

Streszczenie

Vered Azulay

Tytuł rozprawy: Teacher Burnout in Youth Villages in Israel

The research study examined the phenomenon of burnout among teachers in youth villages in Israel. Burnout is defined as continuous emotional pressures and depletion of the employee's coping resources that occur as a result of a prolonged exposure to pressures at work and in life. This professional population of teachers is highly at risk for increased burnout due to their close work with youth at risk. The results of the research study show that teachers in this setting are at high risk for burnout, mostly due to the intense relationship with students and the great demands they face. Following these results, I suggest for these policy recommendations to be implemented by policy makers. First, due to high burnout among teachers, it is very important for educational staff to participate in workshops in which they will learn how to cope with professional and personal stressors. These workshops must be an integral part of their professional training in order to increase resilience. Second, it is important that every beginning teacher have a mentor (senior teacher) that could assist him/her in building the educational capacities. Third, for teachers to feel less anxious, they must have a significant support network in their school.