

TEACHER BURNOUT

by:

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There is no refuting that being a teacher transmits a lot of responsibility. One of the careers with the highest prevalence of burnout is teaching, which has been characterized as a set of tremendous physical, mental, and cognitive strain for instructors. Teaching is one of the professions with the greatest reported stress levels in comparison to other occupations. Insufficient time is a common problem for teachers, who also have trouble balancing their personal and professional lives. Time is valuable and frequently scarce in the classroom.

An emotional fatigue, depersonalization, and decreased sense of personal fulfillment are the hallmarks of burnout, a psychological phenomenon. Tremendous tiredness, emotional condition of skepticism and hostility from the work, and a sense of pointlessness and lack of accomplishment are the three main manifestations of burnout. Burned-out instructors may struggle to finish routine activities and may find it difficult to concentrate on their work, which are both signs of burnout. These symptoms include recurrent forgetting episodes and severe difficulty of focusing.

Likewise, Burnout caused by the workplace has a significant positive impact on one's interest, pleasure, and overall well-being at work. However, the intention to leave the teaching profession is positively correlated with burnout, which emphasizes the importance of work burnout predictors for the health of educational institutions and the function of burnout as a mental-health indicator.

The most imperative factor influencing teachers' burnout is their level of organization. The classroom category, on the other hand, seems to extend the supreme management

difficulties for teachers. Teachers may realize the magnified threat of contracting the virus at school because of the virus' human-to-human transmission is distressing given the current COVID-19 situation. It is central, nevertheless, that the instructors' valuation of the situation and complications they face as well as their cognitive resources decide how stressed and burnt out, they feel.

Finally, there is no denying that teacher burnout and stress are serious issues that have an impact on our schools. By helping teachers, finding novel and effective strategies to increase student performance might have a large optimistic social impact. Such includes decreased stress and increased job satisfaction which can be achieved through efficient time management.

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