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The Relationship between Perfectionism and Job Burnout: A Study on Educational Sector / Tükenmişlik ile Mükemmeliyetçilik Arasındaki İlişki: Eğitim Sektörü Üzerinde Uygulama

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ABSTRACT

Burnout, which is defined as exhaustion of energy, power or sources caused by excessive demands; a progressing stress process; and the loss of idealism, has become an important study field as its negative effects have been understood on human and organizations. Due to the increase in highly competitive working life conditions, people frequently encounter with burnout for many years. Being burnout is an important topic for any organizations or universities because; it does not only damage academician's motivation, teaching performance, organizational commitment; but also the physiology and health of the person. Academicians should be aware of burnout syndrome and they should search for ways of improving job satisfaction in order to be successful in the long-term. The present study focuses on perfectionism as an antecedent of burnout. This study's aim is to measure the relationship between perfectionist people and job burnout. Questionnaire method is going to be applied to Vocational School in order to see if being perfectionism affects burnout or not and the result are going to be reviewed by Regression Analysis.

KEYWORDS Burnout; Perfectionism; Regresyon

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