

Self-efficacy, positive future outlook and school burnout in Spanish adolescents

Martínez, Á.M.

Jurado, M.M.M.

Pérez-Fuentes, M.C.

Martín, A.B.B.

Márquez, M.M.S.

Martínez, B.M.T.

Sisto, M.

Linares, J.J.G.

Abstract

Background: Environmental and personal circumstances during adolescence cause changes affecting students, their wellbeing, performance, self-efficacy, motivation, and aspirations for the future. The objective of this study was to analyze the relationship between burnout, self-efficacy, and outlooks by student gender and age, and determine the influence of self-efficacy on burnout and outlooks for the future.

Methods: The sample was made up of 1287 high school students. The instruments used to collect data were The Control—Individual Protective Factors Index to evaluate self-efficacy, the Positive Outlook—Individual Protective Factors Index for aspirations, and finally, for burnout, the Maslach Burnout Inventory. **Results:** The results showed that the cynicism and exhaustion dimensions of burnout correlated negatively with self-efficacy and outlooks. On the contrary, the academic efficacy dimension showed a positive correlation with self-efficacy. In addition, the gender and age variables were related to burnout. Student self-efficacy was related to burnout and outlooks for the future, where youths with the highest levels of self-efficacy were those who had the most positive outlooks for the future and the least school burnout. **Conclusions:** Given the academic changes that impede commitment, self-efficacy, and outlooks for the future of youths, the design of intervention programs directed at improving adolescent self-efficacy would lower burnout levels and raise their outlooks.

Author keywords

Adolescents

Outlooks for future

School burnout

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