

Abstract

The aim of the present study was to assess burnout levels of set workers in Turkey in the scope of psychopathological symptomatology and professional help-seeking attitude. A sample of 432 set workers participated to the study. Survey package included Demographic Information Form, The Brief Symptom Inventory (BSI), The Scale of Attitudes toward Seeking Psychological Help- Shortened (ASPH-S) and Maslach Burnout Inventory (MBI), respectively. The results revealed that there was a positive correlation between work load and burnout whereas a negative correlation with income, age and years of experience. The results also indicated the set workers in working in TV series and the assistants in the departments were experiencing higher levels of burnout. It was also found that there was a positive correlation between burnout and psychological symptoms in terms of depression, anxiety, negative sense of self, somatization and hostility. When help seeking attitude was taken into consideration, it was found that there was a positive relation between depersonalization and a negative relation with personal accomplishment. The present study also investigated whether the correlated psychological symptomatology and attitude toward seeking psychological help predict burnout while controlling for demographic variables. Finally, it was discussed for a suggestion of a new understanding of psychotherapy for certain professions, like the film and TV series industries.