

A Study on Burnout among Prospective Student-Teachers of B.Ed Programme in Tezpur University

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Abstract

B.Ed is a professional course where student-teachers have to do lots of activities to build a strong personality as teacher. During this course they may face sometimes stress. Burnout is a psychological state which can be considered as stress or emotionally overtiredness of mind. The aim of this paper is to know the level of burnout among pre-service student-teachers and secondly to study the difference of burnout among prospective student-teachers in relation to their gender. The descriptive study has done by the researchers. “Burnout Inventory” by Karuna Shankar Misra has used as tool to collect data from pre-service student-teachers. Data is analysed through using percentages, t-test and graph. As result it was found that burnout levels are average/ moderate among prospective student-teachers. From extremely high levels to extremely low level of burnout was there among them.

Keywords: Burnout, Student-Teachers, B.Ed Programme.

Introduction

Teachers are the main resources of any education system. Teachers need to be well prepared, organized, explained and knowledge of mastery in his/her profession (Vidhi, G 2017). They have to deal with variety of students in teaching learning

situation. Teacher should have love, commitment, devotion and positive attitude towards his profession. The role of teachers really means a lot in the development of quality education (Mohanty, R. K 1991). In this changing world, in changing society,

teachers have started facing so many problems. Therefore student-teachers should get proper training to be a great teacher in future. Burnout is one of the aspects which need to be study in teaching profession or before going to entry in teaching profession. Burnout is a condition of emotional, physical and mental tiredness and weakens concentration. Due to burnout pre service and in-service students and teachers may feel hopeless, helpless, less interest in teaching and learning, unhealthy etc (Misra, K.S 2012).The concept of burnout had stated in USA in mid of 1970s.Herbert Freudenberger in1974 defined the term burnout for the first time in New York and Christina Maslach and Ayala Pines in California (Gold, Y. 1985, H. Fives et al, 2007).According to Freudenberger due to over demands of strength, resources or energy, people may become failing or exhausted (Noushad P P. 2008).People use Burnout as a psychological word when they are in constant mental and psychological pressures due to unavoidable work-conditions (Sahni & Deswal, 2015). Burnout is a result of stress though they are not synonym word (Vibha,T 2013). Burnout is a kind of negative feelings which produce from failure and tiredness due to unwarranted works (Goswami, M 2013).

Review of Literature

Engin, G. (2019) did a study on pre-service teachers' burnout levels and their anxiety. The main aim of this is to determine the levels of burnout and the relationship between more than two variables. It's a descriptive and Correlation survey model has designed for this study. Total 265 pre-service teachers have taken as sample. The study found that the levels burnout is moderate among pre-service teachers' and mainly emotional burnout levels are high.

Sahni & Deswal, (2015) studied on "Burnout among Teacher Educators with Respect to Biographical, Psychological and Organizational Variables". The main focus of this study were to survey levels of burnout and the differences in the burnout among teacher educators with respect to biographical, organizational and psychological variables. Total 122 teacher educators has selected as sample for this study. As statistical techniques they have used frequencies, mean scores, standard deviations, t-test and one way analysis of variance. The finding shows that the years of teaching experience, self confidence, academic title, qualification, organizational climate, occupational stress, psychological well being, and personality were significant indicators while gender and teaching subject

were not significantly related to burnout among the teacher educators.

Goswami, M (2013) attempted a study on burnout. She has taken only secondary school teachers in relation to their job satisfaction. The objective of the study is to measure the intensity of burnout among secondary school teachers with job satisfaction.

Fives, H et. al. (2007) carried out a study on burnout begin with student-teaching and analyzing efficacy, burnout, and support during the student-teaching semester. Forty-nine student-teachers have taken as sample. And Goddard, R & O'Brien, B (2006) also attempted a study on burnout in beginning teachers in Australia. Readymade Burnout Inventory has used to measure burnout of beginning teachers.

Rationale of the Study

B.Ed is a preparing course for future teachers. B.Ed course has changed one year to two year including theory, practice and practicum. Sudden changes of B.Ed programme from one year to two year are a challenging task for student-teachers. It has included so many aspects including practicum, internship, art and craft, ICT integration, yoga etc.

Therefore prospective student-teachers have to be energetic, active to perform their all kind of activities during the B.Ed course. Ewing & Smith (2003) highlighted in their study that teacher education gives support and mentor the beginning teachers. Still 25% to 40% teachers' may burnout in the initial of teaching. There are some sign of burnout like powerlessness, depression, sadness, emptiness etc (Gold, Y 1985). When a teacher feels burnout it may affect every type of students in his/her classroom. Only the teacher can control and make an effective classroom environment (Stern, A., & Cox, J. 1993).

At present, stress of student-teachers in Teacher Training Institutions is a matter of concern due to over work load. There are some studies found burnout among student-teachers like Nicola K. S & Petra B (2006). The present study helps to know burnout among prospective student-teachers in B.Ed programme of Tezpur University in Assam. The importance of this study is to contribute to the literature about burnout among student-teachers.

Research Question

At what level prospective student-teachers are burnout in B.Ed course?

Objectives of the study

1. To study the level of burnout among prospective student-teachers of B.Ed programme.
2. To study the difference of burnout among prospective student-teachers in relation to their gender.

Hypothesis

H 1: There is no significant difference between burnout of prospective male and female student-teachers.

Delimitation of the study: The study is delimited to those student-teachers who are pursuing B.Ed programme from Tezpur University of Assam.

Research method: The researcher has used descriptive survey method for this present study.

Population: The population of the study consist of student-teachers of Tezpur University.

Sample: By using Purposive sampling technique the researcher has selected 46 student-teachers from Tezpur University.

