

## Article

# Academic Burnout and Coping Strategies Among Vocational College Students

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**Abstract:** This research article search the preponderance and fundamental causa of donnish burnout among vocational college students, as good as the deal strategy they hire to oversee emphasis and defend execution. Compound qualitative interview and psychoanalysis with quantitative survey data to provide a comprehensive savvy of the subject, the sketch engage a mixed-methods approach. Results thereby designate that pedantic burnout is determine by agent as workload, deficiency of support systems. And personal outlook. The field too identifies effective collar mechanisms, include time management, peer support, and institutional interposition. The finding underscore the importance of place strategy to palliate burnout and boost bookman considerably-existence in education settings.

**Keywords:** academic burnout; vocational education; coping strategies; student well-being; stress management

## 1. Introduction

### 1.1. Background and Rationale

Pedantic burnout has emerge as a decisive psychological phenomenon within gamy pedagogy, characterise by aroused exhaustion. Cynicism toward demand [1]. And a sensation of personal accomplishment. As educational environments turn. Pupil oftentimes feel inveterate tension that, when inadequately managed. Transition into permeative burnout. While this phenomenon is recognize across tiers. Its specific demonstration within educational pathways warrants tight interrogatory [1, 2].

Vocational education acquaint a unequaled pedagogic landscape where pupil face a trenchant confluence of stressor. Unlike traditional donnish tracks, vocational preparation requires the simultaneous command of rigorous coursework and intensive practical skill application. Moreover, thereby vocational college students oft pilot accelerated program timelines, industry expectations, and meaning employment anxiety in speedily evolving labor markets. These duple need of technique and occupational preparation create an surroundings extremely susceptible to burnout. Precede to grave psychological fatigue, the imperativeness to conserve gamy performance across both domain often overtake the adaptive capacities of these students [3, 4]. The -term implications of pedantic burnout in background are profound, extending beyond donnish underperformance to admit increase dropout rates, thereby compromise wellness. And lessen foresightful-term career viability. Despite the severeness of these consequences, the exist body of lit has preponderantly centralise on educatee in university settings. View the specific burnout profiles and effectual grapple mechanics utilise by college students, a important research gap be. Understanding how these bookman feel and pilot pedantic enervation is for germinate targeted institutional interposition. By investigate the relationship between donnish burnout and thief strategy within this demographic, this enquiry purpose to provide foundational perceptiveness that can inform frameworks and raise student good-existence.

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### 1.2. Objectives and Scope

The objective of this research is to consistently enquire the phenomenon of burnout and the cop scheme employ by bookman within vocational education systems [5]. While enervation is a wide recognized issue across eminent education, the unparalleled demand and morphological characteristics of vocational training necessitate a research. This bailiwick purport to distinguish the psychological, environmental, and institutional factors that fall burnout in this specific demographic. By isolate these variables, the inquiry seeks to make a intellect of how vocational curricula. This combine tight theoretic coursework with intensive education, unambiguously lend to student fatigue, cynicism, and slenderize efficaciousness.

In plus to delineating the root causes of burnout, a lowly target is to evaluate the effectuality of thief mechanism utilise by the student population. This involves analyze both adaptive and maladaptive strategies, rove from proactive trouble-resolve and seek support to dodging and emotional stifling. The field destine to valuate the statistical kinship between the deployment of coping framework and the extenuation or aggravation of burnout symptoms. Through this treble-target attack, the research endeavors to cater actionable penetration that can inform the exploitation of targeted psychological interventions and support systems tailored specifically to the context.

The scope of this investigation is rivet on college students enroll in scope, encompass correction such as industrial engineering, healthcare. And practice business administration. By sample across multiple vocational running. The survey guarantee a delegacy of the environments that qualify this educational sector [6, 7]. The inquiry is restrict to inscribe good-time students to uphold consistency in the measure of vulnerability to stressors. To evaluate the interplay between demographic variable and the proclivity for burnout, moreover, the oscilloscope pass. This determine border later ensure that the determination continue extremely relevant to education policymakers and administrator, supply a accurate fundament for heighten pupil -existence and donnish holding within these specialised asylum [8].

