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## Factors Contributing to Job burnout among educators of higher educational institutions

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The study aims to identify the major factors that have been rampant and common among various studies done previously on job burnout among higher educational institutions across India. These include studies done on government and private universities, government and private colleges. With the identification of the common various factors, we can provide a remedial solution for coping with burnout of the educators. Burnout refers to the psychological aspect of a person when they are physically, emotionally, cognitively drained and cannot focus on the personal or professional aspect of their life. Job burnout refers to the above mentioned qualities induced by the work or the job the person is engaged in. It might lead to them being unproductive and inefficient at work and it might also further lead to stress and job dissatisfaction. It might eventually lead to the employees quitting their job or having a serious toll be taken on their health. It might also lead to people having psychosomatic disorders like- Cardiovascular disorders, diabetes, hypertension etc.

Job burnout in educators in higher educational institutions has not had much research done on it, however there are a few researchers and studies who have made an effort to find out the possible reasons for their burnout. While we talk about educators, it is a common misconception that their job is easier than their corporate counterparts. This is a myth that needs to be busted because nowadays, educators don't only teach but undertake a lot of administrative responsibilities as well. Apart from it, academia in India is one industry that is also underpaid.

### Biography

Aayushi Saxena is pursuing a doctorate degree at CMS business school, Jain deemed-to-be-university, Bangalore, India. Aayushi has earned a master's degree in industrial psychology, a bachelor's degree in psychology, and a diploma in learning and teaching. All of these degrees are in the field of health and management. Aayushi is an academic and researcher who has a strong interest in topics related to stress, organizational behavior, burnout and coping methods.

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