

Amidst the Online Learning Modality: The Self-Esteem and Its Relationship to the Academic Burnout of the Senior High School Students

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Abstract

Many people feel the suffering and struggle, especially the students; they feel pressure, lack of confidence, and social anxiety due to isolation and change of learning modality caused by the COVID-19 pandemic. Thus, this study investigated the relationship between self-esteem and burnout among public students in senior high school. Statistical findings suggest a significant relationship between self-esteem and academic burnout ($r=.115$).

Keywords: Self-esteem, Academic Burnout, Online Learning, COVID-19 Pandemic, Senior High School Students

Introduction

The Philippines' educational system is undeniably one of the most mentally and physically taxing educational systems in the world. Thus, the curriculum in the Philippines requires the students to take eight subjects in a single academic year which is comparably greater than the five to six subjects that students in America take each school year (Macha et al., 2018). With an approximate 40 hours per week and more than 200 school days, it is no surprise that the students under this curriculum are experiencing a lot of pressure and difficulties. In addition to the exacting educational system, online learning has presented the students with even more challenges in their studies. Due to the pandemic, students are forced to adjust to the new mode of learning, which is facilitated virtually. Furthermore, despite the stress of adjusting to the new learning mode, thousands of students complained about how educational institutions still give out heavy workloads (Ki, 2020).

With the need to cope with the "new normal" and the mountains of workloads that some educational institutions bombard their students with, many students, especially those in college and high school these days, suffer from severe stress. And more often than not, the enormous amount of stress leads to feeling burnout. Smith et al. (2021) defined burnout as the state caused by excessive and persistent stress which leads to emotional, bodily, and mental weariness. Lot of students experience such burnout that causes them not to focus much on their studies. They become unmotivated and don't feel like doing any routine that they are accustomed to daily.

Academic burnout in college students is linked to depression and low self-esteem (Li, 2022). Hence, it is a typical occurrence among university students because of the educational strain and responsibility that has been placed on them for a long time; students are tired, lose interest in their schoolwork and extracurricular activities, and have a negative learning attitude. Previous studies have shown that academic burnout has detrimental consequences: it has a negative impact on academic performance. Future research that centralizes mental health is essential to better understand links among professional development processes throughout time and within varied student populations, and depression is positively linked (Lin & Yang 2021). (Thompson, Her, Fetter, Perez-Chavez 2019) This is an essential research gap because university students go through significant transitions in their young adulthood, marked by changes, perplexity, and discovery. During this time, the decisions they make can have long-term consequences (Li 2018).

Adjusting to a new environment, post-graduation planning, and juggling changing roles and responsibilities are all difficulties that college students face. As a result, university students' quality of life is a key problem (Thompson, Her, Fetter, & Perez-Chavez 2019). This study aims to examine the association between self-esteem and college student burnout (Li, Wang, Han, & Sun 2018). Self-esteem entirely controls the relationship between social help and scholastic fulfillment and the relationship between social help and emotional tiredness, according to Li, Wang, Han, and Sun (2018). Individuals' high-quality critiques in their self-esteem and competence are displayed with strong self-esteem. Meanwhile,

according to Fang (2016), a student's self-esteem might motivate them to achieve their educational goals.

Moreover, this study investigates the relationship between self-esteem and burnout that they are experiencing, especially during the pandemic. This burnout generally happens in the students in online classes but it is hard to confront because of the anxiety, depression, panic attacks, losing their self-esteem to continue to study, and lack of confidence and motivation. The significance of our study is to show that the relationship between self-esteem from burnout is really affecting studying. It is also needed nowadays because many students suffer a lot in the new normal set up of education, have no self-esteem, and burnout is part of their struggle in student life.'

Research Question

This study investigates the relationship between self-esteem and burnout among senior high school students. Specifically, this research sought to answer the question:

1. Is there a significant relationship between self-esteem and burnout among senior high school students?

Literature Review

Self-esteem

There is a lot of variety that contributes to the psychological affliction of university students. In major of this interference that may affect their perceived quality of life at school that is included their achievement (Shehadeh 2020)

Furthermore, self-esteem affects our major events in life, such as intellectual modification, accomplishments, robustness, and our connection among individuals. The overall equation that self-esteem affects remains a mystery. (Jordan 2015)

From what has been observed, the use of these skills is necessary to manage stress and manage moods, and emotions themselves (Morales, 2017). We people usually can't handle stress because the events in our lives sway us, but the help of the things or skills to avoid stress can gain and recharge us in the form of confidence or self-esteem.

