

RESTRICTED

ABSTRACT

Sri Lanka Air Force aircrew professionals are at risk of developing burnout due to the inherently stressful nature of their work. Burnout has been found to compromise the quality of life of aircrew professionals and their ability to provide optimal output. The focus of this study is to study and determine the prevalence of burnout among aircrew members of Sri Lanka Air Force and its impact on their quality of life. The research followed Deductive Approach and Quantitative method. The data were gathered from 162 Sri Lanka Air Force aircrew members those who were on active flying duties and Stratified Disproportionate Sampling Method was done to select the sample. Maslach Burnout Inventory and the World Health Organization's abbreviated quality of life assessment were used to develop the questionnaire and to collect the data. The only statistically significant determinants of burnout of this study population are Income Expenditure Gap of Socio Economic Factors and Profession of Occupational Factors. There is statistical significant negative leaner relationship between Burnout Emotional Exhaustion and all four domains of quality of life namely Physical Health, Psychological Health, Social Relationships and Environment. The study also found that Burnout Depersonalization is negatively correlate with all four domains of quality of life even though it is not significant in this research finding. Study concluded that high level of Burnout Depersonalization is high in this study population and it had been effected to their quality of life. The research recommended to include Psychometric Test for recruiting process, develop prevention programs by Psychologists and to make necessary arrangements to adjust pay and allowance system of aircrew by comparing the regional Air Forces. Further study can be done at the United Nations Missions which aircrews are exposing to different environments form Sri Lanka.

Key Words: Prevalence of burnout, Quality of life, Aircrew