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ABSTRACT

This quantitative-descriptive study assessed the burnout level in personal, work-related, and student-related dimensions of nurse instructors in Higher Education Institutions in Baguio City.

A total of 106 respondents have completed the modified Copenhagen Burnout Inventory. Majority of belong to the 21-40 age group (70.75%), typically female (64%), married (57.55%) or single (36.79%), have been teaching for a decade or two (72.64%), all have teaching load within the CHED-prescribed limit, and the biggest number are teaching Level IV subjects (36%).

The findings revealed low levels of burnout on work-related and student-related dimensions and moderate level on personal dimension. Also age, sex, marital status, subjects taught, numbers of years in the academe and number of teaching units have no significant effect on burnout level of nurse instructors on all of the three dimensions.

A set of strategies to prevent and minimize burnout among nurse instructors is proposed.