



# CALIFORNIA STATE SCIENCE FAIR 2017 PROJECT SUMMARY

<b>Name(s)</b> <b>Jessica G. Bushman</b>	<b>Project Number</b> <b>S0402</b>
<b>Project Title</b> <b>The Extent and Effect of School Burnout on Adolescents</b>	
<p style="text-align: center;"><b>Abstract</b></p> <p><b>Objectives/Goals</b> Current research indicates rates of depression and anxiety among adolescents, youth ages 13-19, have increased by 70 percent in the past 25 years. Adolescents are repeatedly exposed to school-related pressures and stress, which have been shown to result in depression, anxiety, and/or burnout syndrome (BOS). Adolescents, at rates as high as 20%, have a diagnosable mental health disorder. Studies show that school burnout strongly predicted depressive symptoms later in life. The goal of this study is to explore and explain the experience of burnout syndrome in adolescents. The data obtained in this study will help fill the gap in knowledge that exists regarding the experience of burnout and contribute to a deeper understanding of the extent and effect that burnout has on adolescents for school administrators, faculty, and support specialists. The field of adolescent developmental psychology will gain insight as to how adolescents experience burnout and possible interventions for improving care.</p> <p><b>Methods/Materials</b> Participants were interviewed in a 15-30 minute span of time, either by telephone or at a mutually agreeable time and neutral location. Upon completion of the interview, the participants later had an opportunity to participate in member checking of the interview transcript. After the data was received it was coded for anonymity and sorted into groups to reflect the most prominent trends.</p> <p><b>Results</b> Adolescents defined school burnout as the complete loss of motivation due to constantly working, which results in exhaustion, lack of efficiency, the loss of mental stability, and an overwhelming feeling of failure as a student. The data suggests that coping mechanisms which include organizational skills and improving communication within the school environment are imperative to overcoming burnout.</p> <p><b>Conclusions/Discussion</b> School burnout has an overwhelming presence on school campuses. School burnout causes fatigue, cynicism, and a feeling a failure for the students, but also hinders learning and life satisfaction. The data found can contribute to understanding both the adolescent experience of school burnout and creating interventions for treatment as well as prevention.</p>	
<b>Summary Statement</b> I explored the experience of school burnout in adolescents, while also pinpointing interventions for both prevention and treatment.	
<b>Help Received</b> I created, conducted, and completed the project independently. I did have the psychologist at my school review the questions I asked the interviewees. Additionally, I conducted this research at The Buckley School in a class mentored by Dr. Aidyl Gonzalez-Serricchio.	