

Poster presentation

## Coping strategies of Greek social workers

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### Background

The present research project aims to examine the coping strategies used by the social workers in seven cities of Greece.

### Materials and methods

In this research took part 132 participants recruited from the Greek social workers population, among 7 cities, aged from 22 to 58 years of age. The sample was taken in random order. The questionnaire, was administrated to the 132 social workers, was the Toulouse Scale about coping, which was created from Tap, Esparbes, Sordes in 1993.

### Results

Statistical analysis of the data revealed that the 59.09% of men and 35.45% of women has low rate of using negative strategies, the 40.91% of men and the 63.64% of women has middle rate of using negative strategies, and the 0% of men and the 0.91% of women has high rate of using negative strategies. Non-statistical significant differences were found between the results obtained by the research.

### Discussion

From the analysis we managed to see that the social workers are using a variety of strategies. Its seams positive that the majority of social workers are using the positive strategies to manage stress and work problems. The crushing majority of the participants are able to have the occupational stress under control. However, there are statistically differences in accordance with sex, the age of the social worker and the working years.

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