

POS-E50

PD en Psicología

THE INFLUENCE OF SOCIOEMOTIONAL VARIABLES ON BURNOUT SYNDROME AMONG NURSING ASSISTANT WORKING IN OLDER CARE SETTINGS

ERKUDEN ALDAZ ARROYO 1 NEREA GALDONA ERQUICIA 1 AITOR ARITZETA GALAN 2

1. MATIA INSTITUTO GERONTOLÓGICO 2. EUSKAL HERRIKO UNIBERTSITATEA

Introduction: Older care is a stressful job, however, some people are more affected than others by the negative consequences of a chronic stress at work. Emotional demands coming from older people, family members and other professionals are one of the stressors that most lead professionals to Burnout (Demerouti, 2014). Socioemotional variables may help to explain individual differences in Burnout development. This study aims to know the influence of social and emotional variables on the Burnout syndrome among geriatric nursing assistants.

Method: A cross sectional study has been designed to gather information about the following variables, through a previously well-defined questionnaire survey: - Sociodemographic and organizational variables: Age, marital status, shifted work, educational level and work experience has been assessed within an ad-hoc questionnaire. - Burnout: Maslach Burnout Inventory (Seisdedos, 1997). - Perceived Emotional Intelligence: Trait Meta-Mood Scale (Fernández-Berrocal, Extremera y Ramos, 2004). - Empathy: Interpersonal Reactivity Index (Pérez-Albéniz, De Paúl, Etxeberria, Montes y Torres, 2003). - Alexithymia: Toronto Alexithymia Scale (Martínez-Sánchez, 1996). Participants will be recruited from broad range of Gerontological Centres in the Basque Country, working for different companies. The inclusion criteria will be (1) to work as a nursing assistant in a nursing home setting in Gipuzkoa, (2) to work in a direct contact to older people at least the 80% of the workday and (3) being working in the same center and job at least for one year. Participants' anonymity will be guaranteed during the whole project. **Results:** We expected to find that Perceived Emotional Intelligence and Empathy will negatively predict Burnout. Alexithymia, however, will predict it positively. **Conclusions:** If our hypotheses are confirmed, emotional education should be taken into account when training nursing assistant working in older care settings, as would be a good tool to prevent the Burnout syndrome.