

Impact of Social Support on Burnout among Indian School Teachers

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Abstract

Teacher Burnout is not a new phenomenon but it has increased to epidemic levels over the years. In the present study an attempt as been made to examine the impact of different facets of social support on teacher's burnout. The study was conducted on 200 equal number of public and government school teachers of Shimla city. Two separate multiple regression analysis were conducted one for each of social support measures (i.e. Social Support from network members and Social Provisions) that were included in a survey. Results revealed that for teachers social support involving friends and relative, and social provisions of reassurance of worth and opportunity of nurturance, were predictive of burnout, showing that teachers have lower feeling of personal accomplished when they don't receive support from friends and relatives and teachers who indicated that other people respected their skills and abilities reported less emotional exhaustion and more positives attitudes towards students and greater feelings of personal accomplishment.

Keywords: Social support, Burnout, Teachers,

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