

Investigation of Burnout among Instructors Working at ESOGU Preparatory School

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Abstract

Burnout is an issue to be taken seriously in the workplaces where human interaction is salient and very important. The aim of the research is to investigate burnout among the instructors working at ESOGU preparatory school and find out what factors affect their levels of burnout. 28 instructors working in this institution participated in the study. The results of the study showed that the only significant contributor of burnout among the instructors is their perceived level of stress at the workplace. Except for that one, demographic characteristics, educational background and other work-related factors proved to have low or no significant effect on instructors' burnout levels.

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