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THE EXAMINATION OF THE CHARACTERISTICS AND CORRELATIONS OF  
BURNOUT AND WORK-FAMILY INTERFERENCE AMONG EDUCATORS

Abstract of Ph.D. dissertation

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*Introduction.* Education, as a people-oriented job, has always been identified as a stressful occupation since educators should face organizational problems as well as interpersonal conflicts. Among others, work–family conflict (WFC) is one of the sources of occupational stress and burnout. These problems may lead to mental and physical symptoms, health risk behaviours, and deteriorated quality of life.

*Objectives.* The main goal of the present dissertation was to investigate how different indicators of burnout and work–family conflict were related to educators' psychosocial health, health behaviour, satisfaction with life. What are the links between the burnout and work–family conflict.

*Methods.* Data were collected during a one-month-period between December, 2016 and January, 2017. A multistage sampling method was used to reach educators (primary, secondary and grammar school teachers, etc.) using the Central Information System of the Educational Office. Data were collected via online survey by means of a link distributed by e-mails. N = 2,068 aged between 23-74; mean = 48.1 years, S.D. = 8.9 years; 83.5% females. Besides descriptive statistics, correlation analyses and multiple linear regression analysis were applied to detect.

*Results.* The hungarian teachers were involved in burnout. Whereas females experienced emotional exhaustion more often, males experienced depersonalization and personal accomplishment. Whereas females experienced WIF (work interference with family) more often, males experienced FIW (family interference with work) slightly more frequently. Occurrence of substance use was more favourable compared to the average Hungarian population, particularly smoking. However, smoking and drinking were weakly but significantly correlated with WFC scales. Burnout and the psychosomatic symptoms were the most significant correlates of the WFC factors, particularly emotional exhaustion. Satisfaction with life was negatively correlated with burnout and WFC factors. Finally, those who reported burnout and WFC tended to be physically less active.

*Conclusions.* These findings reassured that WFC had many job and health-related correlates. Therefore, interventions at both individual (e.g., developing effective coping skills) and organizational (e.g., clear role description, screening for burnout) levels should be necessary.