



Title: Measurement of Burnout in university professors during COVID-19

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Introduction

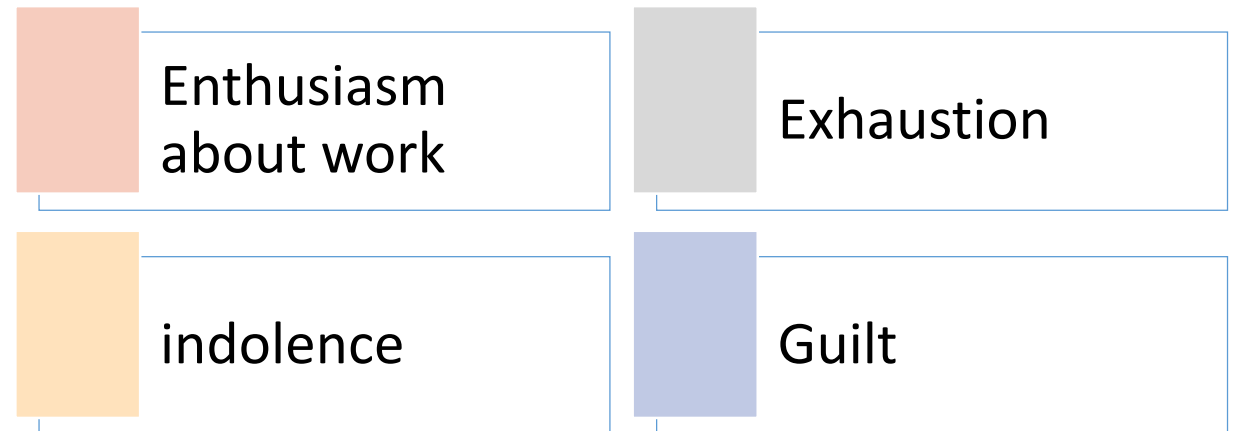
The COVID-19 pandemic has led university professors to use new work modalities as demands exceed the response capacity, putting their occupational health at risk, such as Burnout. For this reason, this work provides the preliminary results of an ongoing research whose purpose is to determine the presence of Burnout that may be experienced by university professors in the State of Tabasco, Mexico, as a consequence of the adaptations they have made to continue working during the health contingency caused by the SARS-CoV-2 virus.

Methodology



Instrumento

CESQT used by Gil-Monte (2009) to measure burnout



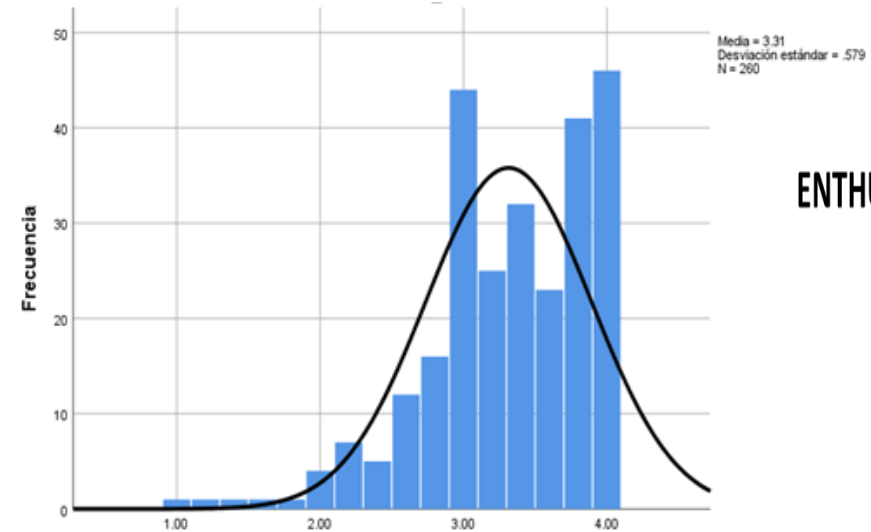
Results

Dimension	Cronbach's alpha
Enthusiasm about work	0.86
Exhaustion	0.88
Indolence	0.68
Guilt	0.86

Variable	Mean	Standard deviation
1) Enthusiasm about work	3.31	0.58
2) Exhaustion	1.75	0.85
3) Indolence	0.40	0.42
4) Guilt	0.71	0.71

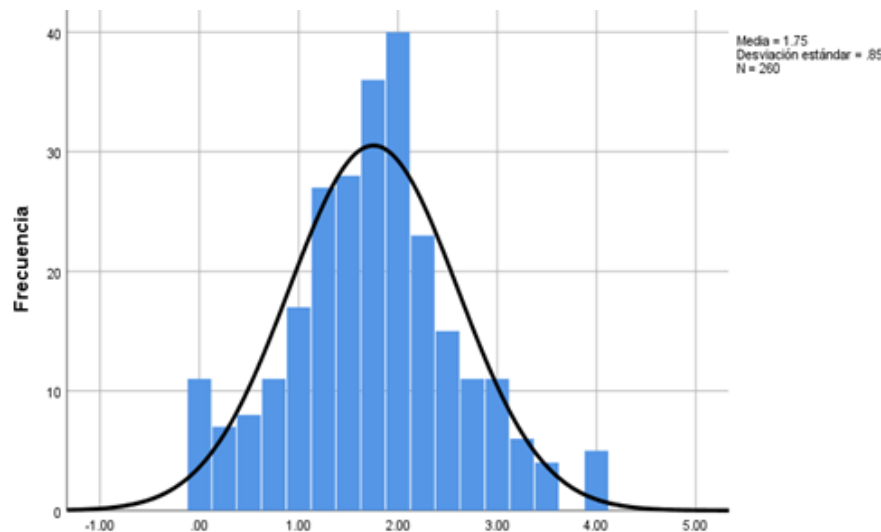
Results

In the dimension enthusiasm about work, a mean of 3.31 and a standard deviation of 0.58 were obtained. It can be seen that the data is skewed to the left and that the most repeated answer option is **4 = Very frequently**.