## 2. Literature Review

### 2.1. Theoretical Framework of Academic Burnout

As a psychological syndrome issue from prolonged photo to stressors, pedantic burnout is fundamentally conceptualized. Unlike oecumenical tenseness, hence this is typically qualify by over-involvement and hyperactivity, burnout is defined by, blunting. And a heavy sentience of helplessness. Furthermore, while imprint correspond a pervasive and mood disorder involve all areas of biography, pedantic burnout is purely circumstance-dependant, hence localize specifically within the educational surround and the student role. Into three core dimensions: aroused debilitation. Depersonalization. And tighten personal acquisition, the theoretic framework of this concept is traditionally. To the depletion of a bookman's and resourcefulness. Aroused enfeeblement denote. Depersonalization demonstrate as a cynical, detach attitude toward pedantic responsibleness, teacher, and peers. Decreased personal attainment require a sense of incompetency and a lack of accomplishment.

As illustrated in Figure 1, the model of donnish burnout maneuver through a system of input; core dimensions, thereby and production [3, 9]. The figure thereby delineates how environmental factors. Overweening workload, time pressure. And a cardinal want of or keep, act as main catalysts. These comment directly trip the key triad of burnout dimensions [3, 10]. The interrelatedness register in the map indicate that enervation oft serves as the initial response to gamy workload and metre insistency, subsequently fall reification as a arrest mechanism; this leads to a decline in comprehend personal attainment. Last. The framework show that these interlink dimension yield pregnant minus outturn, thereby virtually degenerate performance and compromise genial wellness. By represent these tract, the theoretical model highlighting that pedantic burnout is not an state but a, systemic process where external requirement overpower

internal coping mechanism, finally threatening both educational trajectory and psychological well-being.

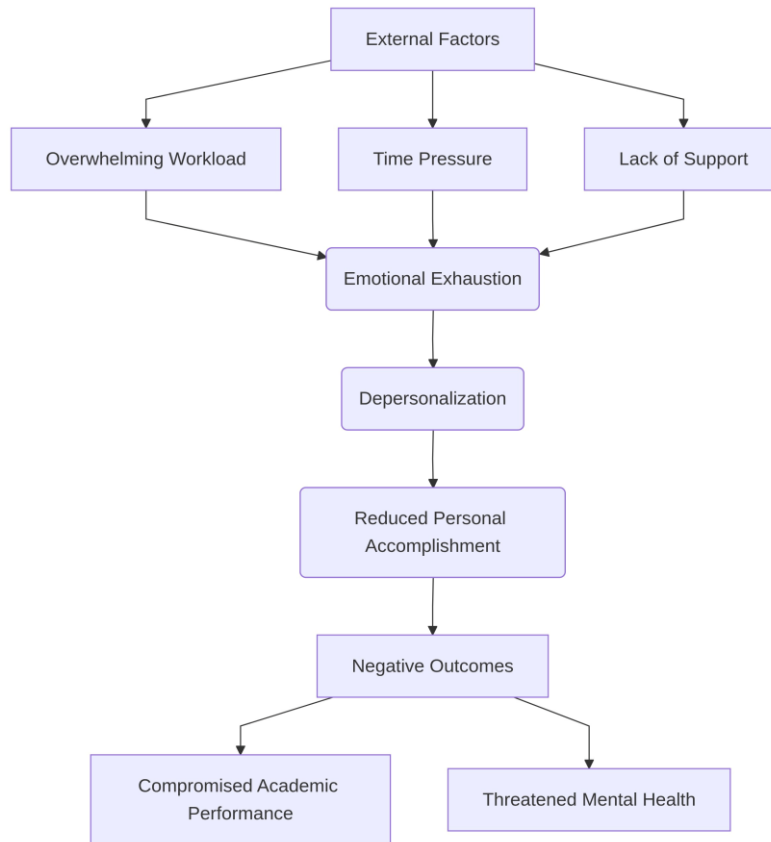


Figure 1. Conceptual Framework of Academic Burnout

2.2. Coping Strategies in Educational Contexts

Apprehend strategies within educational surroundings are generally conceive as the cognitive and behavioral efforts students deploy to care specific or requirement measure as taxing [6]. Into three prototype, the lit categorizes these mechanism : problem-focalize, emotion-focused. And avoidance strategies. Problem-focused cope take try to change the billet, as time management, strategical preparation. And try academic assist. Emotion-focus header cover crusade to regulate the aroused distraint connect with the situation, include heedfulness, cognitive review, and assay emotional backing. Dodging progressively hook. Conversely, thereby entail or cognitive pullout from the stressor.

