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The Power of Prayer

Impact of Spiritual Practice and Access to Spiritual Resources on Resident Assistants' Experience of Burnout

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Abstract

This qualitative study was designed to identify a correlation between the increased spiritual practice of resident assistants and decreased experiences of burnout.

Research Questions

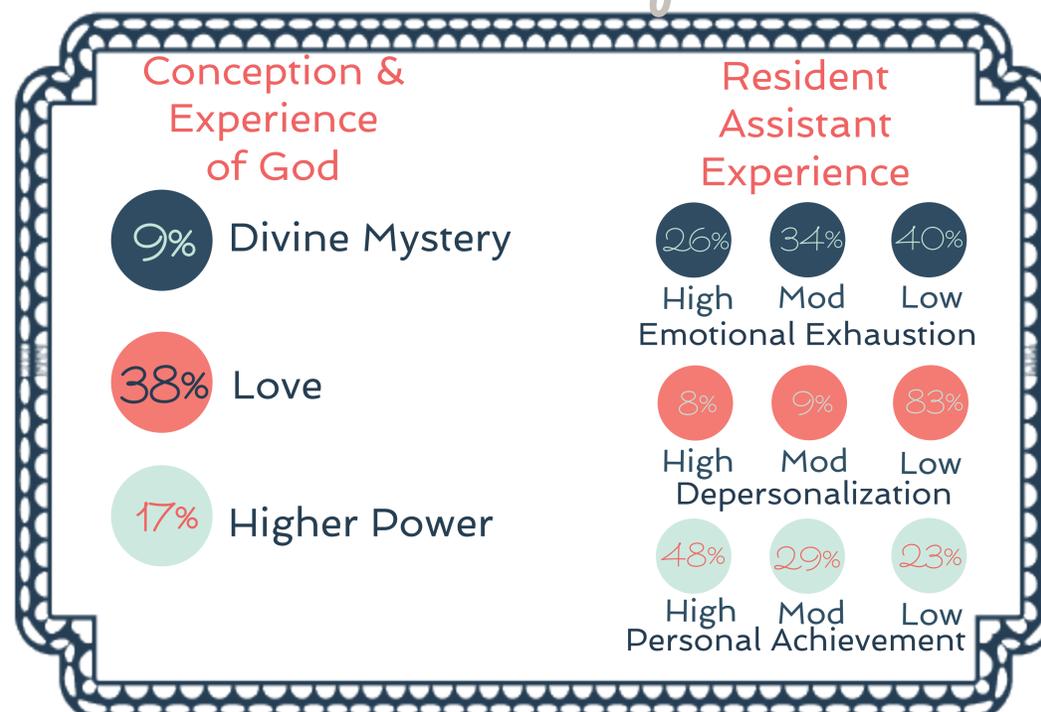
What is the impact of spiritual practice on the experience of burnout for resident assistants?

What is the impact of access to spiritual resources on the experience of burnout for resident assistants?

Methodology

This qualitative study consisted of 65 responses to the Maslach Burnout Inventory and Astin's College Student's Beliefs and Values Survey. The data was analyzed resulting in study themes and statistical significance.

Findings



Implications

Pop: 137 Sample: 65 (48.1%)
43% of RAs & Fellows experience moderate to high levels of emotional exhaustion. We have to find ways to support them. Thankfully 69% have moderate to high personal accomplishment in their work. Spiritual practice is a potential solution to combatting burnout but more has to be done.

Literature

Burnout: Training, clear job expectations, working and living conditions, and the influence of the hall director impact the experience of burnout.

Spirituality: "Young adults are actively pursuing a reason for existence, and there is a desire for belonging and to find purpose in life."

References

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