Tool used: The researcher has used a standardized tool for this study that is “Burnout Inventory” by Karuna Shankar Misra. There are 8 dimensions in this inventory namely Non-Accomplishment, Depersonalization, Emotional Exhaustion, Friction, Task Avoidance, Distancing, Neglecting and Easy Going. It carries five responses such as – Almost always, often, many times, some times and almost never. The inventory is consisting of 48 items.

Statistical Technique Used: For analysing the data, researcher has used mean, standard deviation, t-test and graph.

Analysis and Interpretation of Data: The data are analysed objective wise----

Objective 1: To study the level of burnout among student-teachers of B.Ed programme.

Table 1.Level of Burnout of B.Ed Student-Teachers

Sl.No	Level of Burnout	No of Respondents	Percent
1	Extremely high	2	4.34%
2	High	7	15.21%
3	Above average	7	15.21%
4	Slightly above average	5	10.86%
5	Average/moderate	8	17.39%
6	Slightly below average	6	13.04%
7	Below average	7	15.21%
8	Low	0	0%
9	Extremely low	4	8.69%

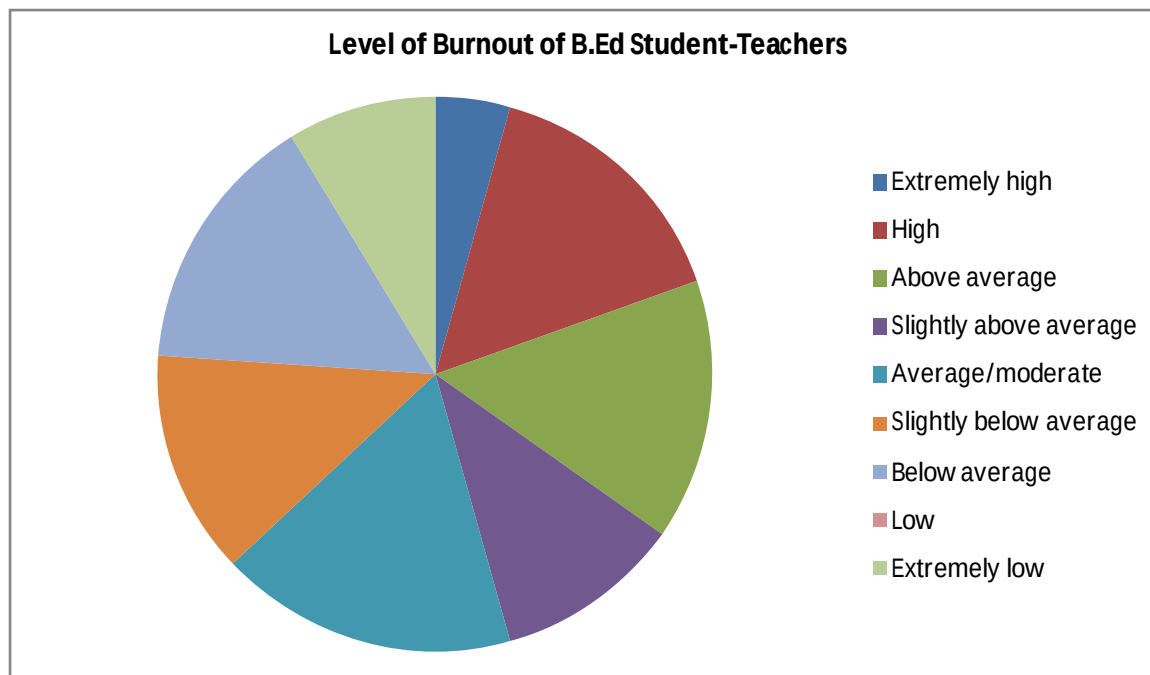


Figure 1. Graphical representation level of Burnout of B.Ed Student-Teachers

Table 1 and figure 1 depicts the level of percentage of burnout of B.Ed Student-Teachers. 4.34% of student-teachers have extremely high level of burnout during B.Ed course whereas 8.69% of student-teachers have extremely low level of burnout during B.Ed course. 17.39% average/moderate level of burnout.

Objective 2: To study the difference of burnout among prospective student-teachers in relation to their gender.

H 1: There is no significant difference between burnout of prospective male and female student-teachers.

Table 2. Difference between Burnout of Male and Female Student-Teachers

Gender	N	Mean	SD	t- value
Male	10	123.4	23.93	1.60
Female	36	110.08	20.68	

The table 2 shows that the calculated value is greater than the tabulated value at 0.05 level of confidence. Hence the formulated hypothesis is rejected. It depicts that there is

a significant difference between burnout of male and female student-teachers.

Findings and Discussion

The finding shows that most of the student-teachers have average/moderate level of burnout that is 17.39%. It shows low level of burnout is 0%. Only 4.34% of prospective student-teachers have extremely high level of burnout. The study also found there is a significant difference between burnout of male and female student-teachers.

This study examines the level of burnout among prospective student-teachers. After the analysis and interpretation we can say that burnout is there among prospective male and female student-teachers from the extremely low level to extremely high level. Schorn, N. K. & Buchwald, P. (2007) also supported that moderate level of burnout among student-teachers. Engin, G. (2019) in his study also found the moderate level of burnout pre-service teachers'.

Conclusion

Various research studies shows in their results that burnout occurs both pre-service and in-services teachers in teaching profession .It can be concluded that there are different levels of burnout among in-service teachers as well as pre-service student-teachers from extremely low level to extremely high level. As we know that

pre service teachers' training is very important in the field of teacher education. Therefore we need a stress free teaching learning environment where student can develop all the qualities, capabilities, skills, creative thinking and positive attitude to be a great teacher.

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