

A Study to Assess the Prevalence of Academic Burnout Among Undergraduate Nursing Students at Selected Nursing Colleges in Wayanad

Nidhina Paul, Anu Parveen, Bishamol M Benny, Deepchand K. A, Olivia Zacharias, Pooja Biju, Rosemary Sunny*, Roshna Thomas, Safeera Jubi, Sahla Nasreen B
Department of Nursing, Dr. Moopen's Nursing College, Wayanad, Kerala, India

*Corresponding Author: rosemarysunny24@gmail.com

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Highlights

- The study was conducted to find out how common academic burnout is among undergraduate nursing students in Wayanad and to see if it is related to demographic factors.
- A descriptive cross-sectional quantitative design was used, and 142 students from Dr. Moopen's Nursing College were selected through convenient sampling.
- Data were collected using a socio-demographic questionnaire and the Modified Copenhagen Burnout Inventory and analyzed using Jamovi software (version 2.6.26).
- Results showed that 17% of students had low burnout, 58% had moderate burnout, and 25% had high burnout, indicating that most students experience moderate to high levels of stress.
- Among 12 demographic variables studied, only the batch (year of study) showed a significant association with burnout ($p < 0.001$), suggesting that students in higher semesters experience more burnout.
- Based on the findings, an informational booklet on coping strategies was developed to help students recognize burnout and manage academic stress effectively.

Abstract

Academic burnout, defined as emotional, psychological, and physical exhaustion resulting from sustained academic stress, has become increasingly common among nursing students. The demanding academic syllabus, along with extensive clinical duties, makes these students particularly vulnerable to burnout. This condition can negatively influence their academic achievement, mental health, and readiness for professional nursing practice. The present study sought to determine the prevalence of academic burnout among undergraduate nursing students in Wayanad, explore its relationship with selected demographic factors, and design an informational booklet describing coping strategies to help reduce burnout. A descriptive cross-sectional study adopting a quantitative approach was carried out among 142 undergraduate nursing students from Dr. Moopen's Nursing College, Wayanad, selected through convenience sampling. Data were gathered using a socio-demographic questionnaire and the Modified Copenhagen Burnout Inventory. Statistical analysis was conducted using Jamovi version 2.6.26, and the results were presented as frequencies and percentages. The findings indicated a substantial occurrence of burnout: 17% of students reported low levels, 58% moderate levels, and 25% high levels of academic burnout. Of the twelve demographic variables analyzed, only the academic year (batch of study) demonstrated a