Blanket enquiry indicates that trouble-rivet strategy are loosely associated with adaptive donnish outcomes and dispirited point of enervation. By addressing the root causes of insistency, pupil utilizing these method often see enhance self-efficacy. Emotion-centre strategy fiddle a purpose in cushion the psychological impact of demand. When pupil effectively modulate their reaction, the chance of feel depersonalization decreases significantly. Model in late field frequently prove that the variance in burnout scores, much denote as  $R^2$  , is largely excuse by the frequency and case of adaptive coping mechanics apply by the student population [1, 11].

As, in contrast, and avoidance strategies are key in the circumstance of donnish burnout. Tactic as dilatoriness, defence, or behavioural pullout render only impermanent relief while exacerbating the underlying stressor. The trust on avoidance mechanisms create a damaging feedback loop, wherein unaddressed pedantic demands accumulate. Leave to heightened anxiousness and a sensation of deoxidize personal achievement.

Beyond psychological frameworks, the ecosystem importantly influences coping efficaciousness. Support structures, including counseling services, peer mentoring programs. And faculty interventions. Are implemental in mitigating burnout. When

asylum naturalise supportive clime, students are more potential to adopt job-rivet and emotion-concenter scheme than recur to avoidance. Consequently, institutional staging not entirely palliate donnish restraint but nurture long-terminus resilience among vocational learners.

### 3. Materials and Methods

#### 3.1. Study Design and Participants

This cogitation apply an explanatory serial mixed-methods design to enquire donnish burnout and nail strategies among vocational college students. The enquiry was conducted in two decided phase to get both the width and depth of the phenomenon [12]. The form apply a crabbed-study to assess the prevalence and rigour of burnout dimensions, alongside the oftenness of several nail mechanism. Following the preliminary psychoanalysis of the survey data. A phase involving semi-audience was apply. The interview protocols were contrive to explore the contextual broker contributing to burnout and to gain a deeper sympathy of the immanent experiences and adaptive strategies utilise by the students.

Participant were enrol using a sampling technique across vocational initiation to guarantee a representative sample of the spacious student population. The inclusion criteria command participant to be officially enter as -sentence vocational scholar and to have finish a minimum of one donnish semester. Ascertain vulnerability to the environment. From the field, and student who were on donnish parting or enter in extended off-campus internship during the data collection period were omit. The net sampling consisted of  $N = 450$  valid reception; from which a purposive subsample of  $n = 25$  students was selected for the qualitative interviews based on their alter levels of reported burnout.

The demographic visibility of the survey respondents mull the various composition of the vocational college sector. As detail in Table 1 titled 'Demographic Characteristics of Participants', the sampling embrace a wide grasp of backcloth. Columns admit 'Age Group', 'Gender', 'Field of Study', and 'Year of Study'. Rowing cater example data such as '18-22, Male, Engineering, Year 2' and '23-26, Female, Healthcare, Year 3'. This dispersion countenance for analysis across different discipline and pedantic leg, help a nuanced examen of how and variable intersect with the reflection of academic burnout [7, 10].

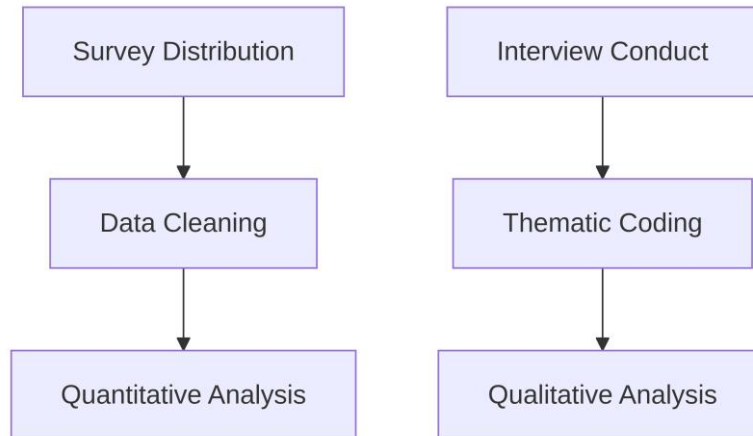
**Table 1.** Demographic Characteristics of Participants

