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# The possible contributions of religiosity in confronting the burnout syndrome in physical education professionals

Las posibles aportaciones de la religiosidad al afrontamiento del síndrome burnout en los profesionales de educación física

Contribuições da religiosidade no enfrentamento da síndrome de burnout em profissionais de educação física

## ABSTRACT

**Objective:** To describe the possible contributions of religiosity in coping with Burnout Syndrome (SB) in Physical Education professionals. **Method:** A bibliographic review was carried out in the following databases: CAPES and SciELO, with publications from 2010 to 2020. Used as inclusion criteria: Physical Education; Burnout syndrome; Mental Disorders and exclusion criteria: articles that addressed other topics; duplicated in the two databases; did not meet the time frame; published in other languages. **Results:** Burnout Syndrome (SB) has a high incidence of diagnoses performed today, according to scientific literature, it occurs due to the overload required of professionals in the area of Physical Education. **Conclusion:** Religious involvement shows positive results in relations to mental health, since future professionals must know how to deal with all the demands and responsibilities of the profession, as well as knowing how to balance these functions within the area of activity of the educator.

**DESCRIPTORS:** Physical Education; Burnout syndrome; Mental Disorders.

## RESUMEN

**Objetivo:** Describir las posibles contribuciones de la religiosidad en el afrontamiento del Síndrome de Burnout (SB) en profesionales de la Educación Física. **Método:** Se realizó una revisión bibliográfica en las siguientes bases de datos: CAPES y SciELO, con publicaciones de 2010 a 2020. Usados como criterios de inclusión: Educación Física; Síndrome de burnout; Trastornos mentales y criterios de exclusión: artículos que abordaron otros temas; duplicado en las dos bases de datos; no cumplió con el marco de tiempo; publicado en otros idiomas. **Resultados:** El Síndrome de Burnout (SB) tiene una alta incidencia de diagnósticos realizados en la actualidad, según la literatura científica, se produce debido a la sobrecarga que se requiere de los profesionales en el área de la Educación Física. **Conclusión:** La participación religiosa muestra resultados positivos en relación con la salud mental, ya que los futuros profesionales deben saber atender todas las demandas y responsabilidades de la profesión, así como saber equilibrar estas funciones dentro del ámbito de actuación del educador.

**DESCRIPTORES:** Educación Física; Síndrome de Burnout; Desordenes mentales.

## RESUMO

**Objetivo:** Descrever as possíveis contribuições da religiosidade no enfrentamento da Síndrome de Burnout (SB) em profissionais de Educação Física. **Método:** Foi realizada uma revisão bibliográfica nas seguintes bases de dados: CAPES e SciELO, com publicações no período de 2010 a 2020. Utilizados como critérios de inclusão: Educação Física; Síndrome de Burnout; Transtornos Mentais e critérios de exclusão: artigos que abordavam outros temas; duplicados nas duas bases de dados; não atendiam o recorte temporal; publicados em outros idiomas. **Resultados:** A Síndrome de Burnout (SB) possui uma grande incidência de diagnósticos realizados na atualidade, segundo a literatura científica, devido à sobrecarga exigida dos profissionais da área de Educação Física. **Conclusão:** O envolvimento religioso apresenta resultado positivo ante a saúde mental, de modo que os futuros profissionais devem saber lidar com todas as exigências e responsabilidades da profissão, assim como saber equilibrar tais funções dentro da área de atuação do educador.

