



# **Burnout. Ursachen, Symptome und Maßnahmen (German Edition)**

*Tim Stahlhut*

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Akademische Arbeit aus dem Jahr 2011 im Fachbereich Psychologie - Beratung, Therapie, Note: 2,0, Technische Universität Darmstadt, Sprache: Deutsch, Abstract: Was ist Burnout? Burnout – das ist die junge Lehrerin, die schon nach ihrem ersten Jahr im Schuldienst gealtert aussieht, nach der Schule in einen Erschöpfungsschlaf fällt und nachts ihre Stundenvorbereitung vollzieht. Burnout ist auch der Professor der in den ersten Jahren stets seine Tür des Büros offen hält, der sich in Studienreform und Selbstverwaltung engagiert und für seine Studenten jederzeit - auch privat erreichbar ist. Heute beschränkt er den Kontakt mit Studenten auf ein Minimum, sitzt Konferenzen allenfalls seufzend ab und lebt ansonsten zwischen seinen Bücherwänden(vgl. Burisch S.1). Diese besondere Form des Stresses soll in der nachfolgenden Arbeit genauer erläutert werden.

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