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Dental Hygiene Education Administrators: Stress, Burnout, and Renewal: Causes, Effects, Prevention

Dr. Kathleen J. Hinshaw

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The effects of stress in the workplace is a worldwide epidemic and cost businesses billions a year in losses. The study investigated the effects of stress on dental hygiene education administrators by identifying when stress and burnout occur, what precautions the administrators use to prevent it, and what actions might combat the stress and or burnout once it has occurred. The purpose of this mixed-methods study was to explore the patterns that emerge among stress, burnout, and renewal activities of dental hygiene education administrators in six Midwestern states. This research could influence dental hygiene educators by affecting the way in which they approach stress in their careers. The findings of this study could influence decisions made by higher education institutions when determining administrative roles and responsibilities, as well as encourage higher education leaders to recognize the value of providing stress management training throughout their organizations.

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