



Original article

Psychological Capital and Academic Burnout in Students of Clinical Majors in Iran

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SUMMARY

The present study was conducted to investigate the relationship between psychological capital (PsyCap) and academic burnout in medical students in Iran.

The relationship between PsyCap and academic burnout is not, however, clearly investigated in the clinical education.

This analytical study was conducted on 172 medical students of a major medical university in Iran, selected through randomized stratified sampling. A demographic section together with PCQ-24 and Academic Burnout Inventory were used for data collection. Statistical analysis was performed with SPSS software.

Mean academic burnout and PsyCap values were 45.79 and 95.70, respectively. A negative significant correlation were observed between them ($r = 0.963$, $p < 0.001$). Stepwise linear regression suggested the predictability of PsyCap by the components of academic burnout ($p < 0.001$).

The results suggested a relationship between students' academic burnout and their PsyCap; in other words, their academic burnout can be controlled by enhancing their PsyCap. This will bear implications for educationists.

Key words: psychological capital, academic burnout, clinical majors, Iran

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