**DESCRIPTORES:** Educação Física; Síndrome de Burnout; Transtornos Mentais.

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**INTRODUCTION**

According to the Brazilian Classification of Occupations (CBO), it is identified that Physical Education professionals are recognized as a health profession, under the code 2241-40. Thus, it is an occupation that structures and carries out health promotion actions through physical and leisure activities, physical exercises and body practices in primary, secondary and tertiary prevention in SUS.<sup>(1)</sup>

With regard to Physical Education professionals, it is clear that stress and over training represent terms that are confused in the work environment of these professionals.<sup>(2)</sup> However, it appears that the most recent concept of stress is based on the principle of experiencing unpleasant negative emotions, such as anger, frustration, anxiety, depression and nervousness, resulting from some aspect of work. In view of this, exhaustion was conceptualized as a psychological condition that leads to depersonali-

zation, decreased performance capacity and self-esteem of the worker.<sup>(3)</sup>

Thus, the maintenance of high levels of stress can lead to the emergence of health problems, including the Burnout Syndrome (BS). Thus, in Brazil, the Burnout Syndrome (BS) is also known as the Professional Burnout Syndrome and in the table of mental and behavioral disorders it is classified with the CID-10 code Z 73.0<sup>(2)</sup>.

Recently, Burnout Syndrome was included in the 11th Review of the International Classification of Diseases as an occupational phenomenon, resulting from chronic stress in the workplace that has not been successfully managed. It is a disease related to stressors in the workplace and is based on a socio-psychological perspective that is related to the final phase and continuous process of stress.<sup>(4)</sup>

Burnout syndrome and work-related stress should be considered as two different constructs, since they represent two different psychosocial risk factors,

which must be addressed specifically by employers in the workplace.<sup>(5)</sup>

Occupational suffering is not considered a disease, but, if excessive and prolonged, can result in numerous physical and mental illnesses, including BS. Therefore, it can also be considered a consequence of long-term occupational stress associated with negative health outcomes at the individual and organizational levels, including mental problems such as anxiety and depression, low job satisfaction, low performance and high absenteeism and turnover rates.<sup>(6)</sup>

With regard to religiosity, it is understood as the manifestation of the sacred, so that the juxtaposition to the transcendent related to the choices of faith establishes principles that make up the individual, family and society. In addition, it is perceived that religiosity emerges as an important element of protection against the emergence of BS, favoring the promotion of quality of life in Physical Education professionals.<sup>(6,7)</sup>

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## METHOD

To carry out the present research, a literature review was carried out, in order to find published scientific researches that deal with the theme of religiosity as facing the Burnout Syndrome, mainly in Physical Education professionals. The literature review makes use of published articles and studies, using inclusion and exclusion criteria in order to select the viable studies for the research. This study had an advanced consultation in the databases of journals of the Coordination for the Improvement of Higher Education Personnel (CAPES) and in the Scientific Electronic Library On-Line (SciELO), using the following descriptors: Physical Education, Burnout and Mental Disorders. Articles published in Portuguese were used in order to review the national collection on the topic. For the crossing of descriptors, the Boolean operator “AND” was used.

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The research was carried out between May 4th and June 1st, 2020, and included studies published in the period from 2010 to 2020.

A total of 580 articles were found, which were analyzed according to the inclusion and exclusion criteria. For inclusion criteria, studies were used that addressed the themes of Physical Education combined with Burnout Syndrome and Mental Disorders, published between 2010 and 2020, in Portuguese; and as exclusion criteria, articles that addressed other themes, duplicate articles in the two databases, studies that did not meet the time frame or that were published in other languages were removed from the sample.

After filtering the data, based on the inclusion and exclusion criteria, 4 articles were listed for the study. The articles underwent a thorough reading and analysis, where two theoretical studies were found, which aimed to list the symptoms and causes of BS, and two practical studies, which in addition to analyzing symptoms and causes, applied the knowledge with Physical Education professionals. The synthesis was elaborated in the discussion of this article.

## RESULTS

The initial search showed 580 articles, of which 100 were excluded due to duplication, another 100 were excluded after reading the abstracts, 100 were excluded due to publication time, 200 were excluded after a thorough reading, 76 were excluded because they were paid, with four remaining articles that met the inclusion and exclusion criteria, as shown in table 1. For the analysis of the results, the following data were extracted: Physical Education; Burnout syndrome; Mental Disorders.

Although the year of publication was restricted to the previous 10 years, it was decided to use primary articles on the topic, which are of great relevance to the study currently covered.

