

**DIFFERENCE IN THE LEVEL OF STRESS AND BURNOUT AMONG JOB
EMPLOYEES, BUSINESS OWNERS AND ENTREPRENEURS**

By

AYESHA ZAHID



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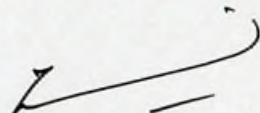
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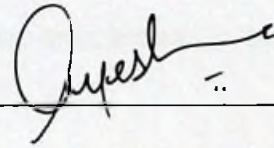
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A handwritten signature in cursive script, appearing to read 'Jyesh', is written above a horizontal line.

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DEDICATION

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Here's to strong women! May we know them,

May we be them,

May we raise them!

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ABSTRACT

This study aimed to find out the difference in the levels of stress and burnout between job employees, business owners and entrepreneurs. It was hypothesized that there will be a difference in level of stress and burnout between job employees, business owners and entrepreneurs. It was also hypothesized that there will be a difference in the resources of job employees, business owners and entrepreneurs and that there will be a difference in the demands of job employees, business owners and entrepreneurs. Total 150 participants (50 from each group) aged between 20-55 years were approached through convenient sampling. Job employees were taken from executive managerial level working in public and private sector organizations. Business owners were individuals owning their private firm or industry which could be inherited. Entrepreneurs were approached through social media and purposive sampling. The Job Demand and Resource Scale (JDERS; Jackson & Rothmann, 2005), was used to measure the level of stress and Maslach Burnout Inventory (MBI) by Maslach, Jackson & Leiter (1980), was used to measure the level of burnout among the three groups. The results were analyzed using One Way ANOVA and MANOVA. The results revealed significant difference in the resources of job employees, business owners and entrepreneurs. Entrepreneurs were found to have most resources available to them as compared to other work groups. The results revealed no significant difference in the demands of job employees, business owners and entrepreneurs. A significant difference was found between the level of stress and burnout among job employees, business owners and entrepreneurs; where entrepreneurs were found to have least degree of burnout. For future researches, it is recommended that data must be collected from different segments of organizations to ensure generalizability