
The Role of Personality Traits and Perceived Self-efficacy in Predicting the Burnout of Elementary Teachers

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The stresses in the educational environment, due to the sensitivities in these environments, tend to lead to job burnout more than other occupations, while moderating the role of personality traits and self-efficacy is significant. The purpose of this study was to determine the role of personality traits and perceived self-efficacy in predicting the burnout of elementary teachers. The research method was descriptive correlational and predictive equation. The statistical population of the study consisted of all female teachers of elementary school in Rasht in the first semester of the academic year 2018, numbering 562 people. A sample of 227 people according to the Morgan table, the criterion for entering and leaving the study, was used using randomized cluster sampling method and Neo Personality Inventory, Revised Short Form (NEO-PI-R), Sharer's self-efficacy (1982) and Maslach's burnout (1981) were completed. The data were analyzed using Pearson correlation coefficient and multiple regression. The findings of this study showed that there is a positive and significant relationship between burnout with personality trait and neuroticism. There is a negative and significant relationship with personality traits of extroversion, flexibility, conscientiousness and perceived self-efficacy (P

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