Figure 1- Flowchart of the methodological search path, from 2010 to the present.

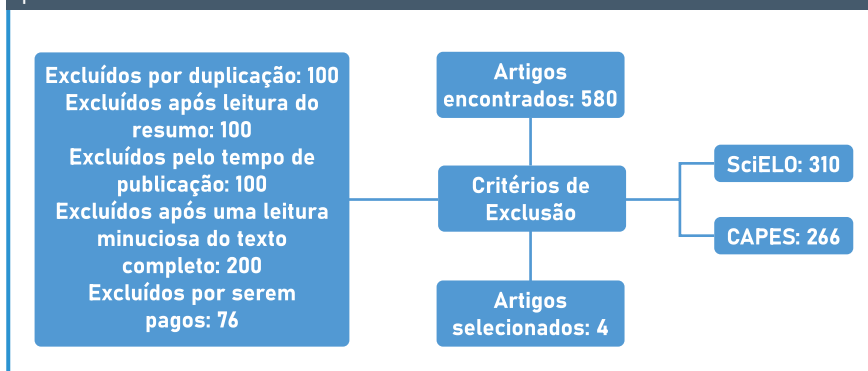


Table 1: Objective and conclusion of the 04 articles included in the research.

AUTOR	TÍTULO	BASE DE DADOS/ANO	OBJETIVOS
1 SILVA, S. C. P. S., et al.	A Síndrome de Burnout em profissionais da Rede de Atenção Primária à Saúde de Aracaju, Brasil.	Scientific Eletronic Library On-line (SciELO)/ 2015.	Avaliar a prevalência da SB e fatores associados em profissionais de nível superior vinculados à Rede de Atenção Primária à Saúde do município de Aracaju/SE.
2 DIEHL, L., et al.	Adoecimento mental em professores brasileiros: revisão sistemática da literatura	Portal de periódicos da CAPES	Identificar principais sintomas e/ou adoecimentos psíquicos entre professores brasileiros.
3 CACCIARI, M, B., et al.	Percepções de professores universitários brasileiros sobre as virtudes mais valorizadas no exercício da docência	Scientific Eletronic Library On-line (SciELO)/ 2017.	Investigar as virtudes necessárias para ser um bom professor e o quanto os participantes percebem que tais características os descrevem como profissionais.
4 SILVA, J. L. L., et al.	Prevalência da síndrome de Burnout entre professores da Escola Estadual em Niterói, Brasil.	Portal de periódicos da CAPES	O objetivo deste estudo foi descrever a prevalência da Síndrome de Burnout entre os professores da Escola Estadual em Niterói, Brasil.

Table 2: Description of the articles included in the research, with the author, methodology and conclusion.

AUTOR	TIPO DE ESTUDO	CONCLUSÃO
1 SILVA, S. C. P. S., et al	Pesquisa quantitativa.	Esses achados sugerem a importância da implantação de medidas preventivas e interventivas voltadas a esses profissionais, de forma a garantir uma melhoria no ambiente de trabalho.
2 DIEHL, L., et al.	Revisão Sistemática da Literatura Nacional.	Espera-se que esses resultados direcionem novas pesquisas e estimulem o planejamento de intervenções eficazes voltadas para a saúde mental de professores.
3 CACCIARI, M, B., et al.	Pesquisa qualitativa e quantitativa.	De acordo com os resultados obtidos, as virtudes mais valorizadas no exercício docente foram conhecimento, temperança, justiça e humanidade. Estes resultados ajudam a pensar nas habilidades e competências exigidas na vida acadêmica, assim como na avaliação das práticas docentes.
4 SILVA, J. L. L., et al.	Estudo quantitativo e descritivo.	Conclui-se que, a partir dos dados analisados, observou-se que a profissão não possui intervenções para melhorar a qualidade de vida dos professores em seus trabalhos.

