Proactive Coping as a Mechanism to Manage Burnout

SoumakBasak

Indira School of Business Studies PGDM, Pune, India

ABSTRACT

This explores the existing literature around "proactive Coping" to manage stress. For the said purpose, the publications in Scopus database have been studied. The software used for this study is vos viewer.

On using the keywords "Burnout" and "Proactive Coping" in Scopus database, it resulted in 18 papers. Since the search did not gave a very high numbers of papers, it is an indication that the concept of Proactive coping is relatively very new and has not been studied much by researchers. Since proactive coping is a positive coping mechanism and can help individual manage coping effectively, it will be very beneficial if more focused research happen around proactive coping.

KEYWORDS: *Proactive Coping, Burnout, Vosviewer, Bibliometric*

INTRODUCTION

There are various factors that contribute to occupational stress (Mann, S., & Rawat, S. R. (2021)Reactive coping, anticipatory coping, preventative coping, and proactive coping are the four types of coping strategies. This distinction is made based on assessments of time-related stress and the perceived certainty of important occurrences or requirements. In daily life, dealing with stress is a common and necessary experience. It assumes a special significance at work since it affects social interactions, organisationalsuccess, and individual career objectives, health, and satisfaction. There are a lot of stress-producing situations at work. The work itself may entail challenging tasks that strain or go beyond the employee's capacity for coping. A person's position within the organisation may be unclear or possibly the root of many disagreements (Gillespie, G. L., & Gates, D. M. (2013).

Devonport, T. J., Biscomb, K., & Lane, A. M. (2008) conducted a survey on nurses and found out that it may be possible to prevent traumatic stress by employing proactive coping techniques that centre on the organisation and preparation of care for patients who have suffered traumatic injuries.

This paper attempts to examines how proactive coping can be instrumental in preventing burnout. This is a literature-based paper wherein data has been extracted from scopus database.

The paper has been written using vos viewer software.

Co-occurrence

On applying threshold of minimum 5 occurrences of a keyword, 37 out of 420 keywords met the criterion. These keywords are segregated in 3 clusters.
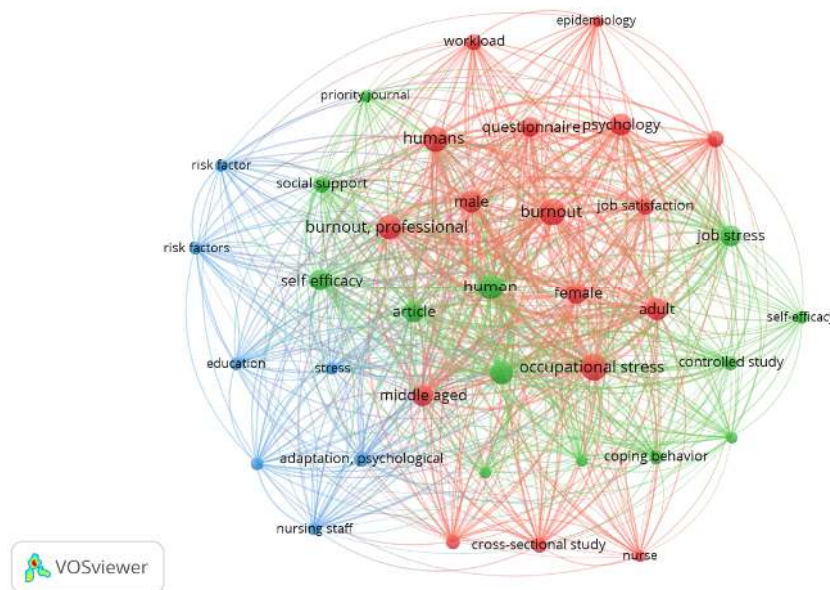
Figure 1- Co-occurrence of Keywords (Source: VOSviewer)

Cluster 1 is denoted by Red color, cluster 2 by green color and cluster 3 by blue color.

The keywords in each cluster are as follows:

Table 1: Cluster wise keywords

Cluster	Keywords
Cluster 1	Adult
	Burnout
	Burnout, Professionals
	Cross Sectional Studies
	Epidemiology
	Female
	Humans
	Job Satisfaction
	Male
	Middle Aged
	Nurse
	Occupational Stress
	Psychology
	Questionnaire
	Workload
Cluster 2	Coping Behavior
	Job Stress
	Occupational Health
	Prevention and control
	Self-concept

	Self-efficacy
	Social support
	Stress Management
	Adaption
	Education
Cluster 3	Risk Factors
	Stress

Table 1 depicts various keywords that belong to each of the 3 clusters. On studying the publications belonging to each of the keyword and subsequent cluster, following themes emerge:

Cluster 1 largely focuses on the tools i.e. surveys, questionaries used to study the impact of burnout on various demographical samples i.e. different age groups, gender, occupational groups etc. It also focuses on time wise type of studies carried out on these samples i.e. cross sectional or longitudinal studies. Thus the emphasis of first cluster is on relation of demographic variables on burnout.

Cluster 2 focuses on managing stress and burnout and the relation of same with other psychological concepts such as concept of self, social support. The publication in this cluster focuses on the management of stress and burnout and prevention of same.

Cluster 3 focuses on risk factors associated with stress and how importance of educating individuals in coping with stress.

Some keywords that were repetitive have not been made part of analysis.

