

***DIE IMPLEMENTERING VAN 'N VOORKOMINGSPROGRAM TEEN DIE
PSIGIESE UITBRANDINGSINDROOM BY HOËPROFIEL ADOLESSENTE***

deur

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OPSOMMING

Die doel van hierdie studie is om 'n program op te stel wat die psigiese uitbrandingsindroom sal verhoed. Die fokus is op die bemagtiging van die hoëprofiel adolessent met lewensvaardighede sodat 'n voorbrand teen die ontstaan van uitbranding gemaak kan word. Die klem is dus op pro-aktiewe optrede eerder as 'n terapeutiese aanslag.

Kwalitatiewe- en kwantitatiewe tydbenuttingstrategieë raak die sleutel tot die toerusting van hierdie lewensvaardighede. Die mens is grootliks die argitek van sy eie uitbranding, maar kan deur die toepassing van hierdie strategieë die nodige vaardighede in plek kry sodat uitbranding nie neerslag vind nie.

In die studie is 'n kwalitatiewe navorsingsparadigma gebruik waar die navorser as etnograaf optree. Die lewensverhaal van ses hoëprofiel adolessente is etnografies ontsluit. Die navorser se eie outo-etnografiese vertelling word ook in hierdie studie aangesny.

Aan die hand van 'n literatuurstudie is die sindroom uitbranding verken, waarna daar by die lewensverhaal van die ses adolessente aangesluit is. 'n

Gespreksverhouding van meer as 'n jaar is met hulle in stand gehou waar daar gekyk is na tendense in hul persoonsmondering wat deur die literatuur uitgewys word as katalisators vir die ontstaan van uitbranding. Koersaanpassings is dienooreenkomstig aangebring.

Die resultate van die studie het getoon dat die adolessente asook die navorser met vaardighede toegerus is om die lewe te ontmasker en die aanslag van uitbranding die hoof te bied.

LYS VAN SLEUTELTERME

Psigiese uitbrandingsindroom

Adolessent

Etnografies

Kwalitatiewe tydbenutting

Kwantitatiewe tydbenutting

Stres

80/20 Beginsel

Kwalitatiewe navorsing

Kwantitatiewe navorsing

Tydbenuttingsprogram

***THE IMPLEMENTATION OF A PREVENTATIVE PROGRAM AGAINST THE
BURNOUT SYNDROME FOR HIGH PROFILE ADOLESCENTS***

by

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SUMMARY

The aim of this study is to design a program that will prevent the manifestation of burnout. The focus is on mobilising the high profile adolescent with the necessary life skills in order to counter the development of burnout. The emphasis is thus on pro-active action rather than providing a therapeutical approach.

Qualitative and quantitative time management strategies become the key to equip a person with the life skills to avoid burnout. Man is to a great extent the architect of his own burnout, but can with the implementation of certain strategies put into place the necessary skills to counter burnout.

The study implements a qualitative research paradigm whereby the researcher acts as an ethnographer. The life stories of six high profile adolescents are ethnographically unlocked. The researcher's own auto-ethnographic story is also told.

The life stories of the adolescents are told within the context of a survey of the literature on burnout. A discourse with the adolescents was maintained for more than a year in order to locate signs of burnout. If necessary, indications of burnout were countered.

The results of the study have shown that the adolescents as well as the researcher have been equipped to reveal life better and to make a bold stand against the impact of burnout.

LIST OF KEY TERMS

Psychological Burnout Syndrome

Adolescent

Ethnographic

Qualitative time management

Quantitative time management

Stress

80/20 Principle

Qualitative research

Quantitative research

Time management program