## DISCUSSION

Religiosity is the revelation of the sacred where this supernatural force presents power.<sup>(7)</sup> Likewise, it is characterized as an organized system, in which practices, rituals, beliefs and symbols are used in order to approach the transcendent.<sup>(6,7,8)</sup> Therefore, it is clear that this represents a fundamental social element, since the values that form man and society are developed. That is, through it the sacred is manifested together with the construction of founding precepts of the individual, the family and the community.<sup>(6)</sup>

Still, religiosity is considered a representation of aspects related to the indi-

vidual's morals and ethics. Therefore, it reaches the dimension of subjectivity in terms of choices related to faith. For this, it is understood that it transcends materiality, in which the meaning of life is in the balance of the rational, affective and social spheres.<sup>(7)</sup>

That said, religiosity, understood as a particular form of spirituality, together, proved to be efficient in coping with illnesses in patients with depression and mental health problems.<sup>(6)</sup> Prayer can be defined in several ways, based on individual beliefs and religious traditions, but personal prayer involves, above all, elevating thoughts on God. In such a way, prayer has been considered as a

powerful spiritual mechanism for coping with diseases, and the perception of the transcendent has had a positive influence in the face of stress-related health impairment.<sup>(7)</sup>

With regard to the educational area, generally the pace of work is intense and high levels of attention and concentration are required to carry out tasks and at school, the work most directly linked to production is the one carried out by the educator, hence the greatest pressure from the system focus on the teacher.<sup>(9)</sup>

The Physical Education profession, or any other, can generate pleasure, as well as dissatisfaction, when it generates pleasure, the person is in complete peace

with himself and with others. However, when dissatisfaction is generated with what they are exercising, the person is irritated or stressed and if the dissatisfaction is prevalent, the stress levels will tend to rise and the consequences will be reflected in the entire system. <sup>(10,11,12,13)</sup>

In this sense, factors such as work overload, time pressure and unfavorable organizational environment, are some of the sources of stress that these professionals describe most and which are related to their emotional exhaustion. <sup>(6)</sup> However, there are other causes that also seem to be associated with burnout: instability at work, little promotion and social mobility, low economic incentives, lack of material and personal resources in the centers, styles of supervision characterized by little support and numerous negative attitudes towards professionals. <sup>(5, 6, 9, 10, 11)</sup>

The profession of educator ends up being, then, one of the most stressful of today, and the most frequent cause that lead these professionals to suffer with Burnout Syndrome (BS), is the lack of structure of the work environments. Because the temperature is often high in the warmer seasons, inadequate lighting and intense

noise end up harming the teacher's work, and distracting students, making them not pay attention in class. <sup>(9, 10, 11)</sup>

With regard to the relationship between health and religiosity, it is historically observed that it is confused with humanity's own narrative. Thus, it appears that the religious communities were responsible for the creation of houses to support health, both spiritual, physical and mental. Emphasizing, through the consecration of the faith, the attitudes that promoted benefits in facing negative conditions related to mental health.

## CONCLUSION

The prevention of diseases in Physical Education professionals is not a solitary task, but there is collective action, so that the reflections and discussions generated should aim at the search for alternatives for possible changes. Thus, it is a matter of reconnecting these professionals to the tradition that is at the political root of their vocation, an educator is one who professes and teaches a science, an art, a technique, a discipline is a master and an expert. It is also one who publicly

professes his belief in a truth, referring teachers to his name means affirming above all the right to transmission, with all its internal requirements, it is true, but with all its imponderable effects, against all the maneuvers they pose the future of the student.

This article contributes to the knowledge of the Burnout Syndrome process in the activity of the Physical Education professional, providing the awakening for the elaboration of stress prevention programs and, thus, resulting in the achievement of a healthier life, both in the physical and in the psychological areas. Likewise, the recognition of religiosity, when harmonized, as an element capable of coping with symptoms caused by stress, since religious involvement has a positive result in relation to mental health, Burnout Syndrome.

In conclusion, Burnout Syndrome occurs due to the overload required of Physical Education professionals, so that future professionals must know how to deal with all future requirements and responsibilities, as well as how to balance these functions within their area of expertise. ■

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