AP PSYCHOLOGY SUMMER ASSIGNMENT
DISCOVER PSYCHOLOGY THROUGH RESEARCH DESIGN

STEP 1: SELECT A RESEARCH QUESTION

What question or issue in contemporar

I knew the two things I was interested in understanding a connection between - school type and teacher burnout and made a very broad question. Immediately I could see all the pieces that would make this difficult to draw a conclusion. I could use AI to develop some choices of questions or ways to rephrase to make it more researchable.

How does school type (public, private, international, etc) affect teacher burnout and stress?

Note: This is could be hard to research experimentally since we can't really randomly assign teachers to schools or ensure that they experience burnout or stress. Also, there are a lot of confounding variables like age of teacher, income level of school district, teacher workload, etc. To be a useful study, I would probably need to narrow down the participant focus, or refine into a testable framework.

STEP 2: CONDUCT ONLINE RESEARCH (LITERATURE REVIEW)

STEP 3: SUMMARIZE KEY FINDINGS

For each relevant, reputable source complete an appropriate citation, summary of findings, and correlation/implications to your research. You need a minimum of 2 sources - but may include more if you'd like. Remember to consider credibility and reliability as you evaluate sources.

TITLE: Stress, burnout, anxiety and depression amoung teachers: a scoping review

SOURCE: International journal of environmental research and public health

CITATION: Agyapong, B., Obuobi-Donkor, G., Burback, L., & Wei, Y. (2022). Stress, Burnout, Anxiety and Depression among Teachers: A Scoping Review. International journal of environmental research and public health, 19(17), 10706. https://doi.org/10.3390/ijerph191710706

Two methods for finding articles: 1) I searched "teachers and burn out" in Gale and 2) I could put my question into AI and asked it to generate reputable articles within the past 5 years that could guide my research. Then I looked at multiple to narrow down.

KEY FINDINGS, FACTS, INSIGHTS:

- prevalence of burnout ranged from 25.12%–74%
- Reported correlates were sex, age, martial status, job satisfaction, subject taught, and years of teaching
- depression (often due to interpersonal conflict, organizational constraints, and workload) increased job burnout
- Depression was the highest among teachers with a lower education followed by teachers with the most teaching experience

TITLE: The silent crisis of teacher burnout: systemic challenges and coping mechanisms

SOURCE: educational point

CITATION: Appiah-Odame, E. K., & Frempong, G. (2025). The silent c Systemic challenges and coping mechanisms. Educationa https://doi.org/10.71176/edup/17638

I consistently used APA format for my citations. To find my key points I generally gleaned from the abstract, introduction, and results. (You could use an AI tool to give you key insights that relate to your question, but there is value in reading scientific articles)

KEY FINDINGS, FACTS, INSIGHTS:

- Burnout is primarily driven by systemic factors like excessive workload, lack of administrative support, and systemic pressure (expectations and policy) rather than individual factors.
- teacher burnout has direct consequences for students and the school environment, not just teacher well-being.
- To address burnout, system-level interventions are needed such as reducing administrative demands and and creating support work environments.
- does not compare educational systems, but the factors connected to burn out can vary by school type.

It is easy to get lost looking for research because there is so much available. My guide is that unless you are enjoying it, spend no more than 1 hour searching for sources. AI may be used for this portion of the assignment.

TITLE: The global burden of teacher burnout: evaluating the roles of workload and social support in diverse educational contexts

SOURCE: European psychiatry

CITATION: El Alaiki, A., Hadrya, F., Boumaaize, Z., Guider, H., Lafraxo, M. A., Soulaymani, A., ... Hami, H. (2025). The global burden of teacher burnout: Evaluating the roles of workload and social support in diverse educational contexts. European Psychiatry, 68(S1), S724–S724. doi:10.1192/j.eurpsy.2025.1469

KEY FINDINGS, FACTS, INSIGHTS:

- Workload is a primary driver of burnout across educational contexts. High workload is a significant predictor of emotional exhaustion.
- Insufficient social support (from colleagues and administrators) is another factor contributing to burnout while strong support systems reduce burnout and improve resilience.
- While this doesn't specifically address different school types or levels, there is often at least a perceived correlation between school type and workload/support.

TITLE: Nurturing renewal: Intentional practices for educator well-being.

SOURCE: Techniques

CITATION: Harris, K. (2025, April). NURTURING RENEWAL: Intentional practices for educator well-being. Techniques, 100(4), 28+. https://link.gale.com/apps/doc/A838973931/STOM?u=icsbuda&sid=bookmark-STOM&xid=8e351106

KEY FINDINGS, FACTS, INSIGHTS:

- Teacher burnout dramatic increased after covid-19 due to systemic disruption removing stability and routine for teachers.
- Burnout is deeply tied to emotional strain and feelings of inadequacy, not just workload. These pressures may be higher in high-accountability schooling systems (like public schools where funding is tied to test results)
- Burnout is often shaped by the school culture and collective experiences of stress where teachers feel powerless to change conditions. These vary significantly by school type regarding leadership style, autonomy, expectations, etc.)

TITLE:

SOURCE:

CITATION:

KEY FINDINGS, FACTS, INSIGHTS:

Reminder: **You will <u>not</u> be conducting an actual study, but will be planning what it would entail.**

This is expected to be the framework/work in progress, <u>do not spend more than 2 hours on the planning</u> steps 4-7. I'd rather you focus on new vocabulary and content than on a polished research proposal.

