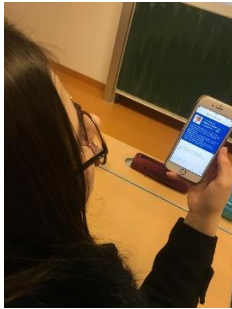


# 1 SURVEY ABOUT STRESS AND BURNOUT SYNDROME RISK POTENTIAL



## SUMMARY OF RESULTS:

The topics mental disorders, stress and burnout are extensive and complex. Not only people in working life are affected but there is also a lot of pressure on the shoulders of today's students. The stress level is high, especially in the upper secondary grades, closely connected with the wish for a perfect graduation and a successful career. We, Sophie Karner and Ines Schiefer wanted to determine the stress level of the students at the HLW St. Veit / Glan as far as possible. We have implemented this through a survey, in which our target persons were a total of 96 students from our senior classes.

We adapted our questions to everyday school life and the possible problems of the students. They should be as short as possible, but still be meaningful. In the final version, the questionnaire consists of 19 questions. We chose the time before the Christmas holidays to do the survey that is the most intense exam time. We decided to do an anonymous digital survey to save paper and to facilitate the subsequent evaluation.

The results of our survey are notable. It can be said that the students of the senior classes at the HLW St. Veit / Glan attach great importance to social relationships. Family and friends come first. The contact with each other and interacting with "new" people strengthen their social skills. The organizational skills of the students are in need of improvement. Many adolescents feel that they have no time for their friends or hobbies due to the school. The pressure exerted on the students from the outside is relatively high. Frustration and emotional exhaustion are rather common among the students. Mental stress is often dragged into everyday school life and usually suppressed. Physical problems and illness are not very common, although pupils from the final year are rarely full of energy. The topics sleep and relaxation play a significant role in the students' lives. That is why nearly all students tend to be tired already in the morning. Leaning back from everyday school life is quite difficult for the surveyed students.

Our survey does not provide a concrete result for the exact determination of the stress level. However, it can be said that reduced performance is triggered by excessive pressure. Many students are emotionally exhausted.