



A Peer Reviewed International Journal of Asian
Academic Research Associates

AARJSH
ASIAN ACADEMIC RESEARCH
JOURNAL OF SOCIAL
SCIENCE & HUMANITIES



BURNOUT AMONG TEACHERS OF BASIC EDUCATION SCHOOLS IN ADEN GOVERNORATE, YEMEN: A CROSS SECTIONAL STUDY

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Abstract

Background: Burnout is an important public health problem affecting different professions including teaching. Though this problem has been studied extensively at the global level, documented studies on burnout in Yemen are very scarce. The aim of this study was to determine the prevalence and level of burnout among teachers in public basic education schools of Aden governorate, and to find out its association with some socio-demographic variables. **Methods:** This is a cross-sectional study that covered 258 basic education school teachers selected randomly from sixteen schools of different districts of Aden governorate. A modified version of Maslach Burnout inventory-educational survey was used for data collection. Statistical analysis was performed using (SPSS-15) program. Cross-tabulation chi-square and non-parametric Kruskal Wallis tests were applied to examine the possible association of some socio-demographical variables with burnout level at 0.05 level of significance. **Results:** Female teachers constituted more than three quarters of the study population 76.4 %, the mean age was 42.03 years \pm 6.7 Sd and the mean years of experience 18.8 years \pm 8.5 Sd. Almost 75% of the teachers suffered from burnout (females 79.2% and males 60.7%, $p = 0.004$). There was a statistical significant relationship between level of burnout and gender, marital status, and educational level of participants ($p = 0.025$, 0.031 and 0.039) respectively. Significant predictors of burnout on multivariate regression were female sex (OR = 2.768) and marital status (OR = 2.467). **Conclusion:** Burnout was highly prevalent among basic educational schools teachers in Aden governorate. Gender, marital status and educational level were significantly associated with the prevalence and level of burnout.

Keywords: burnout, teachers, basic schools, Aden, Yemen.

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