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TITLE: Work-Related Burnout on Psychological Well-Being among Public School Teachers: Resilience as Moderating Factor

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ABSTRACT

Education being one of the cornerstones of the Philippines, teachers may experience pressure and burnout from carrying the workload and responsibilities of being second to parents being the steppingstone for the development of young children. This study used a moderation analysis research design to examine if resilience moderates the relationship between work-related burnout and psychological well-being. Using a non-probability purposive sampling technique, over 233 Filipino public elementary school teachers from Quezon City, Philippines, participated. Results revealed a substantial negative relationship between psychological well-being and work-related burnout, and a positive relationship exists between resilience and psychological well-being. Furthermore, linear regression analysis showed that work-related burnout negatively predicted psychological well-being. Moreover, this study found that resilience does not moderate the association between work-related burnout and psychological well-being among public elementary school teachers.

BIOGRAPHY

Richardson Orines is currently taking his PhD in Psychology from De La Salle University, Philippines. He is a behavioral counselor for employee well-being of a private company and an experienced university instructor. He has several publications that have been cited and currently working on different research focusing on well-being, quality of life, and gender. He has been involved in doing peer review from several reputed journals.

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