

Impact of Home Demands on Burnout: A Study of State University Academics in Sri Lanka during the Covid-19 Pandemic

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The purpose of this study is to examine the impact of home demands on the burnout of state university academics in Sri Lanka during the Covid-19 pandemic. Although the associations between home demands and burnout is well established in the Western literature, only a few studies have examined the impact of home demands on burnout in the Asian setting, including Sri Lanka. It is especially difficult to find this kind of studies done using state university academics as the sample. This study contributed to fill that gap in the literature by examining the impact of home demand variables (quantitative home demands, emotional home demands, and mental home demands) on burnout among the state university academics in Sri Lanka during the Covid-19 pandemic. This is quantitative research undertaken using the survey strategy by collecting data in one point of time. Primary data were collected from 128 respondents using a standard questionnaire developed using well-accepted standard scales. Simple regression analysis was used to test the hypotheses of the study. Analyzed results showed a positive impact of home demands on burnout of state university academics in Sri Lanka during the Covid-19 pandemic. In conclusion, this study raises the need for all universities to look at how the home demands impact burnout of state university academics in Sri Lanka during the Covid-19 pandemic and take the necessary steps to support them.

Keywords: *Burnout, Emotional Home Demands, Mental Home Demands, Quantitative Home Demands*

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