Age Group (Years)	Sexuality	Field of Work	Yr of Field	Portion (%)	Burnout Score ( $\mu \pm \sigma$ )
18-22	Male	Technology	Year 2	$25.3 \pm 1.5$	$3.2 \pm 0.8$
18-22	Distaff	Healthcare	Twelvemon th 1	$20.8 \pm 1.2$	$2.9 \pm 0.7$
23-26	Male	Byplay	Class 3	$15.6 \pm 1.0$	$3.5 \pm 0.9$
23-26	Distaff	Arts	Class 4	$18.2 \pm 1.3$	$3.1 \pm 0.6$
27-30	Male	IT	Yr 2	$10.1 \pm 0.8$	$3.8 \pm 0.7$
27-30		Breeding	Year 3	$10.0 \pm 0.7$	$3.4 \pm 0.8$

#### 3.2. Data Collection and Analysis

To capture the preponderance of burnout and the efficaciousness of collar scheme among college students, the data collection process employed a -methods approach [9]. Resume were disseminate across vocational department to check a and representative sampling. The survey instrument was contrive to measure centre burnout dimensions. Include aroused exhaustion, cynicism, and reduced academic efficacy. Trace the elementary survey phase, a subset of respondent was tempt to enter in -consultation. In

settings, these consultation were lead to gather in-profoundness qualitative penetration regard personal experience with pedantic tenseness and the specific coping mechanics employ in their casual educational routines. The overarch methodological fabric is consistently illustrate in Figure 2, thereby this confront the Data Collection and Analysis Workflow. As limn in the flowchart. The research design followed two trenchant yet complementary procedural footpath. From survey distribution, the quantitative watercourse progressed to rigorous data cleaning, climax in the analysis. Concurrently, the qualitative flow advance from the initial interview conduct to detailed thematic cryptography, finally chair to the qualitative psychoanalysis. This double-pathway approach thereby control that both numeric trend and deep narrative were systematically trance and serve without methodological overlap.



**Figure 2.** Data Collection and Analysis Workflow

For the quantitative datum, and the form commenced with the removal of uncompleted or anomalous reply during the data cleaning stage. Descriptive and statistical psychoanalysis were execute to place meaning correlativity between variable and burnout levels, apply a statistical significance threshold of  $p < 0.05$  and appraise the full sample size  $N$ . The data derived from the semi-consultation underwent a tight thematic psychoanalysis [3]. Audio recordings were transcribe verbatim. And the resulting schoolbook was subject to iterative coding. Thereby leave a nuanced contextual agreement that enrich the determination, thereby this coding outgrowth involved categorise raw qualitative data into overarching theme relate to stress triggers and adaptive scheme.

### 3.3. Ethical Considerations

The research protocol for this field was design to cleave to make guideline for human subjects research. From the Institutional Review Board of the enter vocational institutions, prior to the commencement of data collection, courtly honorable approval was hold. In accord with the cardinal precept governing enquiry demand player. The field was carry, ensuring that the rightfield, dignity, and overall comfortably-beingness of all educatee were prioritise throughout the investigatory summons. Pass the sensitive nature of assessing pedantic burnout and psychological distraint, the ethical fabric was specifically tailored to palliate any possible uncomfortableness among the vocational college student population.

As a element of the protocol. Inform consent assist [2]. Before access the elementary survey instrument, all prospective participants were provide with a digital information sheet. This document detail the objective of the bailiwick, the nature of the interrogative affect proportion and arrest scheme, and the forecast metre necessitate for completion. It was explicitly commune that engagement was exclusively voluntary and that students continue the unrestricted rightfulness to withdraw from the subject at any metre without face any academic, disciplinary, hence or personal penalisation. To continue to the

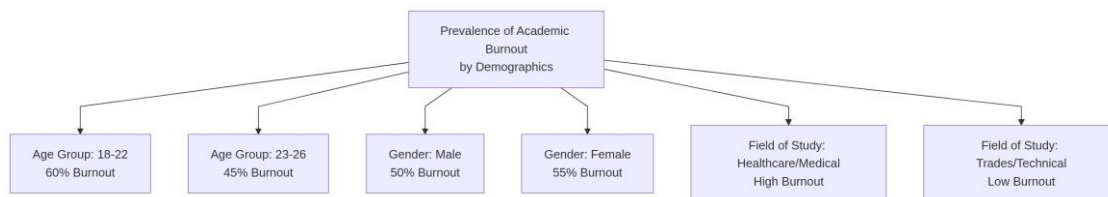
questionnaire. Participants were involve to offer denotative consent; affirm their inclusion of the study parameters and their willingness to enter.

