

Questão 16

Apresenta-se, a seguir, um artigo de opinião, seguido da resposta de uma leitora.

IS BURNOUT REAL?

Last week, the World Health Organization upgraded burnout from a “state” of exhaustion to “a syndrome” resulting from “chronic workplace stress” in its International Disease Classification. That is such a broad definition that it could well apply to most people at some point in their working lives. When a disorder is reportedly so widespread, it makes me wonder whether we are at risk of medicalizing everyday distress. If almost everyone suffers from burnout, then no one does, and the concept loses all credibility.

By Richard A. Friedman

I'm sure the author's generation also experienced workplace stress. However, his generation also experienced real economic stability and socioeconomic gains. There was a light at the end of the tunnel. Currently, we are working tirelessly towards what ends? There doesn't seem to be a light at the end of the tunnel. The burnout is psychological and existential as much as it is physical.

Anna B. – New York, June 4, 2019

(Adaptado de <https://www.nytimes.com/2019/06/03/opinion/burnout-stress.html>. Acessado em 16/09/2020.)

Em seu comentário, a leitora Anna B. discorda do autor do texto quanto à

- a) gravidade de *burnout* nas condições atuais.
- b) existência de *burnout* em gerações passadas.
- c) influência da economia no avanço de *burnout*.
- d) prevalência de *burnout* no ambiente de trabalho.

RESPOSTA

Alternativa: B

Lê-se a resposta no seguinte trecho do texto de Anna: “*There was a light at the end of the tunnel. Currently, we are working tirelessly towards what ends?*” (Havia uma luz no fim do túnel. Atualmente, nós estamos trabalhando incansavelmente em direção a que?).