

concerned with occupational burnout, out of which 27 studies using Maslach Burnout Inventory were included into the qualitative meta-analysis.

Almost half of the studies were performed among employees in the educational sector, whereas most of the remaining studies included military and health sector. The majority of participants reported moderate levels of burnout. The majority of studies explored associations of burnout dimensions (emotional exhaustion, depersonalization and personal accomplishment) with basic sociodemographic variables (e.g. gender, age, education, and working years), work environment variables (e.g. overload, role conflict, responsibility, and relations) and individual characteristics (e.g. health, personality, work and life satisfaction, and coping strategies).

The results indicated that professional burnout significantly correlated with work demands, personality factors (personality hardiness), physical and psychological well being, intention to change job, satisfaction with work/life and emotion oriented (non-active) coping strategies. Though investigating different occupational sectors, our results largely replicated past research on burnout findings. Results may lead to a better understanding of reciprocal interactions between the personal and environmental factors contributing to job burnout.

The influence of burnout in aggressive behaviour among Portuguese police officers

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Police work is a stressful activity (Bittner, 1991; Blum, 2000; Dowler, 2005; Hackett & Violanti, 2003), eliciting burnout, health diseases, and aggression toward own-self (e.g. suicide) or others, such as verbal or physical aggression (Ainsworth, 2002; Thompson et al., 2005; Violanti, 1997). Both burnout and aggressive behaviour affect well-being of the police officers, and impact the social representation of police forces. This study aims to investigate the influence of burnout on aggressive behaviour on a sample of Portuguese police officers.

Participants were 60 male Portuguese police officers involved in a two year longitudinal study developed in Porto, Portugal. Participants were aged between 32 to 53 years ($M= 43.4$ and $SD= 6.3$). The Maslach Burnout Inventory - Human Services Survey (Maslach & Jackson, 1997) and Aggression Questionnaire (Buss & Perry, 1992) Portuguese versions were completed.

Despite low levels of burnout (between 0.933 to 1.596 to negative dimensions and 4.529 for professional accomplishment in a 0 to 6 points likert scale) and low levels of aggressive dimensions (verbal and physic aggressivity tendencies, hostility and irritability between 2.055 to 2.2777 in a 1 to 5 points likert scale), results show statistical significant correlations between burnout dimensions and aggressive dimensions. Emotional exhaustion and depersonalization are positively correlated

with all aggressivity dimensions. Stepwise regression, show that each burnout dimension contributes differentially for each aggressivity dimension, and total score of aggressivity was predicted negatively by professional accomplishment ($\beta = -.284, p < .05$) and positively by emotional exhaustion ($\beta = .447, p < .001$).

Aggressive behaviour can be explained not only by biological theories (Berkowitz, 1993; Lorenz, 1966) but also by social theories (Bandura, 1973). Furthermore, human evolution is related with violence and aggressivity. However, in actual societies violence is not accepted, therefore police officers suffer ambivalence of being the target of the aggressivity of citizens and react aggressively only in special situations of danger and damage to the public order. In sum, our findings suggest the influence of burnout on aggressivity, alerting in this way to the importance of negative consequences of burnout that can negatively impact police officers and the organization.

Sensation Seeking and burnout levels among Portuguese police officers

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Previous research has shown that police officers are exposed to several stressful situations over time due to the nature of the job and organizational factors. Dealing with intense and permanent stress over time, can lead police officers to burnout, eliciting physical diseases, depression, aggressive behaviours and even suicide (Blum, 2000; Brown & Campbell, 1994). Personality traits of police officers have been studied (Abrahamsen & Strype, 2010; Bonifacio, 1991; Goldstein, 1968), and sensation-seeking trait is considered a pro-social behaviour/trait frequently presented among police officers (Gomà-i-Freixanet & Wismeijer, 2002; Grant & Terry, 2005; Homant & Kennedy, 1993). Sensation-seeking is related with age (Zuckerman, 1994), identified as a protector from stress (Hintsanen et al., 2009) and stress is an antecedent of burnout (Freudenberger, 1974).

The aim of the present study is to investigate burnout levels and its association with sensation seeking and age among Portuguese police officers.

Participants were 470 male Portuguese police officers which were aged between 23-53 years ($M = 34.37$; $SD = 5.97$). Participants fulfilled the Arnett Inventory of Sensation Seeking (Arnett, 1994) and the Maslach Burnout Inventory - Human Services Survey (Maslach & Jackson, 1997) Portuguese versions.

Results show that levels of burnout are not associated with sensation seeking personality traits among Portuguese police officers. On the other hand, age appears to be an important variable affecting sensation seeking among this population. In particular, age is negatively associated with the scale intensity activities ($r = -.17, p < 0.001$) and overall levels of sensation seeking ($r = -.10, p < 0.05$).