

BURNOUT AND TEACHER DEMOGRAPHIC FACTORS

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Abstract

This paper seeks to look at burnout and demographic characteristics at high school teachers, describing some characteristics and findings on burnout, gender, age, years of work experience and number of students. Studies have reported that burnout is more likely to be linked to some demographic variables such as gender, age, level of teaching, number of students and number of years of experience in the profession. For teachers who teach in high school, higher burnout was reported in comparison to those teaching younger grades. The study presents an analysis of 189 questionnaires. A graph of burnout levels in percentage is explained and a table of demographic characteristics. The Dworkin Teacher Burnout Scale was used to measure burnout. It results that less than 20 % of teachers experience low levels of burnout, 60% of the teachers in this study experience moderate levels of burnout and 30% experience low levels of burnout. There are differences between male and female teachers. Male teachers show lower burnout levels than female teachers. Age is also an influential demographic factor in burnout levels at teachers. The number of teachers experiencing moderate levels of burnout is higher between teachers of 31 to 45 years old. Important findings about the years of work experience show that teachers with 11 or less years of work experience show moderate levels of burnout ,teachers with 12 to 20 years of experience show moderate and high burnout levels. Number of students is also an important indicator because it results that in classes larger that 35 teachers experience moderate levels of burnout.

Keywords: *burn-out, demographic characteristics*