

IMPACT OF BURNOUT ON USAGE OF TECHNOLOGY

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ABSTRACT

*Today the digital world has placed itself in every nook of the world, also day by day very promising and imminent technologies are making its birth, and as a result of it many educational institutions are adopting technology to make their work at ease, if there is day so is the night, likewise few dark side are close by to the technology. As the great **Albert Einstein** said “**I fear the day that technology will surpass our human interaction. The world will have a generation of idiots**”. Taking this into concern the present exploratory study carry out the scrutiny upon burnout on usage of technology amongst students who are pursuing their under graduation and post-graduation.*

The present study is significant for the below reason:

- *A model is developed and its tested for burnout and its impact on the usage of technology*

A structural equation modeling (SEM) technique is used to test the association between demographic of respondents and burnout on usage of technology. IBM SPSS AMOS ver.22 was engaged for this study. Outcomes from the model offers a good fit. Sample size of 500 college students from the Salem city was engaged in this study.

Key words: Imminent Technologies; Albert Einstein; Under Graduation; Post-Graduation

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INTRODUCTION

Burnout is major factor causing huge havoc among the students nowadays, which creates a huge mayhem in their education leading them to a greater loss by means of job, peace of mind which extends them to a concluding stage of drugs and suicide.

Psychological burnout among students has been receiving a lot of attention recently, mainly because of the technology the institution uses in their classroom environment, some students who are from urban background are aware of it, when compared to the students from rural background; A shocking fact is the students are not even conscious of what the technology is? And how to use it. Research on student stress goes back at least half a century, to David Mechanic's 1962 book Students Under Stress, which was on graduate students. Burnout is a part of life. Most of us feel burned out one time or another and it's inevitable, one of the few ways to be away from burnout is to have a proper meditation.

CONCEPTUAL OUTLINE

Burnout can simply be said as “Prolonged job stress “or “Diminished behavior in work”.

“It is a critical time for the concept of burnout. Will burnout prove to be a concept of enduring value, useful in understanding and treating a class of work related symptoms? Or will the concept itself “burnout” from overuse, over extension and lack of new direction?” (Farber, 1983b, pp. 17-18). Burnout was initially emerged as a social problem, not as a scholarly construct. Thus, the initial concept of burnout was shaped by pragmatic rather than academic concerns.

Most of the articles on burnout followed a typical pattern in describing it likely, stressful nature of the particular profession was described, next job stress in that profession was related to burnout.

Although much progress has been made, and there is the promise of more, some issues pertaining to the specificity of burnout still need to be addressed. First, burnout is a distinctive syndrome, that can be distinguished from other related concepts, such as job, stress, depression, or job dissatisfaction? Secondly, is the experience of burnout limited to human services professions, or is it a more general phenomenon that is also found in other occupations or even outside the work? Third, are there diagnostic criteria that would allow burnout to be identified within an individual.

Traditionally, the major cause of burnout has been the emotionally demanding interpersonal caregivers with their recipients. Professionals in the human services provide care, support, attention, comfort and assistance to their clients. Also, “people who expect to derive a sense of existential significance from their work are likely the candidates of burnout”

LITERATURE FRAMEWORK

Will J.G. Evers, Welko Tomic and Andre Brouwers. Burnout among Teachers: Students and Teachers perceptions confirmed, School psychology international, Vol. 25, Issue. 2, 2004, Pg.No: 131-148. The aim of the study is to explore the students and teacher's perception of teacher burnout in relation to the occurrence of disruptive student classroom behavior and the teacher's competence. The sample size of the study is 411. The statistical tools used were descriptive statistics and regression. The study resulted that that there is a striking difference in perception between the students and the teachers with respect to depersonalization, personal accomplishment and the competence to cope with disruptive student behavior

Cheng Kai-Wen Kaohsiung, A Study of Stress Sources Among College Students In Taiwan, Journal of Academic and Business Ethics, Page 1 -8, This paper was to investigate the sources of stress among college students in Taiwan. A questionnaire

survey was conducted to collect research data. A total of 230 questionnaires were distributed, and 201 valid responses were obtained. In this study using convenience sampling method and using data analysis, reliability analysis, current survey on stressors and different analysis in stress sources between genders, grades, with/without student loan. Research findings suggested that male students feel stronger stress from family factor than female ones; students in higher grades feel more stress from physical/mental, school, and emotional factors; students who take a student loan also feel more stress from physical/mental, school, and emotional factors.

