



# Burnout, its associated factors and job satisfaction among female teachers in Southern Sri Lanka.

Vijitha De Silva, Chandanie Hewage, Saman Wimalasundara,  
Pushpa Fonseka.

Prof Vijitha De Silva,  
Head/Professor in Community Medicine,  
Faculty of Medicine,  
University of Ruhuna,  
Sri Lanka.

# Introduction

The teacher, more often a woman, is the essential feature of any primary school classroom in Sri Lanka.



# Introduction

- She stays in the classroom for six hours a day, five days per week, with children varying in numbers from 20 to 50. The primary class teacher usually works alone and is totally responsible for the physical, emotional, social and intellectual development of the children in her class.
- Primary school teachers have to play multiple roles in their day-to-day work with children, colleagues and administrators. They are called upon to be in loco parentis, social worker, counsellor, mediator, first aid officer, fundraiser, disciplinarian and sports coordinator. However, for most of these roles the teacher is not properly trained or prepared.

# Introduction

- Other than the work in school, many female teachers have to play multiple roles in home such as wife, mother, daughter and daughter in law.
- This is an unpaid second shift at home.
- All these can contribute for teacher burnout and dissatisfaction about their job.

# Introduction

- Burnout and job satisfaction of teachers have received increasing attention in recent years since both these have direct impact on student education.
- However, these concepts were not properly studied in our part of the world.

# Objective

- This study was conducted to identify burnout, its associated factors and job satisfaction among female teachers in Southern Sri Lanka.

# Methodology

This study was conducted in all three districts of southern province of Sri Lanka; Galle, Matara and Hambantota.



# Methodology

- Using multi-stage cluster sampling method, 660 female primary school teachers employed in the southern province of Sri Lanka were selected to the study.
- Size of the cluster was 20.
- 33 clusters divided among three districts proportionately to the total female teacher population in each district.



# Methodology

- Data was collected on burnout and its associated factors using a structured self-administered questionnaire which included the validated Sinhala translation of Maslach Burnout Inventory-Educators survey.
- Job satisfaction was determined by a structured interview.

# Results

- Out of 660 selected teachers, 640 participated in the survey.
- Non response rate was 3.1%.
- Overall prevalence of burnout among female primary school teachers in southern province of Sri Lanka was 11.56% (95% Confidence Interval was 9.08%-14.04%).
- Highest prevalence (15.78%) was identified from Hambanthota District.

# Results

- Large number of associated factors of burnout were identified by the bivariate analysis.
- However, only few factors such as
- teaching more than 20 years,
- living more than 10km away from school,
- more homework,
- working during weekends,
- less sleep and less leisure time remained positive after the logistic regression analysis.

# Results

- Overall, 85% of the teachers were satisfied with their job.
- However, most of them were not satisfied with their salary.
- Burnout was inversely associated with job satisfaction ( $p < 0.05$ ).

# Discussion and Conclusions

- Burnout is a significant problem among female primary school teachers.
- Majority of teachers were generally satisfied with their job.
- However, need to rectify the salary issues in teacher profession to improve their job satisfaction.

**Thank you.**