Furthermore, emotional exhaustion, depersonalization,

and lack of personal accomplishment and achievements also contribute to this problem (Salillas, 2017). This statement says that; once people experience too much emotional exhaustion, lack of happiness in accomplishments it can lead to burnout, burnout is overtaking the self-esteem of a person because of the events or situations in life.

Self-esteem and self-efficacy affect the individuals' way of developing attitudes and characteristics about themselves and affect their professional development (López et al., 2015). This statement says that; self-efficacy and self-esteem affect us to develop the features and development of a human being. It helps people be more confident in all they are doing because self-esteem is part of our development as a person for us to grow.

Burnout

Students experiencing burnout are an increasingly serious problem and affect many students (Schulte-Markwort, 2015). This statement says that many students are experiencing burnout, and it is a severe problem because it is spreading.

With regard to gender, some authors emphasize that the higher possibilities for women than in men can experience burnout (Ballester-Arnal et al., 2016). This statement says that, primarily people experiencing burnout are women rather than men.

From what has been observed in the study, the use of the skills and hobbies is necessary to be able to manage stress, manage moods and emotions with the help of ourselves (Morales, 2017). I understand that in this statement, managing stress and mood very well can help to manage burnout not to drown but to overcome it by the help of yourself.

Hakkarainen, Lonka, and Alho (2016), Students' school burnout, on the other hand, predicted future excessive Internet use, and the overall findings revealed that spending too much time in front of the computer can lead to student burnout. Excessive Internet usage was discovered to be the most detrimental to the guys in the study. According to the study, teenagers who are addicted to the internet can become irritable and even depressed. According to the study, spending too much time on social media or using media platforms can lead to burnout. Excessive usage of the internet and mobile games, according to study, is more likely to damage men, leading to addiction, burnout, and despair. To avoid burnout, a good balance in the usage of electronics is required.

Problematic behaviors like lack of control, lack of motivation and self-esteem, lack of reward and fairness, conflicts among students who feel burnt out (Rahmati, 2015). This statement states that people who have problem behaviors are the people who experience burnout by lacking many things in life but it can be decent once people manage their time and themselves very well.

Student burnout indicators were similar antecedents (Shoda & Titiloye, 2019). It appears logical and plausible that psychological anguish leads to an excessive burden, and then students seek ways to unwind from tiredness caused by the stress of school and family life by participating in online activities and classes. Students start to feel burdened and they start to seek to free themselves from the environment in family, engagement from school or online class. It is possible that they can feel that they will be more exhausted once they focus on the things they want to be free. Not only students want to be away from things once they feel burdened, they want to think alone to think in the best way to also help themselves.

According to León-Rubio et al., self-efficacy controls how hard students work, giving them a say in preventing stress and tiredness and resolving the link between exhaustion and poor performance. As a result, it is a burnout preventative element because ideas about one's own efficacy decrease the consequences of stressful events. This could be because effective students equate academic demands with overcoming challenges rather than stress. In this way, these researchers discovered that self-efficacy was a moderator of burnout, since high self-efficacy ratings reduced the likelihood of acquiring the illness. Therefore, self-efficacy is a personal competency that enables students to cope with stressful situations or complete a task, becoming an important factor of psychoeducational research in recent decades. This is due to his link between educational characteristics and academic results and motivation, satisfaction, stress, and burnout among students. Future aspiration and burnout are more closely linked to self-efficacy. (Martínez 2021)

Self-esteem and Burnout

Burnout is related to a student's performance-based self-esteem. Self-esteem entirely regulates the relationship between social support and academic burnout, which has become a major worry of educational institutions. (Wu Yan 2015)

According to Virtanen et al. (2016). A separate

measure of behavioral engagement was linked to higher affective and cognitive student involvement levels. Student self-esteem and academic achievement were positively connected to affective and cognitive engagement, while school burnout was adversely related.

Burnout is linked to students' performance-based self-esteem. It is apparent that self-esteem entirely mediates the relationship between social support and academic burnout, which has become a key concern of educational institutions to improve student's quality of life. (Li, Han, Wang, Sun & Cheng 2018)

Methodology

Research Design

The study used quantitative research in the form of descriptive-correlational analysis to fully comprehend the relationship between self-esteem and burnout. This study can collect data without changing the research variables.

