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Can Good Social Support Help Prevent Burnout in Doctors?

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Abstract

The present study was aimed to investigate the relationship between social support and burnout in doctors. The sample comprised of 100 doctors (50 males and 50 females). Results of the study revealed that in males' sample, social support explained 22% ($r = -.465^{**}$, $p < .01$) of variance emotional exhaustion and 10% ($r = -.323^{*}$, $p < .05$) of variance in reduced personal accomplishment. In females' sample, social support explained 14% ($r = -.513^{**}$, $p < .01$) of variance in depersonalization and 8% ($r = -.260$) of variance in reduced personal accomplishment. Overall social support explained 32% of variance in males' sample and 22% of variance in females' sample.

Key words: Social support, burnout, doctors and gender.

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