

The Relationship between Job Burnout with General Health in Female Teachers of Guidance Schools

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Abstract

The purpose of the present research was to study the relationship between three dimensions of job burnout, including emotional exhaustion, depersonalization and lack of personal accomplishment, with teachers' general health. Participants consisted of 120 female teachers in Shadegan city who were selected using multi-stage random sampling method and the two inventories, General Health Questionnaire and Job Burnout, were filled by them. The results showed significant correlations between three aspects of burnout and subscales of general health. Other findings showed that emotional exhaustion correlated with general health more strongly than other dimensions of job burnout. The correlation coefficients of emotional exhaustion, depersonalization and lack of personal accomplishment with general health were 0.677, 0.286 and 0.479, respectively. Regarding to high correlation between emotional exhaustion and general health, it is recommended to help teachers against emotional exhaustion.

Key words: job burnout, general health, teachers, guidance Schools

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