

Title: Burnout, Engagement and subjective well being among students in three transitional countries – current trends

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Recent studies suggested that burnout is not limited only to employees in human services, but occurs in a broad range of professional roles including students. Analogous as for employees, burnout among students is characterised by feelings of exhaustion and incompetence because of study demands, and a cynical and detached attitude toward one's studies. Also, in line with positive psychology movement in W/O psychology, there has been a shift towards exploring the construct of work engagement, the opposite of the much researched burnout construct. Work engagement is usually described by three persistent and pervasive states one experiences while working: vigour (high levels of energy and mental resilience), dedication (feelings of significance, enthusiasm, inspiration, pride and challenge), and absorption (being fully concentrated during work, and feeling that time passes by quickly). Besides the working population, work engagement has also been investigated on student populations, usually through the use of student version of Utrecht Work Engagement Scale (UWES-S).

In this symposium, we will report the results based on the samples from Slovenia, Croatia, and Serbia. Presentations will try to reveal some new insights in the possible ways of assessment of abovementioned constructs, namely burnout and work engagement. Also, the role of some personality factors, such as basic psychological needs, perfectionism, and workaholism in prediction of students' burnout and engagement will be explored and discussed.

Naziv: Izgaranje, angažovanje i subjektivno blagostanje studenata u Jugoistočnoj Evropi - savremeni trendovi

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Nedavne studije sugerišu da izgaranje nije ograničeno samo na zaposlene iz sektora servisa, već se javlja u širokom spektru različitih profesionalnih uloga, uključujući i studente. Slično kao i u slučaju zaposlenih, izgaranje kod studenata karakteriše doživljaj iscrpljenosti, snižene kompetentnosti, kao i ciničan stav prema studijama. Takođe, u duhu pokreta pozitivne psihologije u okviru I/O psihologije, primetan je iskorak ka proučavanju konstrukata poput radne angažovanosti – konstrukta suprotnog od izgaranja, koji je često opisan kroz tri stanja koji osoba doživljava tokom rada: energija (visok nivo energičnosti i mentalne rezilijencije), posvećenost (doživljaj značaja, entuzijazma, inspiracije i izazova), i apsorpcije (doživljaj potpune skoncentrisanosti na posao, tokom koje vreme prolazi izuzetno brzo). Pored radne populacije, radna angažovanost je takođe istraživana na studentskoj populaciji, obično korišćenjem studentske verzije Utreht skale radne angažovanosti (UWES-S).

Na ovom simpozijumu, biće prikazani rezultati studije sprovedene na tri uzorka studenata, iz Slovenije, Hrvatske i Srbije. Prezentacije će pokušati da otkriju nove informacije o mogućnostima merenja

gorepomenutih konstrukata, izgaranja i radne angažovanosti. Takođe, uloga nekih faktora ličnosti u predikciji izgaranja i radne angažovanosti kod studenata, poput bazičnih psiholoških potreba, perfekcionizma i radoholizma, takođe će biti istražena i prodiskutovana.

1. A validation of the Maslach Burnout Inventory Student Survey in three transitional countries
Palanović, A., Ružojčić, M., Zupančić, N., Galić, Z., Boštjančić, E., & Jelić, D.
2. Does Utrecht Work Engagement Scale for Students function differently in transitional countries?
Ružojčić, M., Palanović, A., Zupančić, N., Galić, Z., Boštjančić, E., & Jelić, D.
3. Satisfying student's basic psychological needs increases engagement in studies and decreases burnout
Zupančić, N., Palanović, A., Ružojčić, M., Galić, Z., Boštjančić, E., Jelić, D., & Marijanović, S.
4. Relations between workaholism, perfectionism, health, life satisfaction, and academic success among students of University of Novi Sad
Božović, T. & Popov, B.