

## **PROFFESIONAL BURNOUT AND PROACTIVE COPING TO SPECIAL EDUCATION PROFFESIONALS**

**Senada Duli**

Albanian University, Tirana, Albania, E mail: nada\_duli@hotmail.com

### **Abstract**

This study investigates the relationship between Proactive coping and Professional burnout, according to Maslach's theory of Burnout. Data are analyzed, to examine statistically, significant correlations between Proactive Coping Subscales, and Professional Burnout levels, to special education professionals working with disabled children. Working with disabled children, is really challenging. The literature provides information about the correlation between proactive coping and burnout. Proactive coping consists, in attempts to build general resources that facilitates challenging goals attainment and promotes personal growth. The processes people use to anticipate the stressors, and act continually to prevent them, can be seen as a proactive behavior. The proactive behavior may eliminate a great amount of stress, before it happens. Skills of proactive behavior include planning, setting goals, organizing and mental simulation. This is a correlation study. The main aim of this study is to examine significant correlations between proactive coping and professional burnout. Hypothesis of this study: "High levels of proactive coping correlates with low levels of professional burnout". It was used Maslach Burnout Inventory to measure burnout levels and PCI Proactive Coping Inventory to measure proactive coping strategies used by special education professionals. It was found strong correlations among proactive coping subscales. Special education professionals integrate proactive coping strategies as they work with disabled children. This study is an initiative to consider burnout in a new perspective and an important baseline for strategy building within special education services.

**Keywords:** *burnout, proactive coping*