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UNVEILING THE BURDEN: AN IN-DEPTH ANALYSIS OF BURNOUT AMONG URBAN AND RURAL WOMEN IN SHAHREKORD TOWNSHIP

Submission Date: December 23, 2023, **Accepted Date:** December 28, 2023,

Published Date: January 02, 2024

Crossref doi: <https://doi.org/10.37547/ajsshr/Volume04Issue01-02>

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ABSTRACT

This research delves into the intricate web of factors contributing to burnout among women in Shahrekord Township, examining the distinct experiences of urban and rural dwellers. Employing a comprehensive approach, we explore the cultural and social dimensions shaping the burnout phenomenon. Through surveys, interviews, and statistical analysis, we unravel the complexities of modern life's impact on the well-being of women in diverse settings. The findings shed light on unique stressors and coping mechanisms, offering valuable insights for both academia and policymakers striving to address the challenges faced by women in contemporary society.

KEYWORDS

Burnout, Urban Women, Rural Women, Cultural Factors, Social Influences, Stressors, Coping Mechanisms, Shahrekord Township, Gender Disparities, Well-being, Modernity, Societal Challenges.

INTRODUCTION

In the evolving landscape of contemporary society, the experience of burnout has become an increasingly pervasive and intricate facet of individuals' lives, particularly impacting women in urban and rural

settings. Shahrekord Township, situated at the crossroads of tradition and modernity, serves as a compelling backdrop for a nuanced examination of the factors contributing to burnout among its female

residents. As the demands of modern life continue to intensify, understanding the distinct challenges faced by urban and rural women becomes imperative for fostering holistic well-being.

This research endeavors to unveil the burden of burnout by conducting an in-depth analysis that goes beyond surface-level observations. By delving into the cultural and social tapestry that shapes the lives of women in Shahrekord Township, we aim to decipher the complexities and interplay of various factors contributing to burnout. The urban-rural dichotomy provides a unique lens through which we can discern the differential impact of societal structures, expectations, and resources on the mental and emotional well-being of women.

The significance of this study lies not only in the identification of stressors but also in the exploration of coping mechanisms employed by women in navigating the challenges of their daily lives. By shedding light on these dynamics, we aspire to contribute valuable insights to the existing body of knowledge, enabling a more targeted and effective approach to addressing burnout among women.

As we embark on this journey of unraveling the burden of burnout in Shahrekord Township, our research seeks to bridge the gap between theory and lived experiences, fostering a deeper understanding of the

factors shaping the well-being of urban and rural women in the contemporary era.

METHOD

This study unfolded through a meticulous and systematic process aimed at unraveling the intricacies of burnout among urban and rural women in Shahrekord Township. The research journey commenced with the formulation of a comprehensive research design, selecting a mixed-methods approach to capture the multifaceted nature of burnout experiences. The initial qualitative phase involved engaging participants in semi-structured interviews and focus group discussions, delving into the cultural and social factors shaping their burnout narratives. This qualitative exploration was instrumental in identifying key themes and patterns that provided a foundation for the subsequent quantitative phase.

For the quantitative phase, a structured survey instrument was developed, drawing on validated scales to quantify burnout levels and capture demographic information. The survey was meticulously designed to validate and complement the qualitative insights gathered earlier. The sampling strategy ensured a diverse representation of both urban and rural women, reflecting the heterogeneity within Shahrekord Township. The survey data, enriched by the qualitative findings, underwent

thorough analysis using a combination of descriptive and inferential statistical methods.

Thematic analysis of qualitative data unveiled nuanced narratives, allowing for a deep understanding of the cultural and social dynamics contributing to burnout. Simultaneously, quantitative analyses provided statistical rigor, identifying patterns and correlations within the data. The triangulation of these findings strengthened the study's validity and enriched the interpretation of burnout factors.

Ethical considerations were paramount throughout the process, with the research team obtaining approval from the Institutional Review Board and securing informed consent from participants. The emphasis on ethical conduct ensured the protection of participants' rights and maintained the confidentiality of sensitive information.

In essence, this research process reflects a holistic and iterative exploration, seamlessly weaving together qualitative and quantitative dimensions. By unveiling the burden of burnout among urban and rural women in Shahrekord Township, this study aspires to contribute nuanced insights that transcend traditional research boundaries, fostering a deeper understanding of the challenges faced by women in a rapidly evolving sociocultural landscape.

To comprehensively explore and analyze the burnout phenomenon among urban and rural women in

Shahrekord Township, a mixed-methods research approach was employed. This section outlines the research design, participant selection, data collection instruments, and analytical techniques used in this study.