SIGNIFICANCE OF THE STUDY

This work emphasis on analyzing the impact of burnout on usage technology among the students who are pursuing their UG and PG. As *Albert Einstein* said once “*Technology will make humans insane*”, and it is a doom to all the students who are very much immersed into the usage of technology which drives them insane and makes their life into a question.

INTENTIONS OF THE STUDY

The tenacity of the study is to,

- To investigate the demographics of the respondents
- To examine the factors responsible for burnout on usage of technology
- To examine the relationship between demographic profile of the respondents and the factors responsible for burnout on usage of technology

HYPOTHESIS OF THE STUDY

H0: There is no significant relationship between demographics of the respondents and factors responsible for burnout on usage of technology

MODEL

A theoretic prototype was carried out to evaluate the impact of burnout on usage of technology among students. The model is tested for good fit using AMOS ver.22.

METHODOLOGY

The study is exploratory in nature. Survey method was adopted and the study is piloted amongst college students at Salem City, Tamilnadu. The respondents for the study is confined to 500 college students. Proportionally stratified random sampling technique was adopted. Primary data is collected with the help of the questionnaire.

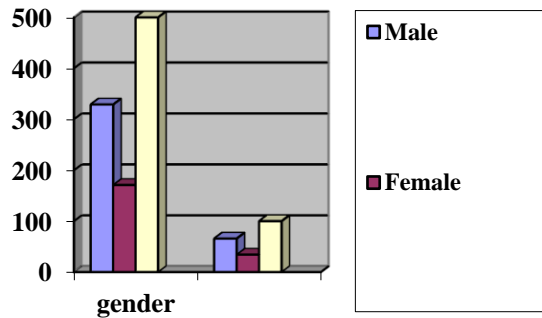
ANALYSIS AND INTERPRETATION

Table 1 Sorting on the base of Gender

Gender	Numbers	Percentage
Male	349	69.80
Female	151	30.20
Total	500	100.00

Source: Computed and calculated through questionnaire

Exhibit 1 Gender of the respondents



Interpretation

Table 1: sorting on the base of the gender reveals that majority (69.80%) of the students are male and the remaining students are female (30.20 %).

Inference:

From the piloted study it was revealed that female students didn't had awareness to the technology and it functions, which created a lot of mayhem at the time of their examination

Table 2 Percentage Positions and Their Equivalent Garrets Table Value

Rank	Percentage Position	Garett's Table Value
1	$100(1-0.5)/5=10$	76
2	$100(2-0.5)/5=30$	61
3	$100(3-0.5)/5=50$	50
4	$100(4-0.5)/5=70$	40
5	$100(5-0.5)/5=90$	25

Source: Computed and calculated through questionnaire

The above table percentage positions for the ranks 1,2,3,4 and 5 and their corresponding Garett's table values. For rank 1 the calculated percentage position value is 10 and the table value is 76, this value is given in the garret ranking table for the percentage 9.17 which is near 10. As like for all the calculated positions, the table values are referred from garrets ranking table.

Burnout:

Table 3 displays the over-all respondents ranking the factors as 1,2,3,4 and 5. The factors accountable for burnout on usage of technology, which indicates the total score and mean score.

Objective: To analyse the factors responsible for burnout on usage of technology

Table 3 Factors responsible for burnout on usage of technology-GARRETT

Factors	I (76)	II (61)	III (50)	IV (40)	V (25)	Total	Total Score	Mean Score	Rank
Cost of Utilizing the resources	111	79	90	115	105	500	24980	49.96	3
	8436	4819	4500	4600	2625				
Inadequate training in use of the technology	118	120	111	79	72	500	26798	53.60	2
	8968	7320	5550	3160	1800				
Awareness about the usage of technology	130	127	113	91	39	500	27892	55.78	1
	9880	7747	5650	3640	975				
Proper Maintenance	73	89	93	134	111	500	23762	47.52	4
	5548	5429	4650	5360	2775				
Knowledge update on technology	68	83	87	89	173	500	22466	44.93	5
	5168	5063	4350	3560	4325				

Source: Computed and calculated through questionnaire

Source: primary data

The mean score is calculated by dividing the total score by total number of respondents.