Participants

The respondents of this study were 150 senior high school students who were enrolled in public schools. Due to the COVID-19 pandemic, this research study conducted a convenience sampling technique via google forms, and later on, all of the data were collected and analyzed by the researchers.

Instruments

The instrument used in collecting specific data for this study is The Rosenberg Self-esteem Scale by Rosenberg (1965) and The Maslach Burnout Inventory – Student Survey (1986). The Rosenberg Self-esteem Scale indicates 10 items to test its significance; however, it is not equally discriminating and is connected with self-esteem in varied ways. The Rosenberg scale is used to assess self-esteem, and it is calculated by adding the individual four-point items together after reversing the negatively phrased questions.

Furthermore, The Maslach Burnout Inventory indicates 15 items that show each person's life experiences. Three subscales are used, which are fatigue (5 points), cynicism (4 points), and professional efficacy (6 points).

Procedures

The proponents conducted an online survey form to gather information on the relationship between self-esteem and burnout. With the student's agreement and consent, they are free to answer the survey, which may take 10 to 15 minutes. The participants are assured that their identities are secured before participating. After reaching the total number of participants, the proponents gathered all of the information and acquired the data.

Ethical Considerations

The study guarantees the ethical standards to contemplate the agreement of terms for participants and research professors to ensure that the participants' details and information will not link to any malicious sites but exclusively for research purposes. Thus, the study confirmed that every detailed piece of information would be confidential to abide by ethical standards. For further elaboration, the data instrument and way to gather data go through with research professor's permission. Moreover, bearing in mind that COVID-19 is still restricting the way curriculum are striving to pursue, by complying to the Government sets of guidelines researchers decided the dissemination of the surveys was through social media platforms to gather participants for the paper and transported them to Google form. The form went through extensive checking to ensure the proper construction of words, grammars and spellings, associated questionnaires, etc. Additionally, participants have the right to agree or disagree to the terms and conditions sets to ensure the ethical standards. In regards to languages, researchers used the international language English suitable for both Filipino and English speakers to understand the written questions provided.

Result

This study investigates the relationship between self-esteem and burnout among senior high school students. Table 1 reveals the statistical analysis that the variables have significance. Therefore, the null hypothesis is rejected.

Table 1

Relationship between Self-Esteem and Burnout

CORRELATION		
	<i>Self-Esteem</i>	<i>Burnout</i>
<i>Self-Esteem</i>	-	.115*
<i>Burnout</i>	.115*	-

Discussion

According to the findings of other researchers, there are connections between self-esteem and burnout. Nonetheless, some people claim and dismiss the connection between the two. Respondents' responses were utilized to make conclusions about senior high school students' self-esteem and burnout based on their participation. The table reveals that the other two factors are highly correlated. Self-esteem and burnout are found to be highly related. On the other hand, students with poor self-esteem are more likely to burn out.

Students may be physically and psychologically weary due to their stress levels. Students' self-esteem has fallen since the pandemic, and they are less motivated than before, which has had a negative impact on their academic performance. Burnout and low self-esteem are two concerns that can negatively affect any student. A stressed-out student may have low self-esteem as well. That is why receiving praise, and good comments from family, friends, and teachers is so important. It may make them feel better. It can help people build mental strength, especially those who are under a lot of stress. Individuals' commitment and participation in their academic work may lead to a sense of fulfillment that makes them feel better. In addition, I gained additional knowledge and accomplishments that will be useful in the future. It was really a wonderful thing that a student had a goal to reach. It motivated them to be dedicated to achieving those feelings of self-satisfaction and contentment, which helped them excel in their academic achievements.

Conclusion

The COVID-9 pandemic took longer than expected. Online learning has been implemented, and many schools are forced to be closed. Many students are suffering with how they will adjust to the sudden happenings. Online learning does not apply to some

students because they don't have the ability and use gadgets. Furthermore, students are given homework, tasks, and others that cause them stress and burnout. Since none of the students are allowed to go out, they haven't interacted with other people except their family, resulting in low self-esteem. Therefore, this study suggests having breaks from time to time and considering every student's mental health to help them feel at ease while achieving academic success at the same time.

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