

Psychological Variables As Predictors Of Burnout Syndrome Among University Lecturers In Rivers State

Barry A. Farber, Leonard D. Wechsler

The Role of Workload, Social Support, and Psychosocial Training as Predictors of Burnout Among University Students

Ashley Jeanette Greindl, 2020 Academic burnout is prevalent among university students. Many studies have shown the importance of interpersonal (e.g. social support) and external (e.g. workload) factors in determining the causes of burnout. The purpose of this study was to examine the role of workload, social support, psychosocial training, and gender on burnout among university students and the degree to which these factors can predict burnout levels. Replicating other studies, measures of workload (objective and subjective), social support (Multidimensional Scale of Perceived Social Support), and previous psychosocial training were related to burnout (Maslach Burnout Inventory) among 150 undergraduate students. Consistent with existing literature, high levels of burnout were associated with high levels of both objective and subjective workload, with subjective workload having a greater impact. Lower levels of burnout were associated with higher levels of social support. Previous psychosocial training was not associated with the levels of burnout. Social support from teachers was found to be the most influential variable within this study. This unique finding can contribute to the limited existing body of knowledge on academic burnout, as well as bring awareness to university administrators and faculty regarding the important role that teachers play in the academic success of their students.

New Model of Burn Out Syndrome: Towards early diagnosis and prevention Drozdov Stoyanov, 2014-06-23 This book is based on our most recent investigations revealing the complexity of the determinants of burn out in different populations at risk (health care professions, teachers, social workers etc.). Based on our empirical study we have developed a model of vulnerability to burn out which explains it as a specific complementary interaction between certain personality profile and the psychological climate at work place. In the course of evaluation there have been employed different inventories which are now validated as an assessment battery in about 300 subjects. Temperament and Character Inventory (revised) has been exclusively standardized for Bulgarian population as well. Although burn out syndrome (BOS) is thoroughly discussed in modern literature, the present proposal is unique in the following aspects: It emphasizes the role of personality profiling understood as complementary construct to the dimensional measures of psychological climate. In this way the

authors challenge traditional views of BOS as systematic phenomenon This book aims at establishment of the vulnerability to BOS (proneness) as well as to revealing of the protective factors and therefore to underpin early diagnosis and prevention programs. Our book brings together several perspectives: the clinical (psychological and psychopathological) with the management perspective. In this way it is most suitable for both general and specialized audience, including health care managers and mental health professionals, such as trainees in psychiatry This book consist of entirely original investigation of BOS in specific populations at risk with novel battery of assessment tools Contents: 1. Introduction and background of the studies in the field of burn out 2. Theoretical model of vulnerability to burn out: personality and Psychological Climate in the Context of Burnout Syndrome (BOS) 3. Empirical measures of vulnerability to BOS. Standardization and validation of the battery of assessment tools 4. Comparative study of burnout in medical professionals from psychiatric units and other health care sectors 5. Burnout in healthcare employees working in surgical departments, anesthesiology and intensive care 6. BOS among general practitioners 7. Comparative analysis of vulnerability to burnout syndrome in health and social care personnel 8. Regression and factor models of burn out components in health care 9. Anxiety and Depression as state predictors for burn out in health care 10. The impact of burn out on quality of life in the context of professional realization in medicine 11. BOS studies among employees in penitentiary system 12. Coping strategies and burnout syndrome prevention

Emotions in the Workplace: Advances in Research for the Well-being María del Carmen Pérez-Fuentes, José Jesús Gázquez, María del Mar Molero, Mahia Saracosti, 2022-02-11

Educator Stress Teresa Mendonça McIntyre, Scott E. McIntyre, David J. Francis, 2017-08-28 This book brings together the most current thinking and research on educator stress and how education systems can support quality teachers and quality education. It adopts an occupational health perspective to examine the problem of educator stress and presents theory-driven intervention strategies to reduce stress load and support educator resilience and healthy school organizations. The book provides an international perspective on key challenges facing educators such as teacher stress, teacher retention, training effective teachers, teacher accountability, cyber-bullying in schools, and developing healthy school systems. Divided into four parts, the book starts out by introducing and defining the problem of educator stress internationally and examining educator stress in the context of school, education system, and education policy factors. Part I includes chapters on educator mental health and well-being, stress-related biological vulnerabilities, the relation of stress to teaching self-efficacy, turnover in charter schools, and the role of culture in educator stress. Part II reviews the main conceptual models that explain educator stress while applying an occupational health framework to education contexts which stresses the role of organizational factors, including work organization and work practices. It ends with a proposal of a dynamic integrative theory of educator stress, which highlights the changing nature of educator stress with time and context. Part III starts with the definition of what constitute healthy school organizations as a backdrop to the following chapters which review the

application of occupational health psychology theories and intervention approaches to reducing educator stress, promoting teacher resources and developing healthy school systems. Chapters include interventions at the individual, individual-organizational interface and organizational levels. Part III ends with a chapter addressing cyber-bullying, a new challenge affecting schools and teachers. Part IV discusses the implications for research, practice and policy in education, including teacher training and development. In addition, it presents a review of methodological issues facing researchers on educator stress and identifies future trends for research on this topic, including the use of ecological momentary assessment in educator stress research. The editors' concluding comments reflect upon the application of an occupational health perspective to advance research, practice and policy directed at reducing stress in educators, and promoting teacher and school well-being.