STEP 4: CHOOSE YOUR RESEARCH DESIGN

To do this experimentally, in a way to show that school type causes burnout, I would need to randomly assign teachers to different school types and get a population all exactly the same demographics - not really feasible. Therefore, I am opting to show a correlation instead of cause. I could also use structured interviews or surveys or even do a case study...but I'm going to choose correlational study.

What type of research would you condu

☐ **Experimental** identify variables.

Independent Variable:

Dependent Variable:

☐ **Descriptive Methods** select a specific submethod.

☐ **Structured Interview**

■ **Survey**

☐ **Naturalistic Observation**

☐ **Case Study**

■ **Correlational**

STEP 5: PARTICIPANT SELECTION CRITERIA

Who will participate in your study? Consider factors such as age, gender, and any specific characteristics relevant to your topic.

I am going to measure burnout in teachers in different types of schools. Because there are so many confounding variables, I will need to be highly selective in choosing my participants to meet a variety of control variables.

Gender: Female
Age: 30–35
Teaching experience: 8–10 years
Area of teaching: High School
Nationality: American
Education level: Bachelor's Degree
Religion: Christian
School Type: Varied
Marital status: Single

STEP 6: DATA COLLECTION PROCEDURES

Describe how you will collect your data. This could include specific questions, ways to measure variables, what you will look for, etc. What information do you need, and how will you get it, to answer your research question?

1. Collect demographic data from possible participants. Sort to ensure that all participants meet the control variable requirements.
   a. How will I get participants? Especially from multiple school types – post in groups? Blindly send out emails?
2. Get a good sample of at minimum 8–10 participants for each school type being considered:
   a. School types: Public Urban, Public Suburban, Private Urban, Private Suburban, International American, International Christian, Charter/Magnet
   b. This is probably a high bar of number of participants.
3. Inform participants of the study, expectations of their participation, and how the data will be used
4. Collect school information for the schools where each participant teaches (ideally would have multiple participants from each school in order to account for personal interpretation vs. actual school condition/support)
   a. Information needed: School type, Funding, Salary, percieved administrative support, workload, job description
   b. Either do this as a separate survey, interview, or include in the original demographic data survey
5. Have teachers complete the Maslach Burnout Inventory (MBI) – provides a quantitative assessment of burnout
6. To answer the research question I will categorize responses by school type and then by MBI score and look for correlations/patterns that arise from the data.
   a. Obviously conclusions will be limited based on a small sample. More respondants will result in greater generalizations/conclusions.

STEP 7: ETHICAL CONSIDERATIONS

What steps would you take, what would you do/say, to ensure each of the ethical guidelines is met as you plan for your research? Highlight the top ethical concerns that would be relevant to your study. If an ethical consideration isn't relevant to your study, give a statement of why.

Informed Consent

HIGH CONCERN

ADDRESSED BY TELLING PARTICIPANTS THE SCOPE OF THE STUDY, ALLOWING THEM TO DECLINE PARTICIPATION AT ANY POINT (EVEN NOT ANSWERING CERTAIN QUESTIONS OR WITHDRAWING PARTWAY THROUGH), AND SPECIFICALLY NOTING WHERE THEIR DATA WILL BE USED. BE CLEAR WITH THE PURPOSE, THE TIME COMMITTMENT, AND THEIR RIGHTS. INCLUDE THIS STATEMENT ON THE SURVEYS.

Protection from Harm/Reasonable Risk

LOW-MODERTATE CONCERN

THE BIGGEST POTENTIAL FOR HARM COMES FROM POSSIBLE EMOTIONAL DISCOMFORT DISCUSSING BURNOUT. THERE IS NO PHYSICAL RISK.

THE WAY THE STUDY RESULTS WILL BE COMMUNICATED (NOT TIED TO SPECIFIC RESPONDANT NAMES) SHOULD ENSURE THAT THERE IS NO RISK TO PARTICIPANTS' CAREERS OR REPUTATION.

Confidentiality

MODERATE CONCERN

DATA ALWAYS NEEDS TO BE STORED SECURELY AND LIMITED TO AUTHORIZED ACCESS. IF CONFIDENTIALITY BECOMES TOO MUCH OF A CONCERN, THE SURVEYS COULD BE CONDUCTED ANONYMOUSLY AND QUESTIONS PHRASED IN GREATER GENERALITY. BUT, IF ACCESS TO DATA IS LIMITED TO JUST ME, AND STORED ON A PASSWORD PROTECTED DEVICE, CONFIDENTIALITY SHOULDN'T BE TOO MUCH OF AN ISSUE.

Deception

NO CONCERN

DECEPTION IS NOT NEEDED FOR THIS STUDY. I AM GATHERING INFORMATION ABOUT THEIR LIVED EXPERIENCES.

Debriefing

LOW CONCERN

GIVEN THE LOW RISK OF THIS RESEARCH, INTENSE DEBRIEFING IS UNNECESSARY. HOWEVER, DEBRIEFING MEANS THAT PARTICIPANTS RECIEVE FULL EXPLANATIONS. THUS, I CAN "DEBRIEF" BY PROVIDING A SIMPLE CLOSING STATEMENT TO THEIR SURVEY EXPLAINING WHY I AM INTERESTED IN THE STUDY, THANKING THEM FOR THEIR PARTICIPATION AND REMINDING THEM THAT THEY CAN REQUEST THEIR DATA BE REMOVED.

Institutional Review (IRB)

LOW/NO CONCERN