



**RELATIONSHIP BETWEEN DARK TRIAD , HUMOR STYLES AND
BURNOUT AMONG SCHOOL TEACHERS**

Bahria University Islamabad, E-8 Campus

**In Partial Fulfilment of the Requirements of the
Degree of Bachelor of Science**

BS-Psychology

By

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DEDICATION

First and foremost, we extend our heartfelt gratitude to Allah (S.W.T) for guiding and helping us in difficult times. We humbly dedicate our thesis to school teachers in recognition of their dedication, resilience and the emotional struggles they face. May this research bring attention to the well-being of teachers – the true architects of society.

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List of symbols and Abbreviations

1	M	Mean
2	SD	Standard Deviation
3	<i>F</i>	Frequency
4	%	Percentage
5	K	Number of items
6	A	Cronbach Alpha Reliability
7	P	Significance Level
8	B	Regression coefficients
9	CL	Confidence Level
10	LL	Lower Level
11	UL	Upper Level
12	SE	Standard Error
13	T	T value
14	B	Unstandardized Beta
15	η^2	Eta square (effect size)
16	SEB	Coefficient Standard Error
17	SD3	Short Dark Triad
18	HSQ	Humor Styles Questionnaire
19	Machv	Machiavellianism

20	Narsem	Narcissism
21	Psypth	Psychopath
22	H Affiliative	Affiliative Humor
23	H Self-enhancing	Self-enhancing Humor
24	H Aggressive	Aggressive Humor
25	H Self-defeating	Self-defeating Humor

Abstract

The study examined the relationship between Dark Triad (Machiavellianism, Narcissism, Psychopathy), Humor styles (Affiliative, Self-enhancing, Aggressive and Self-defeating) with Burnout among school teachers of Rawalpindi and Islamabad. It was hypothesized that Dark Triad, and humor styles will have positive correlation with burnout. With both the Independent Variables predicting burnout. Along with differences in burnout based on workload pressure, mental stress, relation with coworkers were studied. A correlational research was used with a sample size of 233, school teachers (210 females, 23 males), aged range 19-65, ($M = 2.30$, $SD = .90$), recruited through convenient sampling technique from different private, public and semi-government schools. Instruments measuring constructs were the Short Dark Triad Scale (SD3), Humor Styles Questionnaire (HSQ) and Friedman Teacher Burnout Scale (FTBS) and demographic data. Correlation analysis revealed that Machiavellianism positively correlates with burnout, and with narcissism, no significant relation with psychopathy, narcissism had no significant relation with burnout yet with had significant relation with affiliative, self-enhancing and aggressive humor, psychopathy had significant relation with burnout and with aggressive and self-defeating humor, however, no relation with Machiavellianism. For affiliative, self-enhancing humor no such significance was found with burnout. In Multiple regression analysis, Machiavellianism and psychopathy had significant prediction for burnout, narcissism had no prediction either. With Humor styles only self-defeating humor style had significance with burnout, other humor styles had no significant prediction with burnout. The overall variance of the regression analyses explained is 62%. Furthermore, conclusion, limitations, future recommendations, study implications of the study are addressed.