



Burnout and Emotional Intelligence: A Relationship Study of College Students

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Abstract: *The aim of this study was to investigate whether a relationship exists between emotional intelligence and burnout by analyzing a sample of 32 female physical education students from a college in Hooghly District. Burnout was assessed using the Maslach Burnout Inventory Scale, while emotional intelligence was measured using the N.S.Schutte Emotional Intelligence Scale. The correlation was calculated at the 0.05 significance level. The findings revealed a strong negative relationship 'r' -0.891, between burnout and emotional intelligence. Emotional intelligence was found to significantly influence the level of burnout among female physical education students. Emotional intelligence and burnout were identified as negatively correlated. Burnout was also found to be associated with overall emotional intelligence.*

Keywords: *Burnout, Emotional Intelligence, Students.*

General Introduction: Maslach first introduced the concept of burnout in 1976. The condition was initially described by Maslach and Jackson as a state marked by emotional exhaustion, depersonalization, and reduced personal accomplishment. They explored that burnout arises from “labeling exploratory factors analyzed items collected to reflect the range of experiences associated with the phenomenon of burnout.” They also emphasized that the current focus of studies on burnout is based on previous research and defined burnout as “a problematic relationship between the person and the work environment, which is often described in terms of imbalance or misfit.” According to this model, there are three main causes of burnout: 1) emotional exhaustion, which is defined as a feeling of being mentally drained and exhausted; 2) depersonalization, which refers to the development of negative feelings and actions toward one’s profession; and 3) reduced personal accomplishment, which is characterized by a diminished sense of satisfaction and achievement, as well as a tendency to evaluate one’s performance negatively.

Several studies have highlighted the importance of emotional intelligence in people’s lives. It has been shown to help manage emotional stress. The stress of burnout has been linked to a decline in the emotional maturity of students. Students face various challenges in their personal, professional, social, psychological, and other aspects of life. It is common for them to feel lonely, lack motivation, experience burnout, emotional stress, and have negative feelings. These factors not only affect their professional life but also their personal well-being.

Emotional intelligence can be defined as the “ability to recognize one’s own and others’ feelings, to differentiate between emotions and label them accurately, and to use emotional information to guide thinking and behavior.” Developing emotional skills can motivate students toward their profession.

It also helps them manage stress and improve emotional intelligence among female physical education students. The study aims to assess burnout and emotional intelligence among female physical education students.

Purpose of the Study: The main purpose of the study is to assess collapse (burnout) and emotional intelligence among physical education students and their relationships. Furnishing information regarding characteristics of emotion, intelligence, and the stress of the womanish physical education students, may be helpful to the students to determine the cerebral status and to prepare training literacy schedules for developing emotional and intellectual stability.

Methodology

Research design: In terms of the current disquisition's analysis style, it was a descriptive study. Quantitative exploration is the process of developing and testing statistical models, hypotheticals, and compliances about marvels.

Selection of the Subjects: Thirty-two pupil were chosen as the study's sample, with a fair representation of the group as stated in the objects. The check included 32 women, age order of 18 to 23. Subjects were named from Hooghly district.

Statistical Procedure: Burnout was measured by the Maslach Burnout Inventory Scale, Emotional intelligence was measured by the N.S. Schutte Emotional Intelligence Scale. The correlation was computed, at 0.05 confidence levels.

Results

Table -1 : Relationship of Burnout and Emotional Intelligence on Female Physical Education Students

N	Variables	Mean	Standard Deviation	Calculated "r"	Tabulated "r"
32	Burnout	56.437	16.803	-0.891*	0.349
	Emotional Intelligence	123.031	18.310		

0.05 level of confidence

This study discovered a negative relationship between burnout and emotional intelligence of womanish physical education students as seen in Table-1. According to Table-1, the association between emotional intelligence and burnout among Hooghly district students is 'r' -0.891, at the.05 position of significance, there's a strong negatively identified between burnout and emotional intelligence of students.

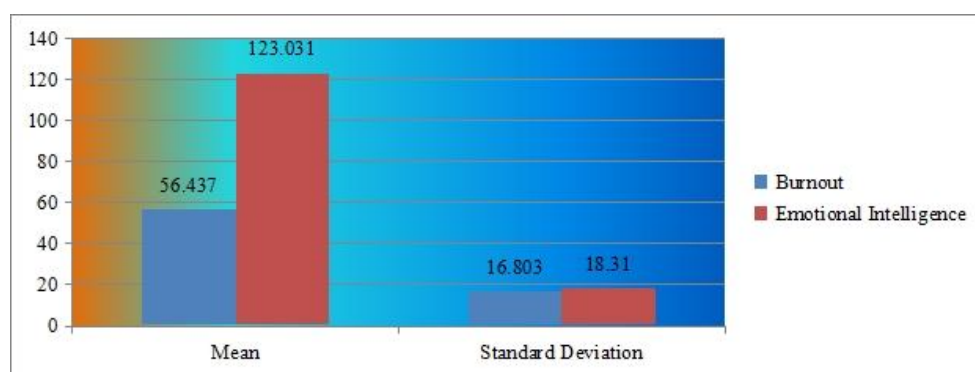


Figure1: Shows the Mean Value and Standard Deviation of Burnout and Emotional Intelligence

Discussion and Conclusion: The results of this exploration indicate that there's a negative and significant relationship between emotional intelligence and burnout pattern in the students, it means those students who enjoy advanced emotional intelligence, are less suffering from burnout patterns, those who enjoy lower emotional intelligence, are suffer further from burnout pattern.

Emotional intelligence is the social knowledge or the capability to distinguish others' feelings and agitations that plays the most important part in clarifying burnout patterns. It's realized that the burnout situations drop as the emotional intelligence situation of students increases. Emotional intelligence for students on controlling and mitigating the effect of burnout in their professional life.

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