Interpretation:

It is well-known from the table **Factors responsible for burnout on usage of technology-GARRETT**, factors responsible for burnout on usage of technology are in this order namely awareness about the usage of technology, inadequate training in use of the technology, cost of utilizing the resources, proper maintenance and knowledge update on technology. It is found that **awareness about the usage of technology** is ranked first followed by **inadequate training in use of the technology** as second.

Inference:

From the table factors responsible for burnout on usage of technology-GARETT it's clear that students are not conscious of the upcoming technologies which is the key factor responsible for burnout.

Assessment for the planned model

A structural equation modeling (SEM) method is carried out to explore the relationship between one or more observed variables and one or more latent variable. AMOS ver.22 was applied for creating this model. Outcomes of the model showed that the model offers a good fit with all the observed values meet the recommended values.

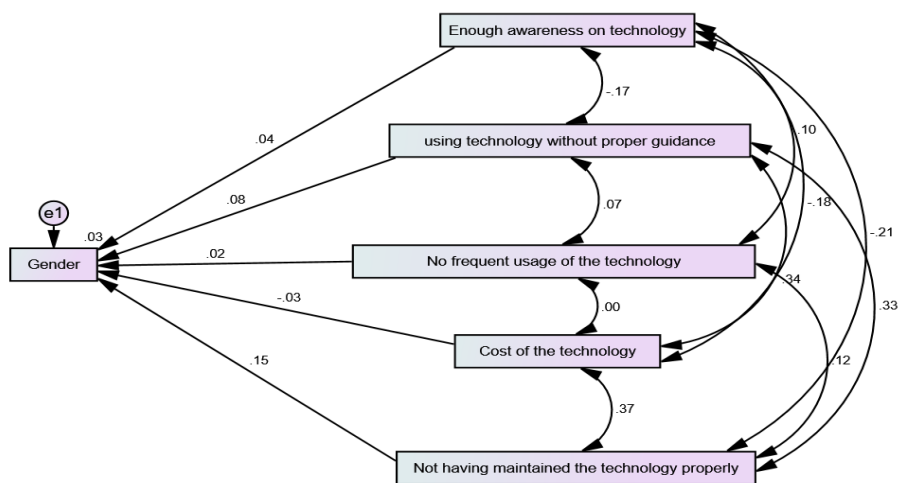
Table 4 AMOS - Figures for model fit

Model fit index	Recommended values	Observed values
Chi-square/degrees of freedom	≤ 3.00	2.356
GFI	≥ 0.90	1.981
AGFI	≥ 0.80	0.974
CFI	≥ 0.90	0.928
RMSEA	≤ 0.08	0.035
TLI	≥ 0.95	0.978

Source: Computed and calculated through questionnaire

CFI- comparative fit index, GFI- Good Fit Index, AGFI-adjusted goodness of fit, RMSEA-Root mean square error of approximation and TLI-Tucker-Lewis Index.

*Source for model fit index and recommended values “Application of structural equation modeling in educational research and practice” by Myint Swe Khine (Ed.).



The following are the latent variables used:

- Enough awareness on the technology
- Using technology without proper guidance
- No frequent usage of the technology
- Cost of the technology
- Not maintaining the technology properly

→ - Regression lines

Note: The curved lines which connects the latent variables are called as “Covariance’s”.

DISCUSSIONS:

The hypothesis- there is no significant relationship between demographics of the respondents and factors responsible for burnout in usage of technology braces the straight regression lines from Not maintaining the technology properly to gender, since it is positively correlated, the regression value is 0.15 and the value of p (0.003) is less than 0.05.

CONCLUSION

Burnout comes from Maslach and Jackson (1986, p.1): “Burnout is a syndrome of emotional exhaustion, depersonalization and personal accomplishment that can occur among the individuals who do ‘people work’ of some kind”. Technology being an ally is also one of the factor which causes burnout. Technology being inevitable in the present scenario, creates a burnout since the students are not having awareness about the technology which is the foremost reason for burnout. Once the students have proper awareness and clear idea of what is the technology all about, they can excel in using it. So students must engage themselves so as to have them updated in the present changes happening around which in turn makes them to use the technology, learn properly and apprehend the concepts clearly.

HOW THE PRESENT STUDY CAN BE EXTENDED?

The future scope for the current study can be supported further on “Impact of burnout on usage of technology among the IT sector employees”.

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