

# THE BURNOUT AND LIFE SATISFACTION LEVELS OF ARCHITECTURE FACULTY IN A STATE UNIVERSITY IN NORTHERN MINDANAO DURING THE COVID-19 PANDEMIC USING JAMOVI

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**ABSTRACT.** *This paper aims to study the burnout levels of full-time and part-time faculty in the architecture department of a State University in Northern Mindanao towards their life satisfaction during the Covid-19 Pandemic. Data from 15 full-time and part-time faculties were collected and analyzed through JAMOVI statistics software using descriptive and inferential statistics where it was found that the majority of the respondents were suffering from job burnout and high levels of stress during the span of the pandemic. Employees who experienced high work-related social demands (multicultural, interpersonal, and project work demands) and personal social demands (relationship demands) more often belonged to the increasing burnout group. If there are a lot of people experiencing job burnout in an organization then there should be a change in the context of the organizational policies to improve productivity and the well-being of employees according to studies.*

**Key Words:** Job Burnout, Life Satisfaction, Stress levels, Pandemic burnout, Architecture Faculty

## 1. INTRODUCTION

Burnout is a collection of symptoms that includes mental, emotional, and physical aspects which could also happen to even individuals without prior psychiatric or psychological disorders [1]. Burnout is also described as a consequence of stress that is severe [1]. The authors also identified symptoms such as irritability, social withdrawal, disturbed sleep, lack of concentration, and also an immune system that is impaired. With the emergence of the Corona-virus Pandemic in 2020, schools and academic institutions across the globe closed which pivoted educators to venture into online learning through technology [2]. The lack of academic interaction between instructors and students leads to academic burnout in nursing students [3]. The Pandemic also caused another kind of pandemic in the form of Burnout Syndrome (BOS) which has also become a matter of grave concern for medical doctors [4].

Bakkeli [5] stressed in their results that poor work conditions lead to less life satisfaction and that the pandemic made the life satisfaction of those with lower working conditions worse. And that work-life balance is also a predictor of life satisfaction in people before and during the pandemic. The research study of Li et al [6] linked self-compassion with life satisfaction and they found that gender has a moderating role, particularly with males. According to Liang et al [7] mindfulness has a relation to life satisfaction with resilience and self-control as moderators. Furthermore, the study of Duong [8] revealed that the fear generated by the current pandemic lessens the life satisfaction of people and increases their anxiety and burnout. However, people have developed different coping mechanisms in these uncertain times as the study of Carranza Esteban et al., [9] revealed that religiousness and spirituality aide in improving the life satisfaction of citizens in Peru.

## 2. METHODOLOGY

### 2.1 Research Design

Creswell & Creswell [10] noted that quantitative research is the process of collecting, analyzing, interpreting, and writing the results of a study. According to Creswell [11] a research

design based on surveys derives numeric or quantitative narratives from a population sample regarding their opinions, attitudes, or trends in their group. In this study, a cross-sectional research survey will be conducted. According to Fraenkel & Wallen [12] a cross-sectional survey gathers information or data from a population that is predetermined at a singular point in time.

A descriptive study is conducted from September to October 2021 which is the most basic form of research that involves describing phenomena in this world [13].

### 2.2 Participants and Procedure

The research is conducted among full-time and part-time faculty of the architecture department of a State University in Northern Mindanao. Data is collected through Google forms which are sent to their respective email addresses. The main purpose of the online survey is to be able to describe the characteristics of the unit of analysis which are the instructors [12]. After that, the data is interpreted in JASP and JAMOVI statistics software to determine the descriptive statistics and inferential statistics of the sample.

