

The Structural Equation Modelling of Emotional Intelligence and Burnout Dimensions of In-service English Teachers in Yogyakarta

by Prof. Nur Hidayanto Pancoro Setyo Putro, Ph.D.; Dr. Agus Widyantoro, M.Pd.; Sudiyono, S.Pd., M.A.; Muhammad Dzulfikar Hamdani; Majesta Burdah Libaroh; Restu Pramuda Wardani

ABSTRACT

Emotional intelligence and burnout of teachers are highly discussed in previous studies. This study set out to examine (1) the dimensions of emotional intelligence, (2) the dimensions of burnout, (3) the level of burnout, and (4) the relationship among the dimensions of in-service English teachers in Yogyakarta. The method used in this study is a quantitative correlational study through a survey. The instruments used were questionnaires adapted from the Maslach Burnout Inventory (MBI) and The Schutte Self-Report Emotional Intelligence Test (SSEIT). The participants of this study were 204 in-service English teachers in Yogyakarta. The data were analyzed using Confirmatory Factor Analysis (CFA) to find out the dimensions of emotional intelligence and burnout of the teachers and Structural Equation Modelling (SEM) to find the relationship among the dimensions of EI and burnout. The findings show that the emotional intelligence emerged into four dimensions, namely perception of emotion, managing own emotion, managing other's emotions, and utilization of emotions, while the dimensions of teachers burnout emerged into four dimensions namely occupational exhaustion, depersonalisation, and personal accomplishment. Surprisingly the findings show something unusual, it contrasts with several previous findings regarding the level of teachers' burnout. The overall teachers' burnout levels are considered as low (EE <17, DP<5, PA<33). The SEM shows the three dimensions of burnout namely EE (emotional exhaustion), DP (depersonalisation) and PA (personal accomplishment) are related to each other with a unique relationship. PA as one of the dimensions of burnout has been found to affect three other dimensions of EI. PA is also related to in-service teachers' relationship moreover in emotional terms with their work colleagues, it makes sense if PA is affecting their emotional intelligence in the form of perceiving, managing and understanding. These findings suggest some important considerations for the management of in-service English teachers emotional intelligence and burnout in Yogyakarta.

Kata Kunci: Teachers; Emotional Intelligence; Burnout