

THE EFFECT OF STRESS COPING PROGRAM ON BURNOUT LEVELS OF HIGH SCHOOL STUDENTS*

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ABSTRACT

The purpose of this study is to examine the effect of "Stress Coping Program" on the levels of burnout of high school students. Pretest-Posttest controlled group design was used in this research. The study group included 20 individual selected among students carry on education in the Şevket Pozcu High School within 2011-2012 academic year and who volunteered to participate in the group work. 10 of them took place in the experimental group, 10 of them took place in the placebo control group. Maslach Burnout Inventory that was adapted by Çapri, Gündüz, & Gökçakan (2011) was used as a measurement. And also Personal Information Form was used to know personal information. While 8 sessions of Stress Coping Program were applied to the experimental group, in order to reduce and control the Hawthorne effect 8 sessions of the placebo activity program was applied to the placebo control group. In order to determine whether the long lasting effect of Stress Coping Program continue or not, follow up study was held after 1 month and 2 months. One- factor analysis of covariance (ANCOVA), t-test and Wilcoxon signed rank test were used during data analysis. The significance level was taken as 0.05 in the interpretation of the collected data with SPSS 17.0 statistical software program. As a result of the study it is observed that Stress Coping Program is effective in reducing exhaustion and depersonalization scores of the experimental group and the effect is continued after 1 and 2 months after the end of the study.

Key Words: Student burnout, Stress coping program, High school students.

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