

WORK PRESSURES AND ITS RELATIONSHIP TO THE JOB BURNOUT AT GIRLS' HIGH SCHOOLS ' TEACHERS OF DEVELOPMENT SCHOOLS PROGRAM IN TABUK CITY

MUNA S. AL OMARY
Ministry Of Education
Saudi Arabia

MOHAMAD Y. M. NASIR
Tabuk University

***ABSTRACT_** The study aimed at exploring the levels of the work pressures according to its sections (personal pressures- job pressures and human relations pressures) and the job burnout at girls' high schools' teacher of Development Schools Program in Tabuk City (identifying the differences among the responses of the study sample's members for both the variables of (Specialization and Years of Experience) and exploring if there is a correlation between the work pressures and the job burnout. The study used the correlational descriptive method and the study's community consisted of all girls' high schools ' teachers of Development Schools Program in Tabuk City (321) teachers. A random sample was selected of (121) teachers. To achieve this study's goals the researcher used the questionnaire to collect data. The study reached a group of results and the most important of which was that work pressures level at girls' high schools ' teachers of Development Schools Program in Tabuk City was high. According to evaluation the job pressures were in the first position followed by personal pressures then human relations pressures. The job burnout level at girls' high schools ' teachers of Development Schools Program in Tabuk City was average. The results showed that there were no statistically significant differences due to the variables of (Specialization and Years of work experience) about the levels of work pressures and job burnout while there were statistically significant differences in the work pressures due to the variable of specialization for the teachers specialized in sciences. Finally the results showed that there is a high positive correlation between the level of work pressures and the job burnout.*

Keywords: Work Pressures, Job Burnout.