Comprehensive Dissertation Index, 1984

Romania Confronts Its Communist Past Vladimir Tismaneanu, Marius Stan, 2018-05-17 Discusses the birth pangs of democracy in post-communist Romania, and its difficult transition from a state of non-law to a rule-of-law state.

Amos 17.0 User's Guide James Arbuckle, 2008-01-01

The Truth About Burnout Christina Maslach, Michael P. Leiter, 2008-07-02 Today's workforce is experiencing job burnout in epidemic proportions. Workers at all levels, both white- and blue-collar, feel stressed out, insecure, misunderstood, undervalued, and alienated at their workplace. This original and important book debunks the common myth that when workers suffer job burnout they are solely responsible for their fatigue, anger, and don't give a damn attitude. The book clearly shows where the accountability often belongs. . . . squarely on the shoulders of the organization.

Crisis in Education Barry A. Farber, Leonard D. Wechsler, 1991-03-11 ?Without question, Farber's book on teacher burnout is the most comprehensive, analytic, and instructive book on the topic, and I urge the reader to study it.?-Seymour B. Sarason, author, *The Predictable Failure of Educational Reform*

Dissertation Abstracts International, 1985

Burnout for Experts Sabine Bährer-Köhler, 2012-11-11 Wherever people are working, there is some type of stress—and where there is stress, there is the risk of burnout. It is widespread, the subject of numerous studies in the U.S. and abroad. It is also costly, both to individuals in the form of sick days, lost wages, and emotional exhaustion, and to the workplace in terms of the bottom line. But as we are now beginning to understand, burnout is also preventable. *Burnout for Experts* brings multifaceted analysis to a multilayered problem, offering comprehensive discussion of contributing factors, classic and less widely perceived markers of burnout, coping strategies, and treatment methods. International perspectives consider phase models of burnout and differentiate between burnout and related physical and mental health conditions. By focusing on specific job and life variables including workplace culture and gender aspects, contributors give professionals ample means

for recognizing burnout as well as its warning signs. Chapters on prevention and intervention detail effective programs that can be implemented at the individual and organizational levels. Included in the coverage: · History of burnout: a phenomenon. · Personal and external factors contributing to burnout. · Depression and burnout · Assessment tools and methods. · The role of communication in burnout prevention. · Active coping and other intervention strategies. Skillfully balancing scholarship and accessibility, *Burnout for Experts* is a go-to resource for health psychologists, social workers, psychiatrists, and organizational, industrial, and clinical psychologists.

Preparing for the Psychological Consequences of Terrorism Institute of Medicine, Board on Neuroscience and Behavioral Health, Committee on Responding to the Psychological Consequences of Terrorism, 2003-08-26 The Oklahoma City bombing, intentional crashing of airliners on September 11, 2001, and anthrax attacks in the fall of 2001 have made Americans acutely aware of the impacts of terrorism. These events and continued threats of terrorism have raised questions about the impact on the psychological health of the nation and how well the public health infrastructure is able to meet the psychological needs that will likely result. *Preparing for the Psychological Consequences of Terrorism* highlights some of the critical issues in responding to the psychological needs that result from terrorism and provides possible options for intervention. The committee offers an example for a public health strategy that may serve as a base from which plans to prevent and respond to the psychological consequences of a variety of terrorism events can be formulated. The report includes recommendations for the training and education of service providers, ensuring appropriate guidelines for the protection of service providers, and developing public health surveillance for preevent, event, and postevent factors related to psychological consequences.

First Aid for Teacher Burnout Jenny Grant Rankin, 2016-09-13 Offering clear strategies rooted in research and expert recommendations, *First Aid for Teacher Burnout* empowers teachers to prevent and recover from burnout while finding success at work. Each chapter explores a different common cause of teacher burnout and provides takeaway strategies and realistic tips. Chapter coverage includes fighting low morale, diminishing stress, streamlining grading, reducing workload, leveraging collaboration, avoiding monotony, using technology to your advantage, managing classroom behavior, advocating for support from your administration, securing the help of parents and community, and more. Full of reflection exercises, confessions from real teachers, and veteran teacher tips, this accessible book provides easy-to-implement steps for alleviating burnout problems so you can enjoy peace and success in your teaching.

TALIS 2018 Results (Volume II) Teachers and School Leaders as Valued Professionals OECD, 2020-03-23 This report aims to provide an in-depth analysis of teachers' and school leaders' perceptions of the value of their profession, their work-related well-being and stress, and their satisfaction with their working conditions. It also offers a description of teachers' and school leaders' contractual arrangements, opportunities to engage in professional tasks such as collaborative teamwork,

autonomous decision making, and leadership practices.

Challenging Behaviour Eric Emerson, 2001-05-28 This is a thoroughly revised, expanded and updated new edition, giving a comprehensive, cross-disciplinary overview of challenging behaviour.

