

The Impact of Self-efficacy on Job Burnout among Educational Counselors in Palestinian Public Schools

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Abstract

The study aimed to investigate the impact of self-efficacy on job burnout among educational counselors in Palestinian public schools. The study approached the literature as a multi-dimensional phenomenon, which addressed both theoretical and applied research. The significance of this recent study is the first, which dealt with this theme, to the authors' knowledge, which in turn encourages other researchers to work on further research on this important topic.

To achieve this end, the study adopted the quantitative research approach using the sampling survey method. The questionnaire is appropriate for the exploratory nature of the research, which consists of 70-items. The random cluster method was utilized which comprised of a sample size of (374) educational counselors in Palestinian public schools in the West Bank. Data were analyzed using the statistical package for social sciences (SPSS).

The results revealed that the educational counselors in Palestinian public schools experienced a low level of self-efficacy and a moderate level of job burnout. The mean scores and standard deviation were (M 2.17 SD 0.31; M 3.66 SD 0.61) respectively. The study revealed the determinant effect of self-efficacy on decreasing job burnout among educational counselors in Palestinian public schools. It was found that when self-efficacy increases, job burnout decreases and vice versa.

The findings of the study revealed no significant statistical differences in self-efficacy and job burnout among the sampled population due to the study variables that are, gender, major, and experience.

The above findings confirm the value of self-efficacy in decreasing job burnout among educational counselors in Palestinian public schools, and recommend for training programs that provide educational counselors with strategies and defense mechanisms to decrease job burnout and enhancing their self-efficacy. The need to establish a system of incentives and rewards, which in turn encourages educational counselors to self-efficacy, innovation,

creativity and decrease their job burnout; and finally, further research is essential in the area of self-efficacy and job burnout using the qualitative research design.

Keywords: Self-efficacy, job burnout, educational counselors, Palestinian schools.

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