Table 2: Link Strength of Keywords

Keyword	Cluster	Weight<Total link strength>
Human	2	402
Humans	1	388
Occupational stress	1	384
Burnout	1	376
Burnout, professional	1	375
Self-concept	2	324
Self-efficacy	2	312
Male	1	309
Adult	1	307

Female	1	305
Psychology	1	290
Middle aged	1	282
Job stress	2	269
Article	2	260
Questionnaire	1	260
Job satisfaction	1	173
Surveys and questionnaires	1	155
S	2	153
Cross-sectional study	1	152
Adaptation, psychological	3	148
Cross-sectional studies	1	137
W	1	137
Coping behavior	2	127
Controlled study	2	124
Nursing staff	3	114
Nursing staff, hospital	3	114
Education	3	112
Risk factor	3	103
Risk factors	3	103
Stress	3	102
Stress management	2	96

Epidemiology	1	93
Occupational health	2	91
Prevention and control	2	87
Nurse	1	82
Priority journal	2	71
Self-efficacy	2	65

Source: VOSviewer

From **table 2**, it is evident that some of the keywords with highest link strength are- Humans, Occupational Stress, Burnout, Self concept, Self efficacy.

Co-authorship of countries

In this section, the visualization of co authorship of countries has been done using VOSviewer.

The various publications are belonging to following 17 countries, which have been arranged as per high to low citations:

Table 3: Number of Publications and Citations per country

Country	Documents/ Publication	Citations
United States	10	100
Canada	2	94
United Kingdom	1	51
Israel	1	36
Portugal	1	24
China	2	20
South Korea	2	15
Poland	3	5
Australia	2	5
Spain	2	4
Netherlands	1	4
Austria	1	3

Denmark	1	1
Sweden	1	1
Slovakia	1	1
Iran	1	0
Japan	1	0

(Source: VOSviewer)

In terms of number of publications, only United States has publications in double digit i.e. 10 publications, then comes Poland with 3 publications. 5 countries (Canada, China, South Korea, Australia, Spain) have 2 publications rest all have only 1. India does not feature anywhere in the list which in itself is indication of the fact that Indian researchers need to do more research on proactive coping.

As far as citations are concerned, only 7 countries have citations in double digits. In descending order, these countries are: United states with 100 citations, Canada with 94 citations, United Kingdom with 51 citations, Israel with 36 citations, Portugal with 24 citations, China with 20 citations and South Korea with 15 citations. Rest of the countries have 5 or less citations. Iran and Japan have 0 citations.

On making the network map, out of 17 only 5 countries were connected to each other and made part of the network diagram.
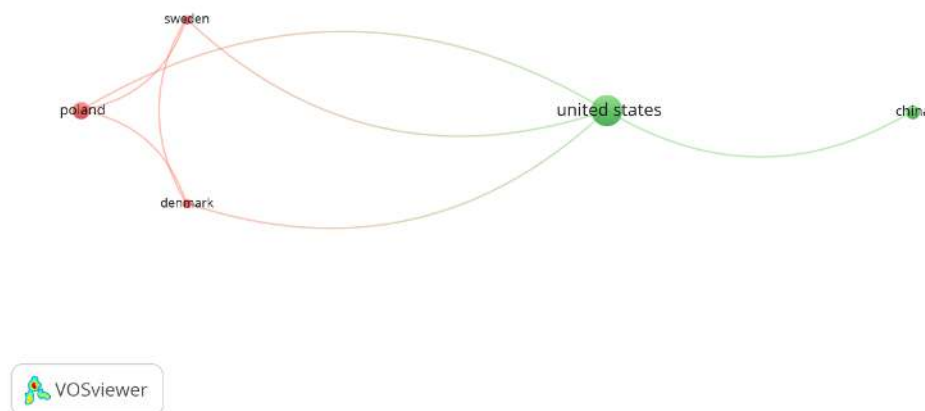

Figure 2: Network Diagram of Co-authorship of Countries

Source: VOSviewer

Only 5 countries i.e. US, Poland, China, Sweden and Denmark got depicted in network diagram of countries as these are the countries with highest link strength.

Co-authorship of Organizations

This section explores the co authorship of organizations that have produced the greatest number of publications and the most cited publications. On applying the threshold of minimum 1 publication and 10 citations, 22 off 67 organizations met the criterion. On making the network diagram of these publications, the largest set of connected items consisted of 6 items which are depicted in Figure 3.
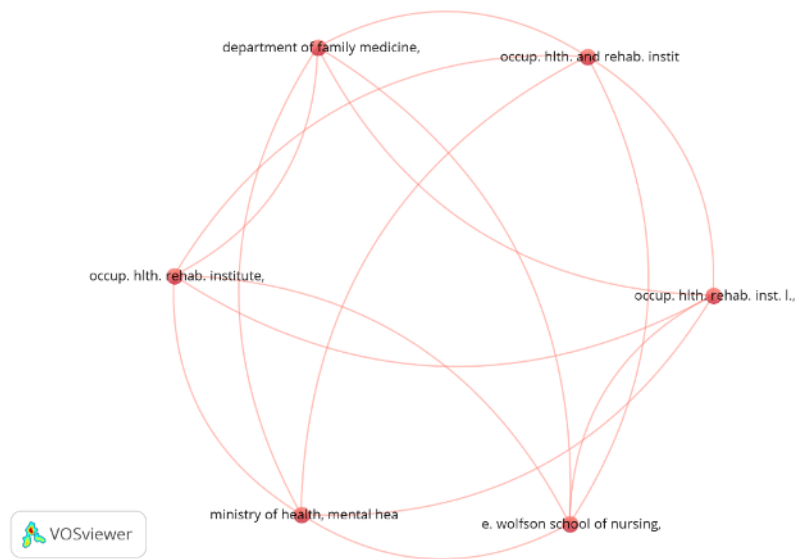

Figure 3: Network diagram of co authorship of organizations

Conclusion

This can be concluded that not much research has been done in the field of proactive Coping since the papers in scopus database on said topic are very few. India's doesn't feature even in top 17 countries in number of publications from a country thus it can be said that research coming out of India in said field is very poor**.**

Reference

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