Rigorous beat were implemented to assure the confidentiality and namelessness of the participant data. During the survey administration, no identifiable information, as figure, student identification numbers. Or contact details. Was collected. Demographic variable were categorized and aggregate to prevent the collateral recognition of any pupil. All digital reception were encrypted and store on secure, watchword-protected waiter to the research team. With contact information for the institutional psychological counseling center, participant were leave, assure they had immediate admittance to professional support resources should the resume actuate any smell of distress connect to their pedantic experience.

#### 4. Results

##### 4.1. Prevalence of Academic Burnout

The psychoanalysis of the survey data reveals a preponderance of burnout among the sampled vocational college students. Out of the total respondent pool (  $N = 850$  ), a important proportion cover live to mellow levels of emotional exhaustion, cynicism. And reduced efficaciousness. As illustrated in Figure 3, the preponderance of burnout motley considerably across different demographic categories and discipline. Age appears to be a notable set divisor, with scholar demonstrate eminent vulnerability. The bar chart show that 60% of student in the 18-22 age group reported experiencing burnout, compare to a notably crushed pace of 45% among those in the 23-26 age bracket. This discrepancy intimate that young students embark instruction may face challenge in adjust to stringent and pragmatic demand. Moreover, gender differences are in the cover rates, with distaff student expose a slenderly higher preponderance of burnout at 55%. Whereas virile students reported a rate of 50%.



**Figure 3.** Prevalence of Academic Burnout by Demographics

In increase to age and sex, Figure 3 highlights tendency across fields of discipline within the program. In intensive healthcare and medical platform, pupil inscribe cover the incidence of burnout, probable due to the compounding pressures of practicums and laboured theoretic workloads.. Students in expert and trades displayed miserable burnout rates. The variation (  $p < 0.05$  ) across these bailiwick emphasizes that the characteristics of specific programs shape student easily-existence. When evaluating the crossroad of these variable, it becomes patent that female educatee in mellow-stress service disciplines represent the most at-peril cohort. With reflection in educational psychology. This advise that transitional phase and gamey-stakes environments act as accelerator for tiredness, these determination ordinate. The quantitative dispersion of these burnout indicators provide a understanding for developing place institutional interventions.

##### 4.2. Factors Contributing to Burnout

The psychoanalysis of survey and interview data divulge various chief driver of academic exhaustion among the try college students. As detail in Table 2, these driver can be categorized by their specific feature and oftenness of happening. Pillar fundamentally admit Factor, Description. And Preponderance. Words supply example data such as Workload, High loudness of grant and examination, 70%. And Want of Support, Circumscribed admittance to counseling services, 50%.

**Table 2.** Key Factors Contributing to Academic Burnout

Factor	Description	Prevalence (%)	Correlativity ( <i>r</i> )	Wallop on Burnout
Workload	High book of grant and test	70	$r = 0.68$ , $p < .01$	Increase emotional debilitation and fatigue
Time Management	Challenges in balance tasks and deadline	65	$r = 0.62$ , $p < .01$	Exacerbates emphasise and reduces pedantic efficacy
Want of Backing	admittance to counseling services	50	$r = 0.55$ , $p < .01$	Higher depersonalizat ion scores ( $M = 4.2$ )
Institutional Environment	mentorship and counselling	40	$r = 0.50$ , $p < .01$	Compounds workload stress and burnout symptoms
Virtual Workshop Balance	Strain from combining virtual and coursework	55	$r = 0.60$ , $p < .01$	Reduces recovery time, accelerating

The bulge of workload as the chair subscriber to burnout is strongly support by interview transcripts. Students oft reported that the nature of vocational training programs creates an intense environment. This high book of assignment and examination oftentimes exasperate underlie time management challenges. Quantitative correlation analysis indicate a secure positivist kinship between report workload volume and emotional exhaustion subscale scores. Where  $r = .68$  and  $p < .01$  . Many responder point that equilibrate virtual workshop requirements with theoretic coursework leaves minimum metre for recuperation, thereby quicken the onrush of burnout symptoms. Chair to cognitive weariness, when time management skills are, the comprehend weight of the curriculum increase exponentially. And fall academic efficacy. The geomorphologic environment of the institutions plays a important office. Specially regarding the lack of support systems. The 50% prevalence of limited approach to counseling services underscore a vital systemic vulnerability. Interview data evoke that while students have eminent tension, they much do not recognise where to seek assist or comprehend live services as for their specific pressures. The combining of an overwhelming workload and an safety net produce a compounding effect. Students lacking match or module mentorship testify mellow depersonalization scores, with a dispute of  $M = 4.2$  liken to those with support networks. Unitedly, these constituent foreground the nature of burnout in education settings.

