

IRRATIONAL BELIEFS AS THE PREDICTOR OF SCHOOL BURNOUT IN ADOLESCENTS

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Abstract

The aim of this study is to determine to what degree the level of the school burnout of adolescents is predicted by their irrational beliefs. The study was conducted on 630 attending students of 6 different types of high school Fethiye district located in Muđla city consisting of 308 female and 322 male students. The research data was collected via personal information form, School Burnout Inventory which is adapted to Turkish culture by Seęer et.al. (2013) and the Irrational Belief Scale-Adolescent Form (IBS-A) which is adapted to high school students by Türküm et.al. (2005). In the analysis of the data Pearson product-moment correlation coefficient, simple linear regression analysis, the t-test analysis, one-factor analysis of variance and SPSS 15.0 program were used to determine the relation between the variables. At the end of the research, it was concluded that the School burnout of the high school students were meaningfully predicted in a positive way by irrational beliefs variables. In addition, it was found out that high school students' school burnout was significantly different in terms of grade levels; however, no significant difference was found between gender, type of school and perceived socioeconomic level. The findings of the study were discussed in the light of the related studies previously done by the other researchers.

Keywords: School burnout, irrational beliefs, adolescents.