

عنوان مقاله:

An Investigation into Potential Causes of Burnout in Teaching Careers from the Perspectives of Iranian EFL University Instructors

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خلاصه مقاله:

Burnout is considered a work-related syndrome made from a person's recognition of a gap between expecting success in professional performance and a less satisfying reality. Teaching, as one of the most stressful jobs in the world, makes a sense of burnout that disturbs the competency of teachers' personal and professional features, and it can be dangerous for themselves as well as their students. Recently, there has been growing research on the different effects of burnout, however, it is needed to investigate the causes of this issue, especially in university settings. This study aims to investigate the causes of burnout in the teaching careers from the perspective of EFL university instructors. The participants of the study were 34 EFL university instructors from the institutions of higher education in Shiraz, Ahwaz, and Jahrom, in Iran. The current study uses a mix-method design. Data were obtained from two interviews (including a face-to-face interview and an online interview) with all participants. The participants were asked to answer 7 questions that were made through a semi-structured interview. The results of the interviews with the participants indicated that there were 7 main factors that cause burnout in teachers: financial problems, organizational and the environmental problems, teacher training difficulties, personal-family challenges, health problems, social traits, and affective traits. The discussion of each of the causes of burnout represents how these categories cause burnout, and it was indicated that the financial problems, health problems, and social traits were the most important factors causing burnout in teaching careers. Consequently, Iran's educational system should formulate a plan to solve these problems and prevent burnout among university professors based on the factors mentioned in this research as soon as possible.

کلمات کلیدی:

Burnout, Causes, EFL, Teaching careers, University instructors

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