Research Design:

The study adopted a sequential exploratory design, combining qualitative and quantitative methods. This approach facilitated a holistic understanding of burnout by first collecting qualitative data through in-depth interviews and focus group discussions, followed by quantitative surveys to validate and quantify the identified themes.

Participant Selection:

A purposive sampling technique was employed to ensure a diverse representation of urban and rural women in Shahrekord Township. Participants were selected based on criteria such as age, socioeconomic status, and occupation to capture a broad spectrum of experiences. The final sample included both urban and rural women in sufficient numbers to allow for meaningful comparisons.

Data Collection Instruments:

a. Qualitative Phase: In the initial phase, semi-structured interviews and focus group discussions were conducted to elicit rich, contextual insights into the burnout experiences of the participants. Open-

ended questions were designed to explore cultural and social factors contributing to burnout and to understand coping mechanisms employed by the women.

b. Quantitative Phase: Following the qualitative phase, a structured survey instrument was developed. The survey included standardized scales for measuring burnout levels, as well as questions addressing demographic information and specific stressors. The instrument was pre-tested to ensure clarity and reliability.

Data Analysis:

a. Qualitative Analysis: Thematic analysis was employed to identify recurring patterns, themes, and codes within the qualitative data. This involved a systematic process of coding and categorizing responses, allowing for the extraction of meaningful insights.

b. Quantitative Analysis: Descriptive statistics, such as means and standard deviations, were computed to analyze the quantitative data. Additionally, inferential statistics, such as t-tests and regression analyses, were conducted to examine relationships between variables and identify significant predictors of burnout.

Ethical Considerations:

Ethical approval was obtained from the Institutional Review Board to ensure the protection of participants'

rights and confidentiality. Informed consent was obtained from all participants, emphasizing their voluntary participation and the right to withdraw from the study at any point.

By employing this comprehensive mixed-methods approach, the study aimed to triangulate findings, providing a nuanced understanding of burnout among urban and rural women in Shahrekord Township. The integration of both qualitative and quantitative data strengthens the validity and reliability of the study's conclusions, contributing valuable insights for future research and intervention strategies.

RESULTS

The results of this study illuminate the intricate landscape of burnout among urban and rural women in Shahrekord Township. Quantitative analysis revealed varying levels of burnout among participants, with urban women experiencing higher levels compared to their rural counterparts. Key stressors contributing to burnout included work-related pressures, societal expectations, and familial responsibilities. The qualitative findings further underscored the influence of cultural factors, such as gender norms and community expectations, on women's burnout experiences.

Statistical analyses indicated significant correlations between burnout levels and specific sociodemographic factors. Urban women, often

juggling career and family demands in a rapidly changing environment, faced heightened burnout risks. Conversely, rural women grappled with unique stressors tied to agricultural responsibilities and limited access to support services. The intersection of these factors portrayed a nuanced picture of burnout, emphasizing the need for tailored interventions.

DISCUSSION

The discussion delves into the nuanced interplay of cultural and social factors shaping burnout among urban and rural women in Shahrekord Township. The elevated burnout levels among urban women may be attributed to the complexities of modernity, where rapid urbanization and shifting societal norms contribute to heightened stress. The expectations placed on women to balance professional careers with traditional roles create a delicate equilibrium, often resulting in burnout.

Conversely, the burnout experiences of rural women reflect the challenges of adapting to changing agricultural landscapes and limited access to support structures. Cultural expectations and gender norms, although manifested differently in urban and rural contexts, emerged as critical influencers of burnout. The discussion emphasizes the importance of context-specific interventions, recognizing the unique dynamics at play in urban and rural settings.

The coping mechanisms employed by women further enrich the discussion, highlighting resilience amidst adversity. Urban women often turned to support networks and self-care practices, while rural women drew strength from community ties and traditional coping strategies. Understanding these coping mechanisms offers valuable insights for designing holistic intervention programs that empower women to navigate burnout more effectively.

CONCLUSION

In conclusion, this study provides a comprehensive exploration of burnout among urban and rural women in Shahrekord Township. The findings underscore the multifaceted nature of burnout, influenced by a complex interplay of cultural, social, and economic factors. The nuanced understanding of burnout experiences among women in different settings calls for tailored interventions that address the specific challenges faced by urban and rural populations.

As we unveil the burden of burnout, it becomes evident that a one-size-fits-all approach is insufficient. Policymakers, healthcare professionals, and community leaders must collaborate to develop targeted strategies that consider the unique stressors and coping mechanisms within urban and rural contexts. By acknowledging and addressing these factors, we can pave the way for a more resilient and empowered female population in Shahrekord

Township and beyond. This research not only contributes to academic discourse but also serves as a call to action for those committed to enhancing the well-being of women in diverse sociocultural landscapes.

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