

**Burnout, Perceived Social Support and Self-esteem among Trainee Clinical  
Psychologist**



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**2016**

## Certificate of Approval

Accepted by the Faculty of Institute of Clinical Psychology, School of Social Sciences & Humanities, University of Management and Technology, Lahore in partial fulfillment of the requirements for the degree of MS in Clinical Psychology.

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## **Acknowledgment**

With the name of **Allah**, who is the most beneficent and most merciful. I humbly say a special thanks to Allah almighty that have awarded me to achieve my task successfully. I would like to express my deepest and special gratitude to my teacher and mystical father **Dr. Zahid Mahmood**, Head of Department of Clinical Psychology, UMT University of Management and Technology Lahore, having trust in me, for his patience, kindness, emotional support, constructive advice and technical help. I am also very grateful to the UMT for providing me all the facilities, and assistance without which it would not have been possible for me to complete this work.

I superbly thanks indeed to those who have helped me in writing of my thesis. In particularly I obliged to my honor able and respect able teacher **Associate Professor Dr. Fatima Naeem** who has always been a helicon for me because due to her help and cooperation I have successfully completed my thesis. It is a great honor for me and a blessed relief to thanks a teacher who has been profound helpful for me as a supervisor and instructor. She is one of them who happen to know how to behave how to appreciate and how to enhance the ability of challenging knowledge in students. My dearest supervisor, your unlimited patience, heap of tolerance to offer support, always sport contagious attitude, never angry or rude, inspirational personality, always like a celebrity, this is way you are my star! Thank you

I say special thanks to my parents and my siblings who were there at every stage of my life and facilitating me. I say special thanks to my friends **Iram Chaudhry and Nazia Sarfraz** who helped me by the core of their hearts and always became a motivation for me.

## **Dedication**

I dedicate my thesis to my beloved Parents and to my Brother in law and my Sister  
**Mr and Mrs Sajid ur Rehman** who gave meanings to my life, without their support  
I could not achieve the difficult endeavors of my life.

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## **Abstract**

Present study investigates the relationship among Burnout, Perceived Social Support and Self-esteem among trainee clinical psychologist. Total sample was 250 in which 100 participants were trainee clinical psychologist and 150 participants from other disciplines of studies from M.S and M.Phil with mean and standard deviation is respectively (M27.25,SD 3.83).Three valid and reliable scale have been use in the current study. For measurement of burnout Burnout scale (Shehzad, Saleem, & Mehmood, 2011) was used. For the dimension of perceived social support Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, & Farley, 1988) was used. To assess the self-esteem self -esteem scale for students (Zafar, Saleem, & Mehmood, 2012) was used. Regression analysis revealed that burnout is a negative predictor of self-esteem more the burnout factor emotional exhaustion predicts low self-esteem on the other hand perceived social support is the positive predictor of self-esteem perception of social support forecasts positive self-esteem. Program of study have relationship with burnout.The result of T.test and Anova revealed that semester number, and gender have no significance with burnout, perceived social support and self-esteem. By conducting the current study it was revealed that burnout and perceived social support are predictor of self-esteem. It will gave further guidance that different workshop, self-grooming programs ,group therapies and counseling session can be conducted to enhance the self-esteem of students and also it further help for the management of burnout.

### Introduction

The current study conducted to understand the relationship among burnout perceived social support and self-esteem among trainee clinical psychologist. It investigates that how the tough routine and their training practice intensifications the students level of burnout and their burnout effect their perceived social support and self-esteem. While a comparison also done with the students of MS or M.Phil. Who do not have the training session while they are studying.

University is the high level of education institution in which students study and as well as do researches. A university is combination of group of schools. Specialization in different areas has been done in the universities and degree of specialized subjects has been taken (Johnson, 2000). There are different school of thoughts have been taught in the universities like science group, humanities group and social sciences. In these school of thoughts there are many under branches which reflects the specific school of thought. University life started after doing the twelve year of studies. There are two major types of universities government and private. Function of the university is the high level of education specialization in the specific subject and also enhance the capabilities of research (Barrett, 1998).