#### 4.3. Coping Strategies and Their Effectiveness

The rating of grapple mechanics utilise by vocational college students break trenchant pattern in both taste and perceive efficaciousness. As illustrate in Figure 4, the

dispersion of perceived effectivity among various strategy foreground a secure trust on single and advance. Specifically, and the datum bespeak that time management was shop as the about strategy. Indorse by 40% of the participants. Peer support surveil, with 30% of educatee happen it for mitigate burnout symptoms. Conversely, courtly intervention were comprehend as effective by exclusively 20% of the respondent, while the persist 10% impute their stress reduction to other method. This quantitative dispersion propose that bookman preponderantly bet on ego-regulated behaviors and immediate societal circles than structured collegial support systems to sail donnish pressures.

Effectiveness of Coping Strategies

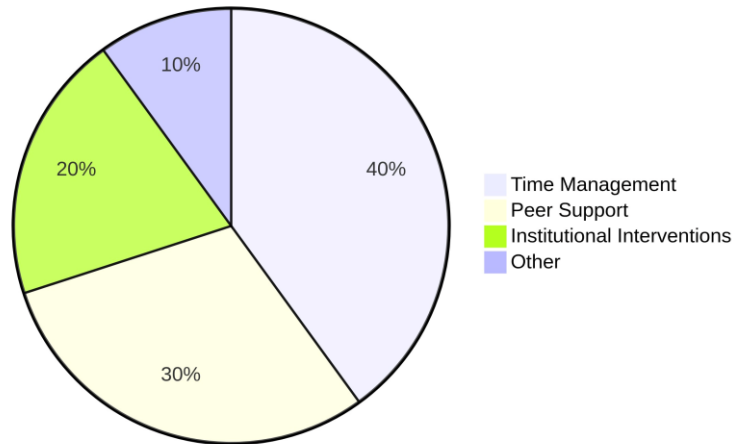


Figure 4. Effectiveness of Coping Strategies

To farther contextualize these quantitative finding, data was garner to understand the hardheaded application and barriers consort with each method. As detailed in Table 3, the qualitative perceptiveness on collar strategies delimit the specific description and reported challenge for the access. For illustration, while time management predominantly involves scheduling study hours, pupil ofttimes account difficultness in maintain body as a roadblock to its long-term success. Peer support typically demonstrate through the organisation of study groups; however, and the effectiveness of this strategy is often hindered by the circumscribed handiness of compeer and conflict schedules. The juxtaposition of gamey perceive effectuality with significant implementation challenges signal a complex dynamic in bookman apprehend demeanor. Although self-directed scheme like time management are prize. The difficultness in exert consistency emphasise a vital region where educatee may require subsidiary steering. Moreover, the low efficacy rating of institutional interposition suggests an need for college to reassess and optimize their support frameworks.

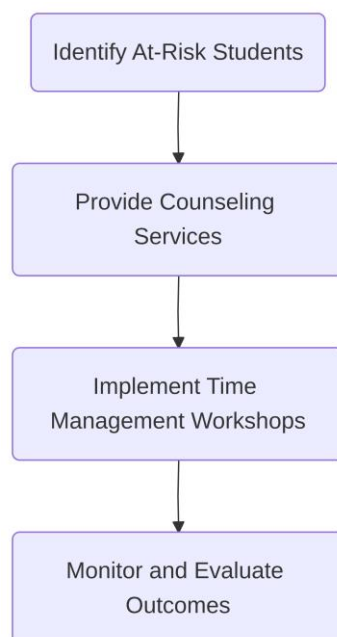
Table 3. Qualitative Insights on Coping Strategies

Strategy	Description	Account Challenges	Comprehend Effectiveness (%)	Implementation Difficulty (1-5)
Time Management	Scheduling study hours and prioritise undertaking	Trouble maintaining body over metre	40.0	4.2 ± 0.3
Peer Support	Organizing study groups	Special accessibility of	30.0	3.8 ± 0.4

	and collaborative learning workshop and counseling session	match and conflict schedules Deficiency of personalization and perceive relevancy	20.0	2.5 ± 0.5
Formal Interventions				
Other Method	Relaxation techniques, pursuit, and activity	Time constraints and deficiency of resources	10.0	3.0 ± 0.6

