
ABSTRACT

The role of three types of compassion and coping in the prevention of burnout in Japanese teachers

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The present study examined the relationships between compassion, coping styles, and burnout in teachers. A total of 188 Japanese elementary and junior high school teachers answered self-report questionnaires. We hypothesized that three compassion styles (compassion for self, compassion for others, and compassion from others) lead to adaptive coping, resulting in less burnout. The results of structural equation modeling demonstrated that compassion for self and compassion from others were associated with greater adaptive coping, which in turn was related to lower burnout in teachers. In contrast, the model of compassion for others did not lead to coping or burnout. These findings contribute to expanding the knowledge about three types of compassion.

Key Words: teacher, compassion, coping, burnout
