

Predictors of Educator Wellness and Burnout

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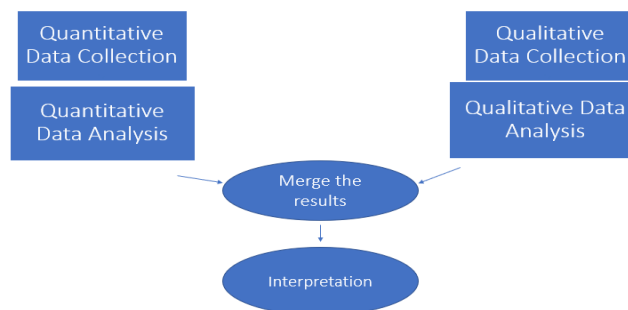
Abstract

Educator wellness is an important component in the success of educators in the classroom, and for the longevity of their careers. The purpose of this mixed methods survey research study is to explore the connections between demographic factors as well as personal wellness of educators and indicators of educator burnout. Approximately 130 full-time educators across the United States will be surveyed. Three instruments will be administered to educators who agree to participate. A mixed-methods, convergent parallel design will include a multiple linear regression analysis and responses to open-ended questions. Three regression analyses will be utilized to predict demographic factors and wellness indicators on three subscales of burnout. Qualitative data will include four open-ended questions to address educators' perceptions wellness and burnout.

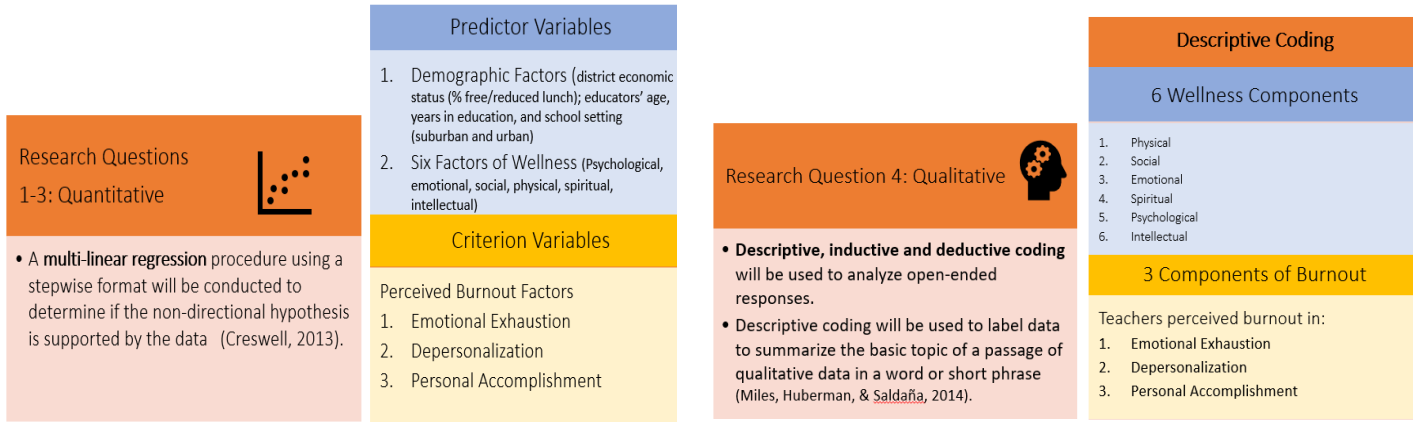
Research Questions

1. To what degree and in what manner do the predictors of district economic status, educators' age, educators' years in education, educators' school setting (suburban or urban) and six factors of wellness (Psychological, emotional, social, physical, spiritual, intellectual) predict **educators' self-perceptions of emotional exhaustion**?
2. To what degree and in what manner do the predictors of district economic status, educators' age, educators' years in education, educators' school setting (suburban or urban) and six factors of wellness (Psychological, emotional, social, physical, spiritual, intellectual) predict **educators' self-perceptions of depersonalization**?
3. To what degree and in what manner do the predictors of district economic status, educators' age, educators' years in education, educators' school setting (suburban or urban) and six factors of wellness (Psychological, emotional, social, physical, spiritual, intellectual) predict **educators' self-perceptions of personal accomplishment**?
4. What are common wellness practices, sources of stress and burnout, and supports for educators practicing at the pre K-12 level?

Research Design



Research Analysis



Research Study Timeline

Task	Anticipated Completion Date
IRB Approval	December 2020
Develop Online Tool	December 2020
Contact Superintendents/RESC Directors	January 2021
Contact Sources with Data Bases of CT Teachers	January 2021
Data Collection	June 2021
Chapters 1-3 and Qualitative Data Analysis	August 2021
Chapters 4-5	December 2021
Completed Dissertation	March 2022
Dissertation Defense	April 2022

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