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Computer training, frequency of usage and burnout: the moderating role of computer self-efficacy

M Salanova ... S Llorens

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Abstract

The main aim of this paper is to test the moderating role of computer self-efficacy in the relationship among computer training, frequency of usage and burnout (i.e. exhaustion and cynicism). The sample was made up of 140 workers using computer-aided technology in their jobs. Hierarchical multiple regression analyses were carried out. Results show that frequency of usage and computer training are positively associated with computer self-efficacy. Furthermore, we found interaction effects between computer training and computer self-efficacy on both indicators of burnout as outcomes. Computer self-efficacy moderated the relationship between computer training and burnout. Limitations of the study and practical implications of these findings are discussed.



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Keywords

Computer training; Frequency of usage; Computer self-efficacy; Burnout

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