

Student burnout and engagement: Relationship with adolescent use of alcohol and attitudes towards authority

del Carmen Pérez-Fuentes, M.

Gázquez-Linares, J.J.

del Mar Molero-Jurado, M.

Martos-Martínez, Á.

Barragán-Martín, A.B.

del Mar Simón-Márquez, M.

Abstract

Background/Objective: The burnout syndrome has been related to development of transgressive attitudes toward norms that facilitate risk behaviors in youth, such as drinking alcohol. On the contrary, academic engagement is related to positive attitudes toward authority which can slow down its use. The objective was analyze the relationships between burnout and academic engagement, attitudes toward authority and use of alcohol. **Method:** The sample included a total of 1,287 high school students who anonymously filled out the Maslach Burnout Inventory-Student Survey, the Utrecht Work Engagement Scale for Students and the Scale of Attitudes toward Institutional Authority in adolescents, along with questions on drinking alcohol. **Results:** It was observed that cynicism had a significant effect on positive attitude toward rule-breaking, and this in turn, on frequency of drinking. The engagement dedication factor was shown to have a significant direct effect on positive attitude toward institutional authority, and this on drinking frequency. **Conclusions:** Promoting measures for decreasing burnout in youth and stimulating academic engagement could have repercussions on attitudes toward rules and the presence of risk behavior.

Author keywords

Adolescent

Alcohol

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Cross-sectional study

Engagement