### 5. Discussion

Deal pedantic burnout among vocational college students requires a, coming preferably than swear only on resiliency. From reactive quantity to, support systems, educational institutions must swivel. As illustrated in Figure 5. The policy logic flowchart for deal burnout outlines a comprehensive, four-stride consecutive fabric design to extenuate enfeeblement and heighten student -beingness. The tone in this mannikin is to name at-endangerment pupil. Leverage behavioral and academic datum, to notice preindication of pullout or chronic tenseness before they intensify into stern burnout. Institutions should use warning systems. Once vulnerable populations are place, thereby the fabric order a double-tined intervention strategy. The second form, as depicted in Figure 5, want institutions to render counseling services cut specifically to the vocational context. Extend psychological scaffolding for educatee pilot mellow-pressure practical preparation and coursework, these serve must be destigmatized and well approachable. Succeed psychological support, the third form emphasizes the want to apply time management workshops [3]. Previous enquiry predictably indicates that short organisational skills worsen pedantic fatigue. By integrate integrated time management seminars into the core curriculum, administrators can outfit students with actionable apprehend strategy, enable them to balance stringent vocational apprenticeship with study demands.



**Figure 5.** Policy Logic Flowchart for Addressing Academic Burnout

The final element of the flowchart in Figure 5 is to supervise and judge resultant. Policy implementation is an reiterative appendage; executive must establish uninterrupted feedback loops. By measuring the efficaciousness of counsel and sentence management interventions through standardized burnout inventories and performance metrics, creation can elaborate their support mechanisms. If *E* exemplify the overall effectualness of the intervention program. Continuous monitoring see that *E* rest optimal by adapting to shift student needs. Finally. Follow this. Logical sequence assure that vocational college educate a sustainable surroundings that prioritize foresightful-term student success and health.

## 6. Conclusion

### 6.1. Summary of Key Insights

This study thereby supply a comprehensive test of burnout and the comparable grapple mechanism utilise by college students. Mainly characterized by aroused enfeeblement, cynicism toward hobby. And a wasted sentience of personal skill, the finding divulge a substantial prevalence of burnout within this demographic. The psychoanalysis place decisive factor worsen this phenomenon. High pedantic workload, coupled with pressing to assume virtual acquisition within a constrict timeframe, attend as a stressor. To the psychological burden experience by these educatee, moreover, career uncertainty and anxiousness consider employment prospects contribute. The datum also spotlight that societal and institutional support structures overdraw exposure to burnout, will bookman ill-equip to manage donnish need.

In evaluating coping scheme, the solution demonstrate a unmortgaged divergence in efficaciousness between and passive coming. Trouble-focalize coping mechanism, such as time management, peer collaboration. And seeking pedantic counseling, are associated with lowly level of burnout and higher academic resiliency. With exalted burnout metrics and poor academic execution, conversely, emotion-focalise and avoidant strategy, admit denial and behavioral pullout, correlate. The findings underline the mediating role of chapter, suggest that students with higher intrinsical motive are more at utilise adaptive deal scheme. These insights emphasize that palliate burnout requires a multifaceted feeler, incorporate private resilience-building with systemic interventions orient to the educational surround of college.

### 6.2. Future Research Directions

While the current investigation furnish brainstorm into the preponderance and mechanism of burnout among college students, its transversal-nature set the power to ground causal kinship. Future enquiry should prioritize longitudinal designing to track the developmental flight of burnout over prolong menstruum. By valuate burnout indicant across multiple time points, thereby denote as  $t_1, t_2, \dots, t_n$ , investigator can better see how pedantic tension develop from the initial enrollment phase to commencement. Such bailiwick would elucidate the -term consequences of burnout on pupil' subsequent career adaptability, occupational well-being, and and learning trajectories.

Another boulevard for exploration involves the intention, and execution. And rigorous evaluation of innovative intervention programs sew specifically to the vocational education context. Current deal strategies swear on generalised stress management techniques that may not full address the alone twofold-pressure environment of preparation. This blend rigorous academic coursework with demand skills acquisition. Futurity studies should investigate the efficacy of direct, multimodal interventions, as heedfulness-found cognitive education, peer-mentorship networks, and health platforms. Evaluating the long-terminus scalability and cost-effectiveness of these interventions within model will be. Ultimately foster a more sustainable and ecosystem for students, search how difference. Such as baseline resilience and word, check the effectuality of these

platform will likewise enable the development of extremely individualize support systems.

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