**ENTHUSIASM ABOUT
WORK**

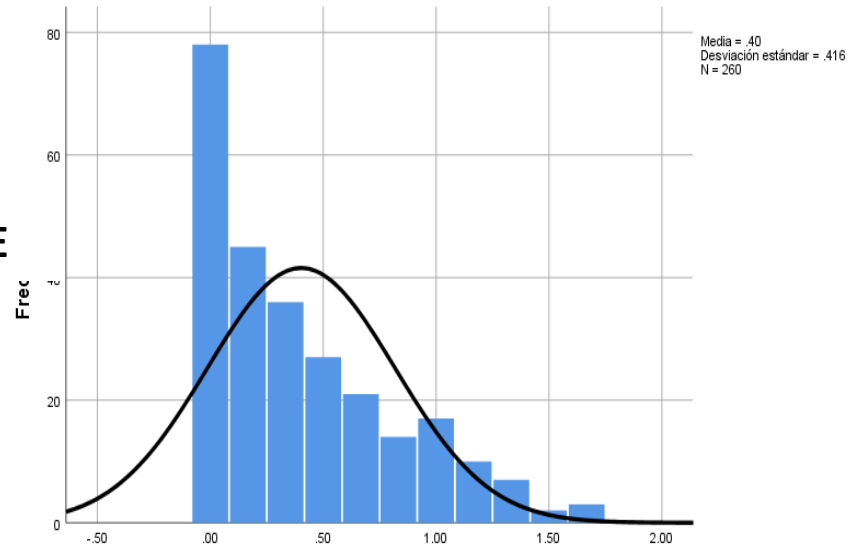
EXHAUSTION



In the exhaustion dimension, a mean of 1.75 and a standard deviation of 0.85 were obtained. This was the dimension that registered the greatest variability in the data, the answer option being **2 = Sometimes** is the most repeated.

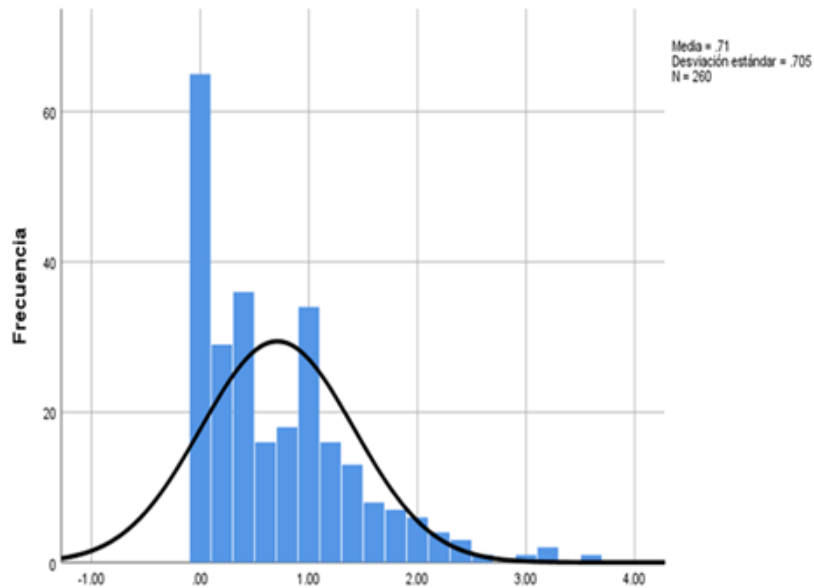
Results

INDOLENCE



The indolence dimension reported a mean of 0.40 and a standard deviation of 0.42. This was the dimension that registered the lowest of the means, but the greatest variability in the data, with the answer option being **.00 = never**, it is the most repeated.

GUILT



In the guilt dimension, a value of 0.71 was obtained for both the mean and the standard deviation, while the answer option **.00 = never** is the most repeated.

Conclusions

Teachers participating in the study show:

- ❑ Favorable level of enthusiasm about work. However, it is desirable to stimulate this factor in educational institutions to achieve greater involvement by employees.
- ❑ Low level of exhaustion, which is a favorable indicator up to the moment in which the study is carried out. However, it is necessary to continue monitoring this factor in order to identify possible cases in a timely manner.
- ❑ Low level of indolence, as well as guilt, which denotes the responsibility and ethics with which teachers consider carrying out their academic activities.

It is concluded that despite the adverse conditions that teachers have faced during the COVID-19 pandemic, they have relied on the protective factor enthusiasm for work, to counteract deteriorating aspects such as mental exhaustion, indolence and guilt, which, according to the comments shared by teachers in the surveys carried out, have been achieved through the development of new skills and attitudes.

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