

Prevalence and Associated Factors with Burnout Among Secondary School Teachers in the City of Cotonou in Benin in 2022

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Abstract : Introduction: The psychological hardship of the teaching profession maintains a chronic stress that inevitably evolves into burnout (BO) in the absence of adequate preventive measures. The objective of this study is to study the prevalence and factors associated with burnout among secondary school teachers in the city of Cotonou in 2022. Methods: This was a descriptive cross-sectional study with an analytical aim and prospective data collection that took place over a period of 2 months, from July 19 to August 19 and from October 1 to October 31, 2022. Sampling was done using a three-stage probability sampling technique. Data analysis was performed using R 4.1.1 software. Bivariate logistic regression was used to identify associated factors. The significance level chosen was 5% ($p < 0.05$). Results: A total of 270 teachers were included in the study, of whom 208 (77.00%) were men. The mean age of the workers was 38.03 ± 8.30 years. According to the Maslach Burnout Inventory, 58.51% of the teachers had burnout, with 41.10% of teachers in emotional exhaustion, 27.40% in depersonalization and 21.90% in loss of personal accomplishment. The severity of the syndrome was low to moderate in almost all teachers. The occurrence of BO was associated with, not practicing sports ($ORa = 2,38 [1,32; 4,28]$), jobs training ($ORa = 1,86 [1,04; 3,34]$) and an imbalance of effort/reward ($ORa = 5,98 [2,24; 15,98]$). Conclusion: The prevalence of BO is high among secondary school teachers in the city of Cotonou. A larger scale study, including research on its consequences on the teacher and the learner, is necessary in order to act quickly to implement a prevention program.

Keywords : burnout, teachers, Maslach burnout inventory, associated factors, Benin

Conference Title : ICOHS 2024 : International Conference on Occupational Health and Safety

Conference Location : Paris, France

Conference Dates : July 18-19, 2024