



Burnout im Lehrerberuf (German Edition)

Annett Fiege

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Studienarbeit aus dem Jahr 2011 im Fachbereich Gesundheitswissenschaften, Universität Bielefeld (Fakultät für Gesundheitswissenschaften), Sprache: Deutsch, Abstract: „We work too much, too long and too intensively. We feel a pressure from within to work and help and we feel a pressure from the outside to give. When staff member then feels an additional pressure from the administrator to give even more, he is under a three pronged attack.” Freudenberger (1974, S. 161) beschreibt in drei einfachen, treffenden Sätzen ein komplexes Szenario aus dem Berufsleben, das zur Entwicklung eines Burnout-Syndroms führen kann. Den genannten Mehrfachbelastungen sind Lehrer - wie im Verlauf dieser Arbeit gezeigt wird - in besonderem Maße ausgesetzt, was dazu führt, dass ein hoher Prozentsatz an Burnout leidet bzw. gefährdet ist, ein Burnout-Syndrom zu entwickeln. Dies stellt Lehrer, Schulen, Gesellschaft, Politik und Wissenschaft vor große Herausforderungen.

In der vorliegenden Arbeit werden ausgehend von einem Überblick über den Forschungs-stand zu Burnout allgemein vorliegende wissenschaftliche Erkenntnisse zu Prävalenz und Ätiologie von Burnout bei Lehrern beschrieben. Daran anschließend werden Möglichkeiten der Burnout-Prävention an Schulen erläutert und diskutiert. Abschließend wird aufgezeigt, welcher Handlungs- und Forschungsbedarf besteht.

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