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SUMMARY

STRESS, BURNOUT AND SALUTOGENIC FUNCTIONING AMONGST COMMUNITY SERVICE DOCTORS IN KWAZULU-NATAL HOSPITALS

This research worked toward a general aim of analysing the role of salutogenic functioning as moderator variable in coping and noncoping. A sample of forty-one community service doctors \((N = 41)\) employed in KwaZulu-Natal hospitals was obtained.

According to the literature, salutogenic properties are expected to act as generalised resistance resources. Based on this assertion, it was assumed that:

degree of salutogenic functioning = degree of coping = degree of stress and burnout.

The results demonstrated high levels of stress and depersonalisation burnout. Salutogenic functioning tended to be low, especially for sense of coherence. The results indicated, no significant relationship between stress/burnout and salutogenic functioning. Salutogenic functioning was unable to differentiate between copers and noncopers.

These results contradicted the literature assertion that high scores on salutogenic functioning correlate with low scores on stress/burnout. It was concluded that variables other than personality moderated for the high levels of stress and burnout in the sample.

KEY WORDS:

stress, burnout, salutogenesis, sense of coherence, hardiness, learned resourcefulness, locus of control, community service doctor, personality, coping