



## Estrés en el profesorado universitario. Estudio piloto en dos centros de la Universidad de Huelva (España) [

Instituto de Altos Estudios en Salud Pública "Dr. Arnaldo Gabaldón",  
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text (article)

Analítica

We can find a lot of publications about sociopsychological risks in laboral context of teachers of primary and secondary education, what makes more interesting that there are very few scientific papers about university as a laboral context for proffesors. This paper tries to make some contributions to the investigation of stress in this group. From the methodologic point of view, we display a scale for measuring of stress. It is designed specially for the university professor, and it is based on the used one in Spain by Silvia Nogareda (2001) for other educative levels. The results of its application are framed in a introductory study, that offers descriptive information, and that shows the qualitative and quantitative differences about total stress and its sources, according to the characteristics of the worker (sex, age, possession or not of the doctor degree, antiquity, labor category, dedication). In addition, the total stress measured by our scale is put in relation to the subjective psychic health of the teaching staff. It is masured by the tool of LangnerAmiel (1986), that also offers results on the most frequent ailments in this group. Data indicate that level of stress in the university teaching staff of two investigated centers, is into acceptable limits. However, we can find risk groups: professors between 46 and 50 years, those that they have more than 15 years of antiquity, women and temporally contracted professors. The factor that more stress produces is the fact that being a good professional it does not entail promotion necessarily. After that, thinking that the educational and investigating obligations cannot be synchronized of suitable way, the pressures of the academic carrera for the publication and the shortage of the wage. It is verified, in addition, that the stressors show differences of affection the professionals according to social and laboral criteria. In relation to risk for the psychic health, which we measured with the Test of Total He

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