

The Effect of Teachers' Stress Perceptions on Burnout

The Effect of Teachers' Stress Perceptions on Burnout

Çetin Tan

Abstract

Teachers are role models for students in terms of their life styles and habits. Students take everything teachers do and do not as examples and turn them in to their own habits in their lives. In today's world, a healthy lifestyle and a habit of doing physical activities regularly constitute an important factor to be a role model for students. A healthy lifestyle and doing physical activities regularly both increase teachers' quality of life and guide future generations to live in a healthy way and do physical a The goal of this research is to determine the relationship between the elementary school, middle school, and high school teachers' stress perception and exhaustion perception. During the research 810 teachers' opinion were made use of who were working in Malatya province in the education year of 2016-2017 and were chosen from different schools and branches with random sampling technique. As data collection tool; "Perceived Stress Scale 'which was developed by [Cohen, Kamarck and Mermelstein, 1983) and adopted into Turkish by (Eksin, Harlak, Demirkıran and Dereboy, 2013) and "Burnout Inventory" was used which was developed by (Maslach and Jackson) and adopted into Turkish by (Ergin, 1992)).As a result of the analysis of the data which were obtained in the research, it was seen that the average of the emotional exhaustion and depersonalization extent were in the range of "seldom" according to the burnout inventory extent. It can be said that participants evaluated their emotional exhaustion and depersonalization levels in a low ebb. It was seen that the average value of low individual success extent was evaluated in the range of "frequently". According to the rates related to the inadequate self-sufficiency extent points of the stress scale concerning marital status, it was seen that average perception rates of the married teachers are higher than the single teachers'. It was seen that discomfort of the teachers predicts the emotional exhaustion. It was also seen that inadequate self-sufficient condition of the teachers predicts the reduced personal accomplishment extent. ctivities regularly. In this study, it was aimed to investigate the healthy life styles and physical activity levels of prospective teachers. For this purpose, the "Healthy Lifestyles Scale", which consists of 25 items, was adopted and the scale was conducted With prospective teachers. In the conclusion of the study, it was determined that prospective teachers sometimes preferred a regular exercise program and a low-cholesterol diet. Female prospective teachers, compared to female prospective teachers, expressed that they exercised more regularly, are open to new experiences and most of them did not have breakfast regularly. The prospective teachers in the study also reported that they sometimes consumed vegetables, sugar and desserts in meals and they preferred to consume meals such as milk, yogurt and cheese 3-5 a day as well as preferring

Keywords

Stress, Exhaustion, Teachers

References

- Akkaş, S. (2017). ÖZEL EĞİTİM VE OÇEM SINIFLARINDA ÇALIŞAN ÖĞRETMENLERİN İŞ DOYUMU. Medeniyet Eğitim Araştırmaları Dergisi, 1(1), 53-65.
- Altan, İ. (2015). Özel eğitim ve rehabilitasyon merkezlerinde çalışan eğitim personelinde iş doyumunun genel ruh sağlığı düzeyine etkisinin branş çerçevesinde karşılaştırılması. Yayımlanmamış Yüksek Lisans Tezi. İstanbul: Beykent Üniversitesi, Sosyal Bilimler Enstitüsü.
- Antoniou, A. S. Polychroni, F. ve Walters, B. (2000). Sources of stres and Professional burnout of teachers of special educational needs in Greece. International Special Education Congress, Manchester: University of Manchester.

Antony, M.M. ve Swinson, R. P. (2009). When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism. Oakland, CA: New Harbinger.

Ardıç, K. ve Polatçı, S. (2008). Tükenmişlik sendromu akademisyenler üzerinde bir uygulama (Göü Örneđi). Gazi Üniversitesi İktisadi ve İdari Bilimler Fakültesi Dergisi, 10(2), 69-96.

[Tam metne ulaşmak ve tüm referansları görmek için tıklayın.](#)