

5 FACTS

FROM RESEARCH ON MIDCAREER EDUCATOR BURNOUT

Based on her research, Dr. Melinda Bentjen identified 5 key findings about the experiences of midcareer nursing faculty. On the whole, they:

1 had a high level of burnout based on the Emotional Exhaustion Subscale Score.

2 had significantly higher Emotional Exhaustion Subscale Scores compared to postsecondary teachers.

3 had a low level of burnout based on their Personal Accomplishment Subscale score if they exercised.

4 had a low level of burnout based on their Personal Accomplishment Subscale score if they taught more credit hours.

5 were less likely to be emotionally exhausted if they regularly spent time on a hobby.