PREFACE

The importance and role of teachers in the upliftment of a country has been recognized since time immemorial to the extent that he is compared with God. Abraham Lincoln’s (the sixteenth President of the United States) famous letter to the headmaster of his son’s school extracted below, which is certainly as relevant today as it was then:

“...teach him if you can, that a dollar earned is of far more value than five found... In school, teach him it is far more honourable to fall than to cheat... Teach him to listen to all men; but teach him also to filter all he hears on a screen of truth, and take only the good that comes through... Teach him to sell his brawn and brain to the highest bidders; but never to put a price tag on his heart and soul. This is a big order but see what you can do...”

However the teacher of today are facing the worst treatment in terms of low social status, meagre salary, heavy workload, student-teacher ratio, poor working conditions, high expectations and severe criticism. It is paradoxical that the teacher who is said to be a ‘torchbearer’, a ‘nation-builder’, a key man upon whom depends the future of the child, the school, the community, the nation and ultimately of mankind is rather miserable. A gradually increasing number of teachers are suffering from ‘professional burnout’. Burnout is reflected in emotional exhaustion and apathy, physical fatigue, lack of energy, psychosomatic illness, increased alcohol and drug consumption, cynicism, inappropriate anger, depression and lack of personal achievements. It is a serious problem that might have dangerous consequences for teachers, students and for the society at large and thus needs immediate attention and eradication before it becomes a chronic disease.

The present investigation is therefore an attempt to explore the problem of burnout among elementary school teachers in relation to their emotional intelligence, mental health and social success. The report of the present investigation has been presented in five chapters:

Chapter I: It deals with the introduction of the variables under study i.e. Professional Burnout, Emotional Intelligence, Mental Health and Social Success and theoretical frame work of the problem.

Chapter II: It deals with the review of the related literature and hypotheses to be tested.

Chapter III: It deals with the design of the study, sample, tools used, construction of the tool, description of the tools, procedure of data collection and statistical techniques used.

Chapter IV: It presents description, analysis and interpretation of data.

Chapter V: It includes summary of the study, implications of the research findings and suggestions for further research.