB mentioned earlier (emotional exhaustion, depersonalization and personal fulfilment in the work. In fact, are grouped into three subscales, one for each of the components of the syndrome of burning (Saborío, 2015).

Methodology

The study was carried out at the premises of a university center, to determine the level of stress in students homosexuals. An investigation was made of both a quantitative, cross-sectional analytical, through non-probability sampling for convenience, homogenizing the sample, with sampling technique for convenience, where it formed 22 university students with preference homosexual of the various degrees that accepted to participate voluntarily in the research and Signing informed consent, eliminating the instruments that were not answered completely, selects the number of students because they possess the characteristics necessary for the research. The instrument to be applied is the SWS-Survey, which is a scale to measure the level of stress, divided in 8 categories (Personal Support, Personal Stress, Social Support, Social Stress, Academic Support, Stress Academic poor Mental Health and Mental Health). Consists of 200 items divided into 8 subscales of 25 items each, which were taken only 7 (Personal Support, Personal Stress, Social Support, Social Stress, Academic Support, Stress Academic poor mental health). Which represents the .95 of reliability in alpha cronbacha. Driving a scale of Liker that goes from the value 1 to 5, where 1=never, 2=almost never, 3=Occasionally, 4=frequently, 5=very frequently.

Results and Discussion

Of the 100 per cent of the population the 68.18% is identified as homosexual, the largest population exercises sexual practices with persons of the same sex, compared to 31.82% identified as bisexual, exercising sexual practices with both sexes. With an average age of 21.5 with an age range of 19-26 years, standard deviation of 2.3 and a fashion of 21.

Representing the number of sexual partners of the College, the 45.45% has greater sexual activity that involves 4 to 10 partners from the beginning of their sexual life, 31.8 per cent 10-20 sexual partners have had and only 22.7 % of 10-20 sexual partners, with an average of 1.90 and a fashionable 2.

It was studied the knowledge of the sexual preference in the family and social environment, where it is referred to as a percentage of 72.73% , if you know about his sexual preference both in the family and social environment, only 27.7% unknown at the family level, where academics refer feel calm without aggression whatsoever.

Of the 100 % of the population the 72.73 % are masculine in gender, representing that the greater homosexual population is found in men and only a 27.7% belonging to the female gender.

A first aspect which is analyzed in this study are descriptive values of the quantitative variables. Where identifies a Burnout Syndrome high, at the level of personal stress, indicating high levels with a 40.9% and a minimum of 18.8%, represented in the following graph EP (personal stress).

The social stress is an important variable to be analyzed in the study where is represented with a 50% posen a social stress under comparing just a 9.9 % high, identifying that the university students homosexuals manage to cope in a very adequate way within society studied represented in the table 1, Social Stress (IS).

Table1. Level of Social Stress (own preparation, 2018).

	Frequency	Percentage	Percentage valid	Percentage cumulative
Valid	Not presents	7	31.8	31.8
	Under	11	50.0	81.8
	Middle	1	4.5	86.4
	High	1	4.5	90.9
	Very High	2	9.1	100.0
	Total	22	100.0	100.0

Reported the burnout syndrome with a frequency of high of 9 and very high of 4, percentage 40.9% personal stress with index significant ,correlacionándolo with the level of stress academic (Table 2) only the 13.64% represents a high level while the 22.73% is located in parameters of high and a minimum of 4.4% obtaining a level of exhaustion staff high both as an academic ,so that figures positive and significant, as was to be expected, however the figures presented in the social stress is low, which has allowed them to continue to evolve in their daily activities , although be frustrated in their personal activity and academic.

Table2. Level of stress in academic (own preparation, 2018).

	Frequency	Percentage	Percentage valid	Percentage cumulative
Valid	Under	1	4.5	4.5
	Meddle	13	59.1	63.6
	High	5	22.7	86.4
	Very High	3	13.6	100.0
	Total	22	100.0	100.0

This study presents the experience of the burnout syndrome in university students homosexuals, of the 7 variables studied (personal support, personal stress , social support, social stress, poor mental health , academic support ,stress academic), it managed to find significant differences in poor mental health and the degree of stress, high to very high and moderate in stress academic, social and personal in the results already represented above. In relation to stress are the results to be expected in a principle, as several studies determine the difficulties represented for this group LGBT and although there are few studies of homosexuality correlacionándolos with the stress they face day by day in society, this study determines a high rate of burnout in students homosexuals. From the nineteenth century, from different disciplines, The concern begins to determine who among homosexuals was a "true degenerate", whose ideological substrate was the model of bourgeois sexuality that operated through discipline and Handling of the Bodies. In this context arose the "medicalization of homosexuality", which was nothing other than the attempt to "normalization".

The validated instrument by Maslach Burnout Inventory, with viability of Cronbach alpha of 0.842, the complexity of the syndrome involves the analysis of a large number of variables that can influence to be presented in the last few years have increased the research on this topic, which has deepened in the identification and assessment of their possible causes, decisive and processes adjacent, In addition to having clarity of because people respond differently to stress and what is the type of interaction that may occur between the variables of organizational and personal (Grisales ,2016).

Reporting the burnout syndrome with a frequency of high of 9 and very high of 4, percentage 40.9%, with questions highlights of the study, where the 45.5 % it costs them to divest itself of thoughts that the nuisance, 31.8% have difficulty focusing ,occasionally are enclosed to if same avoiding the other with 22.2% ,occasionally have difficulty sleeping with 40.9% and headaches ,neck and back by voltage 36.4%,have life organized and under control 40.9 % only occasionally and often only a 27.3% and almost never prevent work governs his life with a 31.8%.

It is essential that the University of follow-up in the care of these students with a statistic of 40.9% personal stress and 54.55% a mental health deficit more relevant data in the research, implement plans to

improvement, a follow-up to the detention and improvement of Burnout to reduce the statistics and seek mechanisms through a program of preventive medicine.

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