

## Burnout Syndrome: A Study of Financial Professionals

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**Abstract :** This article analyzes the theme of work-family conflict and professional stress among financial workers and their relationships with burnout syndrome. This also studies how the socio-demographic and working characteristics of these professionals influence their level of burnout. We adopted a mixed method based on the analysis of 255 surveys and 24 interviews carried out with financial sector professionals. The key results include verification of how these professionals register a positive relationship between work-family conflict and burnout syndrome as well as between professional stress and burnout. The study contributes to a better understanding of the impacts that work-family conflicts and professional stress have on financial professionals and how they contribute to the variations prevailing in their respective level of burnout.

**Keywords :** burnout syndrome, financial area, conflict, stress

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