

Personality Types and Burnout in University Students



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Dedication

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Abstract

The aim of the study was to find out the correlation between the Big Five personality types (Paul, Costa & McCrae, 2003) and Burnout experience in University Students of Pakistan. A cross sectional study was used with stratified random sampling technique on the university students studying in BS 4 year's program in both government and private universities. An indigenous scale of Burnout experience was developed for Pakistani University Students along with Neo FFI inventory (Paul, Costa & McCrae, 2003) and General Health Questionnaire GHQ-30 (Goldberg & Williams, 1988) for concurrent validity. Equal sample of 400 students of both male and female students from private and government sector were taken, from which data of 381 students were taken in consideration. The correlation of burnout experience with Emotional Exhaustion Factor was highly found correlated with Neuroticism Facet of Big five personality factors. The need for the proper psychological guiding counsels within the universities are highly needed for the well being of the university students to cope with the difficulties they are facing.

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