Pain Management Chris J. Main, Michael J. L. Sullivan, Paul J. Watson, 2007-10-30 This title is directed primarily towards health care professionals outside of the United States. It deals specifically with the management of potentially chronic pain, how to assess patients with pain, the factors involved in the development of chronic pain and the setting up and running of a pain management programme. The main focus is on musculoskeletal and fibromyalgic type pain. Cancer pain is not addressed. The authors address not only what is recommended in the management of pain but also whether and why it is done, thereby covering not only the content of interdisciplinary pain management but also the processes involved. Provides extensive background material and covers broad issues which other books lack. Focuses on not only what is done with the management of pain but whether and why it is done. Includes the nuts and bolts of setting up and running a pain management programme. Addresses the application of pain management programmes in a wide range of fields. Has a multidisciplinary approach and therefore appeals to a multidisciplinary market. Two new co-authors: Kay Greasley and Bengt Sjolund. Major restructuring of chapters and rewriting of content with new authors for many of them. Greatly increased discussion of biopsychosocial management in individual clinical practice. Addresses the needs of the individual practitioners as well as those working in specialised pain management units. Includes more on primary care and secondary pain prevention. Expanded discussion of the clinical-occupational interfaces. Particular emphasis on the identification and targeting of modifiable risk factors for chronic pain and prolonged disability. The following topics strengthened throughout: communication, the nature of groups, medication and iatrogenics. Potential of an evidence-based biopsychosocial approach to pain management highlighted.

Faculty Stress David R. Buckholdt, Gale E. Miller, 2013-09-13 Contrary to popular opinion, college and university faculty often experience a greater amount of stress than professionals in many other occupations. *Faculty Stress* takes a comprehensive look at faculty stress, its causes, and its consequences. This unique book explores the wide range of factors associated with work-related stress, the sources and perceptions of stress in differing academic environments, and the importance of gender factors in understanding and dealing with work stress in academia. Respected authorities discuss quantitative and qualitative research, case studies, and provide helpful policy recommendations. As higher education rapidly changes, the importance of understanding and effectively dealing with the stress that faculty endures increases. *Faculty Stress* explores in detail how change affects work and personal lives of faculty. This revealing book is crucial for current faculty and administrators who want to understand and effectively deal with stress, as well as future faculty who need to know how to better prepare for the rigors of their college and university academic profession. *Faculty Stress* is a valuable

resource for faculty, higher education administrators, graduate students who intend to become faculty, librarians, higher education scholars, and scholars who study work and occupations. This book was published as a special issue of the Journal of Human Behavior in the Social Environment.

New Research and Trends in Higher Education Maria Jose Sousa, Pere Mercade Mele, Fatima Suleman, 2021-12-27 This book aims to discuss new research and trends on all dimensions of Higher Education, as there is a growing interest in the field of Higher Education, regarding new methodologies, contexts, and technologies. It includes investigations of diverse issues that affect the learning processes in Higher Education: innovations in learning, new pedagogical methods, and new learning contexts. In this sense, original research contributions of research papers, case studies and demonstrations that present original scientific results, methodological aspects, concepts and educational technologies, on the following topics: a) Technological Developments in Higher Education: mobile technology, virtual environments, augmented reality, automation and robotics, and other tools for universal learning, focusing on issues that are not addressed by existing research; b) Digital Higher Education: mobile learning, eLearning, Game-based Learning, social media in education, new learning models and technologies and wearable technologies for education; c) Case Studies in Higher Education: empirical studies in higher education regarding digital technologies, new methodologies, new evaluation techniques and tools, perceptions of learning processes efficiency and digital learning best practice.

Banishing Burnout Michael P. Leiter, Christina Maslach, 2011-01-11 In this book Michael P. Leiter and Christina Maslach, the leading experts on job burnout prevention and authors of the landmark book *The Truth About Burnout*, outline their revolutionary new program for helping everyone in the workplace overcome everyday stress and pressures and achieve their career goals. *Banishing Burnout* includes the authors' unique and highly effective Work Life self-assessment test and a customized plan for action that will help transform the individual's relationship with work and overcome job burnout. The authors outline their proven action plan, which shows how to establish core values, set a personal direction, engage other people, initiate a realistic plan of action, make an impact, and achieve career goals. The book is filled with illustrative case examples from a wide variety of organizations, including corporations, health care institutions, universities, and nonprofit organizations. Each case demonstrates how the use of the Work Life self-survey and the individualized action plan can result in dramatic changes in the daily workplace experience and advance career development.

The Burnout Companion To Study And Practice Wilmar Schaufeli, D. Enzmann, 1998-11-17 Burnout is a common metaphor for a state of extreme psychophysical exhaustion, usually work-related. This book provides an overview of the burnout syndrome from its earliest recorded occurrences to current empirical studies. It reviews perceptions that burnout is particularly prevalent among certain professional groups - police officers, social workers, teachers, financial traders - and introduces individual inter- personal, workload, occupational, organizational, social and cultural factors. Burnout deals with

occurrence, measurement, assessment as well as intervention and treatment programmes.; This textbook should prove useful to occupational and organizational health and safety researchers and practitioners around the world. It should also be a valuable resource for human resources professional and related management professionals.

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