

THE CONNECTION BETWEEN STRESS AND BURNOUT: FROM THE PERSPECTIVES OF TEACHING STAFF OF POLYTECHNIC METRO JOHOR BAHRU

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Abstract

Burnout exists within the structure of the organization that threatens not only the well being of the individuals within it, but also the overall working mechanism of the organization. In realizing the factors, we began looking at ourselves, are we actually experiencing burnout? We tend to look at our colleagues, and the sign of weariness could be seen as early as the sun rise. Thus, one could wonder the matters that are revolving around the mind of the colleague. Is burnout epidemic starting to hold its feet in our center? Would daily high stress level contribute to the formation of burnout? This study focuses the connection between stress and burnout: from the perspectives of teaching staff of Polytechnic METrO Johor Bahru (PMJB). The aims of this study are to find out whether stress and burnout prevalent in lecturers in PMJB, to identify the factors contributing to stress and burnout among the lecturers of PMJB and to determine the measurement taken by the lecturers to overcome stress. The qualitative method is used for this study. Interviews were carried out as a method of gaining data for this study. The data gathered is used to answer the research questions.

Keywords: Stress, Burnout