

Chapter 7

Knowledge Management of Work Stress in Mexican Manufacturing Environments: Models of the Relationships Between Burnout and the Body Mass Index Among Middle and Senior Managers

Oziely Daniela Armenta-Hernández
*Autonomous University of Ciudad Juárez,
Mexico*

Jorge Luis García-Alcaraz
*Autonomous University of Ciudad Juárez,
Mexico*

Aide Aracely Maldonado-Macías
*Autonomous University of Ciudad Juarez,
Mexico*

Miguel Angel Serrano-Rosa
Universidad de Valencia, Spain

Liliana Avelar-Sosa
Autonomous University of Ciudad Juarez, Mexico

ABSTRACT

This chapter presents a knowledge management perspective to propose a pair of structural models to determine the relationship between burnout syndrome (BS) and body mass index (BMI) among high and middle managers of Mexican maquiladoras. In developing countries like Mexico there are opportunities to expand burnout study on diversity of contexts and occupations. The Maslach burnout general inventory questionnaire (MB-GI) was used, and sociodemographic data were collected as well as the weight and size of respondents. Instrument shows an acceptable reliability index. Structural equation models are used to determine relationship among variables. From a sample of 361 people, using segmentations of BMI, two segments are distinguished: normal weight and overweight. Model using normal weight participants shows more explanatory qualities about the relationship among burnout dimensions than the one using overweight participants. One can conclude that more factors and variables are needed to explain overweight Mexican managers.

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