

Academic Burnout, Social Support, and Learning Empowerment as Determinants of Psychological Wellbeing: The Mediating Effect of Psychological Capital

Werede Tareke Gebregergis and Csilla Csukonyi

Institute of Psychology, University of Debrecen, Hungary

ABSTRACT

Psychological wellbeing is widely recognized as a crucial aspect of college education, as it directly influences students' academic success, learning satisfaction, cognitive functions, and learning motivation. Given its significance, it is important to identify and understand the factors that positively or negatively affect student wellbeing. This study aims to determine how well academic burnout, learning empowerment, and social support predict psychological wellbeing, with psychological capital serving as a mediating factor. A total of 448 undergraduate students were recruited through a convenience sampling strategy, and data were collected using self-report questionnaires assessing students' academic burnout, learning empowerment, social support, psychological wellbeing, and psychological capital. Statistical analyses were conducted using SPSS (version 26) and Jamovi (version 2.4.8), applying techniques such as mean, standard deviation, Pearson's correlation, and hierarchical multiple regression. The results confirmed that academic burnout, learning empowerment, and social support are significant predictors of psychological wellbeing. Mediation analysis further revealed that psychological capital acted as a partial mediator, indicating that academic burnout, learning empowerment, and social support have both direct and indirect effects on psychological wellbeing. Specifically, reducing academic burnout, fostering learning empowerment, and increasing social support enhance psychological capital, which in turn improves psychological student wellbeing. These findings underscore the importance of addressing burnout, nurturing learning empowerment, and providing social support to boost psychological capital and wellbeing among students. Hence, higher education institutions are strongly recommended to incorporate these essential components into their strategies to promote positive psychological wellbeing and ensure the academic success and mental health of their students.

Keywords: academic burnout, learning empowerment, psychological capital, psychological wellbeing, social support