

Proactive Coping as a Mechanism to Manage Burnout

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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 give a very high number 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 individuals manage coping effectively, it will be very beneficial if more focused research happens around proactive coping.

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