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the most popular measure of burnout has been the maslach burnout inventory mbi ever since it was introduced in 1981 maslach jackson 1981 schaufeli enzmman 1998 maslach and jackson 1981 1986 defined burnout as a three dimensional syndrome of emotional exhaustion feeling emotionally drained by one s contact with other people depersonalization negative feelings and cynical attitudes toward the recipients of one s service or care and reduced personal

accomplishment a tendency to evaluate negatively one's own work that occurs among individuals who work with people in some capacity contents using the mbi human services survey the mbi general survey the mbi educators survey current and future research

in this issue guest editors bring their considerable expertise to this important topic provides in depth reviews on the latest updates in the field providing actionable insights for clinical practice presents the latest information on this timely focused topic under the leadership of experienced editors in the field authors synthesize and distill the latest research and practice guidelines to create these timely topic based reviews

recognized as the leading measure of burnout the maslach burnout inventory mbi is validated by the extensive research that has been conducted in the more than 25 years since its initial publication the mbi surveys address three general scales emotional exhaustion measures feelings of being emotionally overextended and exhausted by one's work depersonalization measures an unfeeling and impersonal response toward recipients of one's service care treatment or instruction personal accomplishment measures feelings of competence and successful achievement in one's work

this book integrates the growing clinical research evidence related to the emerging transdisciplinary field of occupational health and wellness it includes a wide range of important topics ranging from current conceptual approaches to health and wellness in the workplace to common problems in the workplace such as presenteeism absenteeism common illnesses job related burnout to prevention and intervention methods it consists of five major parts part i introduction and overviews provides an overview and critical evaluation of the emerging conceptual models that are currently driving the clinical research and practices in the field this serves as the initial platform to help better understand the subsequent topics to be discussed part ii major occupational symptoms and disorders exposes the reader to the types of critical occupational health risks that have been well documented as well as the financial and productivity losses associated with them in part iii evaluation of occupational causes and risks to workers health a comprehensive evaluation of these risks and causes of such occupational health threats is provided this leads to part iv prevention and intervention methods which delineates methods to prevent or intervene with these potential occupational health issues part v research evaluation diversity and practice concludes the book with the review of epidemiological measurement diversity policy and practice issues with guidelines on changes that are needed to decrease the economic and health care impact of illnesses in the workplace and recommendations for future all chapters provide a balance among theoretical models current best practice guidelines and evidence based documentation of such models and guidelines the contributors were carefully selected for their unique knowledge as well as their ability to meaningfully present this information in a comprehensive manner as such this handbook is of great interest and use to health care and rehabilitation professionals management and human resource personnel researchers and academicians alike

academic staff and students within higher education settings are confronted by a learning environment that is academically stimulating informative career focused and socially rich which can be intensely competitive and highly charged within this learning environment academic staff and students are often at risk of

compromising their wellbeing in their pursuit of academic excellence this book provides an examination of the key areas that are important to the sustenance of wellbeing within higher education settings with a view to promoting healthy learning environments the chapter authors are predominantly working in the asia pacific rim but the book also includes more universal perspectives the synthesis of the issues covered in the book is crucial to the understanding of higher education as not only an environment for gaining knowledge and skills relevant for success in academic and career domains but also as an environment for developing socially adept and authentic communication skills the ideas presented in this book will further assist academic staff and students to consider ways to more fully participate in their learning environment so that they can optimize their valuable contributions to the professional communities they serve

the rapid and sweeping changes in the economy technology work practices and family structures mean that organizational health psychology has never been so essential for understanding stress in the workplace this timely research companion is essential reading to advance the understanding of healthy behaviors within working environments and to identify problems which can be the cause of illness containing both theoretical and empirical contributions written by distinguished academics working in europe north america and australia the book covers leading edge topics ranging from current theories of stress stress management and stress in specific occupational groups such as doctors and teachers to the relationship of stress with well being it provides systematic approaches towards practical actions and stress interventions in working environments and a solid theoretical framework for future research it will be an essential companion to research on psychology and medicine as well as stress

this test manual the fourth in fit s sport and exercise psychology test clearinghouse is a succinct and informative resource outlining the conceptual basis of the athlete burnout syndrome and its measurement the manual delineates the process used in developing the abq and provides users with information on the meaning of scores derived from its use aspects related to the abq are presented in a comprehensive manner athlete burnout questionnaire abq along with the guidelines for administering and scoring it conceptual underpinnings of the abq including an overview of the burnout construct and the operational definition used to guide item development as well as a description of how the preliminary item pool was developed review of research using a within network approach to examining the internal structure of the burnout construct based on the abq plus a description of both internal consistency and stability of abq scores discussion of a between network approach to construct validation by examining the relationship of abq scores to theoretically relevant variables stemming from stress sociological and motivational perspectives on burnout basic descriptive statistical information that can help users interpret the meaning of scores derived from the abq

a large proportion of today s workforce finds itself coping with major responsibilities at home as well as rising expectations and demands on the job the combination of work and family demands often leads to time pressure and conflict as a result a growing number of employees in today s organisations are suffering from burnout a stress syndrome characterised by emotional exhaustion depersonalisation and diminished personal accomplishment burnout has consequences for family outcomes including diminished positive affect increased marital conflicts and feelings of stress among family members effects on work

outcomes have also been reported such as diminished work performance and organisational commitment and increased absenteeism levels in response to this problem a broad array of research has focused on factors that reduce burnout labelled as social support this new book gathers the latest research from around the globe in this field

the author describes the symptoms and effects of burnout as experienced by those working in social services e g police nurses social workers teachers and counselors she then suggests both personal and organizational ways to handle and prevent burnout

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Introduction

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