The Study of Life Satisfaction and Occupational Burnout - An Example of The Public Secondary School Teachers in The Midd

E-mail: 9223103@ mail.dyu.edu.tw

ABSTRACT

This research analyzed relations between the occupational burnout and life satisfaction - an example of the public secondary school teachers in the Middle and Southern Taiwan. On the study basis of Maslach & Jackson's 1981 occupational burnout, including three parts - emotional exhaustion, low personal accomplishment and depersonalization. Each teacher had to complete four questionnaires - Job Satisfaction, Marital Satisfaction, Leisure Satisfaction and General Life Satisfaction. By statistic analysis including descriptive, t-Test, one-way ANOVA, canonical correlation analysis, Pearson product-moment correlation. The results indicate the following 1.Male and female teacher showed significant differences in emotional exhaustion. 2.Single teachers had greater occupational burnout than married teachers. 3.Teachers with working experience under 5 years had greater occupational burnout than over 21 years. 4.Teachers of different age, marital status, working experience showed significant differences in Job Satisfaction, Marital Satisfaction, Leisure Satisfaction and General Life Satisfaction. 5.There was a significant negative correlation between occupational burnout and life satisfaction. According to the above research conclusion, this thesis offers concrete suggestions as to educational world and further development in this field.

Keywords : Secondary School Teachers ; Occupational Burnout ; Life Satisfaction

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