

The Factor Analysis of Research into the Burnout Process of Teachers

Abstract:

The paper presents the results of the use of factor analysis for processing the data obtained based on the questionnaire research into the relations between the degree of the burnout syndrome and chosen personality factors.

Key words: *burnout, the teaching profession, factor analysis, enthusiasm, malcoping, endurance, progressiveness.*

The professional term **burnout** was used in 1975 in psychology by H. Freudenberger (Drotárová, 1999, p.159). This term is translated into Slovak as “*vyhoriet*” or “*vyhorenie*.”

The Pedagogical Dictionary (1998) defines the term as the feeling of physical and mental exhaustion, the loss of interest in work, the erosion of professional attitudes that specifically manifests itself with workers of the so-called caring professions (social workers, advisors, pedagogues, etc.). G. Schreiberová and U. Bergen (1997) state that the burnout syndrome is the other name for a chronic fatigue syndrome. Ch. Maslach and E.S. Jackson (1981) describe burnout as a syndrome of emotional exhaustion, depersonalisation and decreased personal performance. Burnout occurs everywhere where people work with people. Our professional literature is not uniform with the use and denotation of this term. J. Křivohlavý (1998, p.10) uses the terms “a burnout syndrome” or “burnout” as its shorter equivalent, “psychic burnout” or “psychic exhaustion” and “a burnout syndrome” as identical equivalents. E. Drotárová (1999) uses the term “the effect of burnout”.