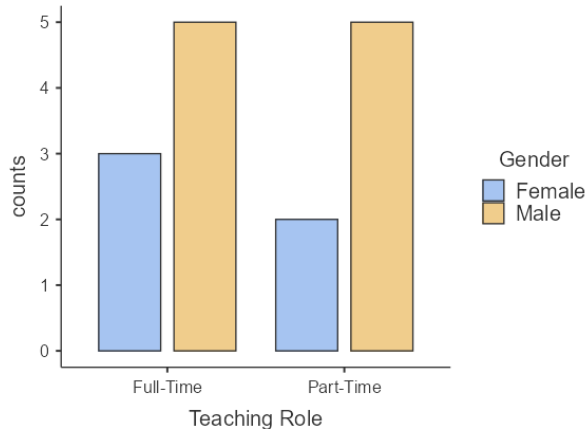
### 2.3 Instrument

The online questionnaire with socio-demographic information included items on the instructor's gender, age, rank, life satisfaction level and burnout level.

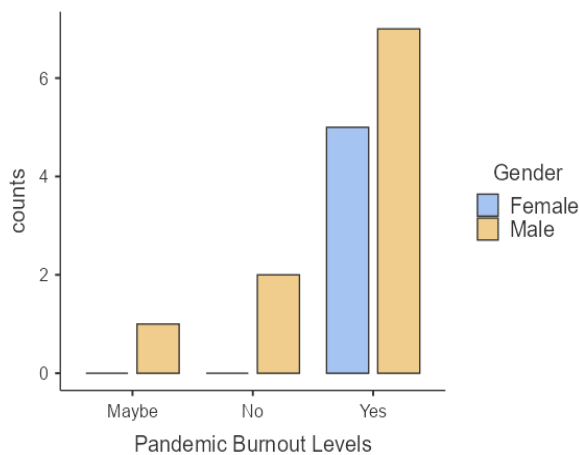
## 3. RESULTS AND DISCUSSION

The software JAMOVI was used to explore the descriptive statistics of the 15 respondents which composed of 8 Full Time and 7 Part Time Instructors of the Architecture Department. The frequency indicates that there are more males than females in both part-time and full-time participants.

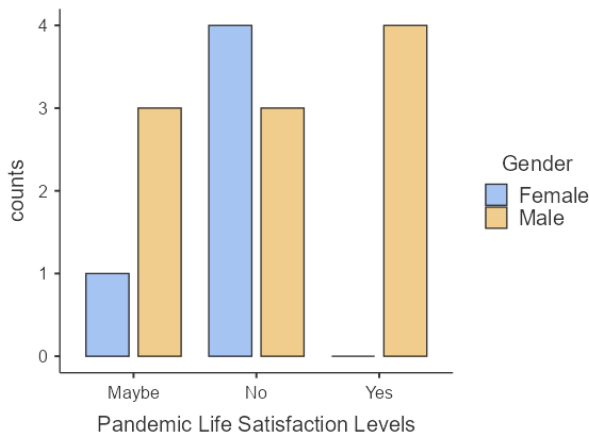
Both male and female experienced pandemic burnout as shown in Figure-2. However, more participants both male and female were not satisfied in their life during pandemic as shown in Figure-3. Employees who experienced high work-related social demands (multicultural, interpersonal, and project work demands) and personal social demands (relationship demands) more often belonged to the increasing burnout group.



**Figure-1: Number of Respondents both Part-time and Full-time**



**Figure-2: Pandemic Burnout Level of both Part-time and Full-time**



**Figure-3: Pandemic Life Satisfaction Level of both Part-time and Full-time**

**4. CONCLUSION**

The burnout levels of full-time and part-time faculty in the architecture department of a State University in Northern Mindanao towards their life satisfaction during the Covid-19 Pandemic. Data from 15 full-time and part-time faculties were collected and analyzed through JAMOVI statistics software using descriptive and inferential statistics where it was found that majority of the respondents were suffering from job burnout and high levels of stress during the span of the pandemic. If there are a lot of people experiencing job burnout in an organization then there should be a change in the context of the organizational policies to improve productivity and the well-being of employees according to the studies of Al-Omar et al., [14]. Furthermore, Lin et al.,[3] emphasized that dangerous stress levels could lead to suicide or suicidal tendencies among peers. It is also important to note that subordinates experience higher stress levels compared to those in management positions [15].

**RECOMMENDATION**

To create a program in addressing the burnout experiences of the architecture faculty.

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