

**A COMPARATIVE STUDY OF BURNOUT TENDENCY OF  
TEACHER RESPONDENT SERVING IN DIFFERENT  
TYPES OF EDUCATIONAL INSTITUTION**



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**ABSTRACT:**

*Teacher burnout is one of the most important problems of teachers serving at different levels of the educational institutions. The burnout may be defined as the state of exhaustion, irritability and fatigue that markedly decreases the worker's effectiveness and capability. In this paper author tries to explore the level of burnout among the teachers working in different level of institution. The author used the burnout scale and administered among the teachers of different institution i.e. Primary, Higher secondary and PG & degree colleges. After collection of data the teacher were categorized in three different levels. After data analysis the level of burnout explored.*



**KEY WORDS:** Burnout, Teachers of different educational institutions,

**INTRODUCTION:**

According to Chernis transactional model the Burnout is a transactional process consisting of 'Job stress, Worker strain and psychological accommodation'. Specifically, it may be defined as a process in which previously committed professional, disengages from his or her work in response to stress and strain experienced in the job. The Transactional definition of Burnout is the most accepted and appealing one, as it subsumes all the most common definitions that have been used in the literature and that, it also provides a frame work for thinking about causes and solutions to the problems.

Psychologically, burnout represents a response to an intolerable work situation. When a professional experiences stress and strain that can not be reduced through ACTIVE - PROBLEM SOLVING, he then undergoes an attitudinal and behavioural change, which provides the individual, a psychological escape and ensures that further stress will not be added to the strain already being experienced. For instance, a loss of concern for the clients reduces the helper's awareness of responsibility. In a work situation, if the helper is unable to solve a client's problem, when the administration tends to interfere with the process, when the clients are abusive or ungrateful, the helper is likely to be hurt. If the helper-client relationship has become mechanical and distant, the helper is less likely to be hurt. In other words, maintaining a detached relationship with the clients serves as DEFENSIVE MECHANISM, reducing the stress that might occur. Teacher with higher education are not satisfied with their job at lower level and they will feel that he or she is not getting the job according to their qualification. Teacher lives in continuous stress, if teacher experiences long term stress will change in to burnout.

**METHODOLOGY:**

In the present dealing with the effect of types of educational institution on teacher burnout among the teachers working in the four district of eastern Uttar Pradesh i.e. Azamgarh, Mau, Ghazipur and Varansi. The major aim to find out the effect of type of institution on teacher burnout.

**The Objectives :**

- 1.The objective of the study is to explore the relationship between type of institution and level of teacher burnout.
- 2.To explore the level of burnout among the teachers working at different level of institutions.
- 3.To compare the burnout level between Primary vs Higher secondary, Primary to PG & Degree College and higher secondary to PG& Degree College.

**RESEARCH HYPOTHESIS:**

1. There is no significant difference in the level of burnout between teachers working in primary school and Higher secondary school.
2. There is no significant difference in the level of burnout between teachers working in primary school and PG & Degree colleges.
3. There is no significant difference in the level of burnout between teachers working in Higher secondary school and PG & Degree Colleges.

**SAMPLE OF THE STUDY:**

Random sampling techniques were used in this study for selection of samples. First of all the Burnout scale was administered to investigate the impact of different level of institutions on Burnout tendency of teachers. The sample of the study consist of the Primary Teachers (185), Higher Secondary School Teachers (240), and Degree and PG College Teachers (215). The sample collected from four district of Eastern UP i.e Azamgarh, Ghazipur, Mau, and Varanasi.

**Tools:**

For the present study the following tools were used  
Burnout Scale – By Dr. Tripte Hatwal

**Statistical Techniques:**

1. Mean
2. Standard Deviation
3. T test were used to find out the research result of the study.

**DATA ANALYSIS AND INTERPRETATION**

For the comparison of burnout tendency among the teachers serving in different types of Educational Institution, the mean and standard deviation (S.D.) values of burnout scores on three dimensions, as well as, the total Burnout score was calculated and presented in Table 1.

The data were analyzed herewith and the Obtained mean and Standard deviation (S.D.) values indicate the fact that apparently there is a difference in the performance of respondents belonging to different teacher groups according to their level of institution.

**Table– 01 – Showing Mean, Standard values obtained on Burnout Inventory employ Teacher Respondents serving in three types of Educational Institution.**

Types of Edu. Inst.	N	M	S.D.	Comparison between	df.	t-ratio	Level of Significance
Primary	185	75.61	17.81	Primary vs. Higher Secondary	423	1.922	0.01
Higher Secondary	240	78.92	17.23	Higher Secondary vs. Degree college	453	1.214	0.01
Degree College	215	80.81	15.88	Primary vs. Degree college	398	3.639	0.01

If critically examine Table 1 it reveals the Burnout tendency of teachers belonging to three groups namely – teacher serving in primary, higher secondary and degree college teacher. The Primary teachers were found to be the most burnout group  $M = 75.61$  (lower the score higher is the burnout) than the teachers serving in Higher Secondary and degree college teachers because Higher Secondary and Degree college teachers have obtained 78.92 and 80.81 burnout mean scores. Higher Secondary teachers are less burnout as compare to Primary school teacher, their mean burnout score is 78.92. It is more than Primary school teacher mean Burnout score 75.61 but Higher Secondary school teacher are more Burnout than the Degree college teacher because Degree college teacher obtain mean Burnout score is 80.81. The Degree college teachers are least Burnout than the Primary and Secondary school teacher because this group has highest mean burnout score i.e. 80.81. Thus the degree of burnout score decreases as the level of teaching increases meaning thereby that there is positive relationship between teaching level and burnout tendency (see Fig 1).

To test the significantness of the mean difference obtained from three groups of respondents teaching at different educational levels, presented abometric test i.e. t-test and obtained value were presented in table 1.

It is obtained from the table 1 the t-values for the total Burnout score between the three pairs of teacher. It is evident from the above table that obtained t-values for Primary vs. Higher Secondary ( $t = 1.922 > 0.01$ ), thus primary school teacher are more burnout than the Higher secondary school teacher, hence the first hypothesis has been rejected because significant difference is found between this group. Primary vs. Degree college ( $t = 3.639 > 0.01$ ). The second hypotheses is rejected because there is significant difference between Primary school teacher and Degree college teachers. The third hypotheses is rejected because there is significant difference found between Higher Secondary school teacher and Degree college teacher. Higher Secondary vs. Degree college ( $t = 1.214 > 0.01$ ). It is found that there is significant difference at respectable level of significance. It is found that as the level of institution increases the teacher Burnout decreases and vice-versa.

## CONCLUSION:

It is found in this study that the level of burnout increases as the level of institution decreases means the high burnout level was found in the primary school teachers than the higher secondary school teachers. In other words Higher Secondary school teacher are less burnout than the primary school teacher. The PG and degree college teacher are least burnout than primary and higher secondary school teachers. Thus we can say that as the level of Institution increases the level of Burnout decreases among the teachers working in different types of institution.

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