

# Job burnout among librarians in public libraries

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## Original Article

### Abstract

**Introduction:** Job burnout is a psychological expression for describing the experiment of negative attitude, morale and behavior when people facing work-related stressors. The aim of current study was to determine the rate of job burnout among librarians of public libraries in Ardabil.

**Methods:** The method of current study was the descriptive-analytical method. The Maslach and Jackson burnout inventory were used to discover the job burnout rate among all public libraries employees (librarians and library directors) of 5 public libraries. This inventory determined three main aspects of emotional exhaustion, depersonalization, personal performance and the minor aspect of involvement. A combination of descriptive and inferential statistics was used to analyze the gathered data.

**Results:** The analysis of the data showed that the rate of job burnout among librarians in large scale redundancy and violence was at a low level, and the rate of burnout for two redundancy and violence scale from the point of emotional exhaustion, depersonalization and individual work was low level, but the rate of burnout for the aspect of inclusion in redundancy scale was moderate; while the violence scale was high.

**Discussion and Conclusion:** Regarding the rate of job burnout, the aspect of involving in redundancy scale was moderate and the violence scale was high. The job burnout may affect health of librarians; hence the techniques for addressing and preventing the job burnout among librarians are recommended.

**Key words:** Job burnout, librarian, public libraries, Ardabil

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