

## Chapter 8

# Impact of Occupational Stress and Job Burnout on the Health of University Teachers

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### **ABSTRACT**

*It is observed that occupational strain and work stress directly affect the well-being of university educators. Burnout is one in which an individual feels an emotional, physical, and mental exhaustion carried by life-threatening and prolonged stress. As the stress continues, they start losing the interest and motivation, and it also causes illness to their body that makes them vulnerable. The authors wanted to present a thorough overview of research that looks at theoretical correlations among stress in addition extra variable quantity towards what remains recognized (in addition what isn't) around the reasons and effects of burnout among university professors, as well as how this connects to burnout theories. These findings repeatedly suggest that undesirable employment characteristics—such as a heavy workload—have a negative impact, and negative work environment, lower salary, and work intensity have a positive correlation with work stress.*

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## **INTRODUCTION**

A role model in our lives is someone who stimulates us, pushes us to strive for greatness, and sees the superlative in us. This person might be anyone, but the instructor is the one who leads us in the proper route. Educators have a vital role in nation-building because they remain the ones who produce and nurture talent, and we look to them for guidance and advise on the proper way. A most basic trend we might experience is stress in life's hustling and bustling, for a variety of reasons, the most important of which is professional stress. Stress weakens you mentally and physically to some extent, and there will come a point in your life when you feel yourself falling. According to studies (Sabherwal et al., 2015; Sang and Ved, 2013; Reddy and Poornima, 2012), teaching occupation is too influenced by strain, with a favourable association between occupational stress and professional burnout. Academic stress may be hazardous if your attention is not properly focused on how you will produce and teach information.

Teaching is a difficult job: students and their families have grown increasingly critical and demanding of teachers in recent years; pupils have high expectations, and classes are overcrowded, thus teachers' workload has increased significantly (Lodolo D'Oria et al., 2003).

Stress is a psychological reaction to a change in one's surroundings that is believed to be thought-provoking, bullying, or harmful to one's health. It can cause a number of psychological reactions, with anxiety being the most common. Stress is a phrase that is widely used to describe emotions of tension or tiredness that are commonly associated with job overload or too demanding employment.

One of the top 10 causes of mortality worldwide is stress, according to studies. It can cause a variety of medical and psychological issues to develop. Chronic stress, for example, is thought to have an adverse effect on the immune system by disrupting good immunological responses, and it can also contribute to depression. Stress is so common that it's unavoidable: 74% of individuals have been overwhelmed or unable to manage at some point in their lives.

Freudenberger used the word "burnout" in 1974 to describe an employee's inability to function productively as a result of protracted and substantial job-related stress. Since then, the number of cases of stress and burnout, as well as research into them, has increased, particularly among personnel in the service sector, such as social workers, nurses, teachers, attorneys, medical physicians, and police officers (Dorman, 2003). Maslach and Jackson published the first empirical study on the issue (1981). Burnout is a phenomenon defined by a series of psychological and behavioural symptoms can be bifurcated into three categories: exhaustion, depersonalization, and decreased Personal Accomplishment, according to the research.

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