



Burnout in Indian teachers and its impact on their Mental well-being: a systematic review

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Abstract:

Rationale: Burnout is considered as a social and public health problem demanding serious attention. Burnout syndrome is typified by three dimensions: emotional exhaustion (EE), depersonalization (DP) and low personal accomplishment (PS). It is prevalent among professionals who come in direct contact with people. Some of the most vulnerable professionals are physicians, paramedical staff and teachers. Teaching is a highly demanding and challenging profession and therefore teachers are extremely susceptible to burnout. Mental well-being refers to a level of psychological well-being, or an absence of mental disorder. Mental health of teachers is a primary concern for any society. Studies indicate that of all working groups, teachers are prone and exposed to higher incidence of mental disorders. Although Teacher burnout as a phenomenon has become an area of ongoing interest among researchers of education and psychology globally, there is only limited literature available in the Indian context.

Objectives: To conduct a systematic review of literature that studied Professional Burnout in Indian teachers and impact on their Mental well-being.

Methods: PubMed, Google Scholar, and ProQuest databases were searched to source literature on the topic under study. The review included articles published during 2000-2018. Studies on stress and burnout among all category of teachers (school, university and professional colleges) in India were included. Only those studies were included which had at least 100 participants, used some standard Burnout measurement tool and were published in English.

Key Findings: From 30 studies identified based on the search string, 17 papers were deemed relevant for review. It was found that majority of teachers suffered from depression, stress and emotional exhaustion indicative of established symptoms of burnout. It was also observed that teachers do differ significantly in their level of burnout according to age, gender and marital status. Findings indicated that teachers of private schools had higher degree of burnout than teachers of public schools. Teachers belonging to different level of teaching and teaching experience do not significantly differ in their mental health.



Conclusion: There exists a positive and significant correlation between burnout and physical/mental health of teachers. Further research is needed to better understand and prevent this phenomenon among teachers.

Keywords: Stress, Burnout, Mental Health, Teachers, India, Systematic Review.

Biography:

Data Science and Healthcare IT Professional with 18+ years of experience. 7 years as a clinician and 11+ years as healthcare IT professional. Worked for healthcare IT product, IT services and KPO organizations. Contributed in software engineering of clinical products, design of IT service offerings and business consulting for US healthcare clients. Worked on E.H.R, E.M.R, Patient Portal, Population health Management and other products. Knowledge of coding standards in US like SNOMED, LOINC, ICD 10, NDC and Rx Norm. He holds a Bachelors in Dental Surgery and MBA in Hospital Management and is also currently pursuing his PhD in IHMR, University, Jaipur, India

Recent Publications:

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