

PROFESSIONAL BURNOUT IN PRIMARY AND SECONDARY TEACHER SCHOOLS- THE EFFECTS IN TEACHERS AND STUDENTS PERFORMANCE

Mirsada Abdurrahmani

Department of Psychology and Social Work, Faculty of Education Sciences, University of Shkodra “Luigj Gurakuqi”, Shkodra, Albania, E mail: mirsada.abdurrahmani@hotmail.com

Abstract

School is an important institution in promoting education to students. In educational setting, students relate to many different professionals who assist them in pursuing and achieving their educational goals. Various studies have shown that today teaching has been changed as a stressful job. Today's teaching job is quite complicated as teachers have to carry out not only teaching but also matters associated with curriculum, students, parents, community. At present, teachers in Albania are facing extensive pressure from all the changes taking place in the education system due to the Educational Reformation Plan. Beside education system transformation, societal changes and multitasking have caused teachers' work to increase in intensity. Moreover, the changes of moral and normative quality of teachers' work also have caused teachers' work to become more complicated. The complexity of the tiredness situation develops negative job feelings, low professional in self-perceptive and losing of empathy. In addition to that, high level of stress for considerable periods of time could increase burnout characteristics including less sympathy and understanding towards students, reduced acceptance of students, failure to set up lessons and a lack of commitment to the teaching profession. Today. The study primarily aims to investigate the level of burnout in a selected group of teachers in Shkodra city in primary and secondary schools, to find out whether their working experience or teaching level can determine their level of burnout. The study also includes a review of the literature on burnout in relation to teaching levels of primary and secondary schools. The findings from this study will provide valuable information for both schools (primary and secondary), having this information, this study will help teachers to be more professional in managing their work and to help them to reduce their burnout level, also have better understanding of the present educational situation.

Keywords: *burnout, teacher, stress, depression, students*