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## Incidence of Burnout Among Mentors in The Academe

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### Abstract

This correlational study aims to determine the incidence of burnout among mentors in the academe. Primarily, this study utilized inferential methods of analysis. Correlational analysis was used to determine the strength and direction of linear relationship between burnout and the exploratory variables, while the multiple regression model was utilized to identify the incidence of burnout and subsequently determined the mean effects of these on depersonalization, emotional exhaustion, and personal accomplishment. The study employed 404 respondents among primary, secondary, and tertiary mentors in different schools. The researcher administered Maslach Burnout Inventory (MBI) for Educators Survey, which has emotional exhaustion (EE), depersonalization (DP) and personal accomplishment (PA) as the subscales. The EE subscale measures the feelings of being emotionally overextended and exhausted by one's work. The DP subscale measures the impersonal response towards recipients of one's care or service. The PA subscale measures the feelings of competence and successful achievement in one's work with people. The data collected were summarized and interpreted using the Pearson's Correlation and Multiple Regression Analysis. Findings revealed that in the emotional exhaustion (EE) and depersonalization (DP) subscales, all respondents (primary, secondary, and tertiary) have moderate scores and in the personal accomplishment (PA) subscale, the respondents got high score. This is interpreted, as a no significant variance exists in the level of burnout among mentors from primary, secondary, and tertiary levels. They all have the same levels of burnout in the three (3) subscales of the Maslach Burnout Inventory (MBI). In the EE subscale, age, civil status, educational attainment, trait-social, trait-economic and trait-occupational relate significantly to the level of burnout at 0.05 level of significance. In the DP subscale; age, monthly gross income, trait-economic, and trait- occupational; in the PA subscale; monthly gross income, teaching performance, membership to professional organization, trait-social, trait-economic, trait-occupational, state-cognitive, and state-emotional relate significantly to the level of burnout among primary, secondary, and tertiary mentors. Using the multiple regression analysis, age,



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civil status, monthly gross income, trait-occupational, trait-social, and state-cognitive are significantly related to the incidence of burnout among the mentors.

**Keywords:** Burnout, Incidence, Mentors, Multiple Regression Analysis