

# The Relationship Between Academic Burnout Levels and Life Satisfaction of University Students During the COVID-19 Period.

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- **Abstract:** The purpose of the study is to demonstrate the effect of university students' burnout levels caused by the courses in the distance education system on their life satisfaction during the COVID-19 pandemic. The study's questionnaire was administered to the second- and fourth-year students of occupational health and safety departments, as well as engineering faculty students who continue their education at various waqf (charitable foundations) universities in Istanbul. The questionnaire, in which 126 participants were reached, includes questions about the Socio-demographic Information Form and about the COVID-19 period. The 'Maslach Burnout Inventory-Student Form' was used to determine the burnout level of the students, and the 'Life Satisfaction Scale' was used to determine the level of life satisfaction. According to the results, students of different genders and ages had similar burnout perceptions and life satisfaction. There were differences noted based on the faculties and classes of the students. It was found that the exhaustion component, which is a sub-dimension of burnout, negatively predicted life satisfaction.
- **Keywords:** occupational health and safety, COVID-19, distance education, burnout, life satisfaction