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Abstract
The purposes of this study are trying to understand current status of English teachers' job-related stress and burnout in the primary schools, and analyze the relationship between demographic variables and English teachers' level of work stress and burnout.
This study used both questionnaire survey and interview as ways to collect data. The respondents are English teachers from public elementary schools in Taoyuan area. The researcher develops a self-made "Elementary School English Teachers' Job-related Stress and Burnout Questionnaire" (ESETJSBQ) as a research tool. 300 copies of questionnaires were sent, 264 copies were returned and the return rate was 88%. Data were analyzed using the SPSS/12.0 for Windows; independent sample t-test, factor analysis and liability analysis were conducted first, followed by correlation analysis and one-way ANOVA, the results are shown below:
1. English teachers overall suffer an "intermediate" level of work stress and burnout.
2. ETs feel the most stressful and burnout questions are: (1). Some students always turn in homework late, I feel emotionally and physically drained about my work. (2). Too many teaching materials in too little time. (3). Due to students' various proficiency levels, I am frustrated by mixed abilities classes.
3. Teachers' age, teaching position, test per semester, time spent on marking, school size and school location play significant difference on teachers' stress and burnout level.
4. The relationship between teachers' demographic factors and each of the ESETJSBQ:
(1) ETs who are under 30 years old suffer significant higher level of stress and burnout;
(2) ETs experience the highest level of work stress and burnout;
(3) ETs who work in schools which have "one test" suffer higher stress and burnout;
(4) ETs who spend extra 9~16 hours weekly suffer higher level of stress and burnout;
(5) ETs who teach more than 500 students suffer higher level of stress and burnout;
(6) ETs who work in schools which have less than 12 classes have the lowest level of stress and burnout; and
(7) ETs who work in rural areas have the lowest level of job stress and burnout.
Finally, the researcher would base on the research results to make some suggestions for government policy maker, school principal, individual English teacher and future researcher.
Advisory Committee Wu,Hsin-Rong - advisor

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