

Burnout and Personality Characteristics of University Students

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Abstract : The current study was conducted to identify the predictors of burnout among university students. The sample for the study was collected through simple random sampling. The tools to measure burnout and personality characteristics included Indigenous burnout scale and Eysenck personality inventory respectively. Results indicated that neurotic personality traits significantly predicts burnout among university students while extraversion does not lead to burnout. Results also indicated female students experience more burnout than male students. It was also found that family size and birth order did not affected the level of burnout. Results of the study are discussed to explain association between etiological factors and burnout with in Pakistani cultural context.

Keywords : burnout, students, neuroticism, extraversion

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