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WELL-BEING IN ACADEMIA

EINE LITERATURÜBERSICHT

Die psychische Gesundheit von Wissenschaftlerinnen und Wissenschaftlern sowie Studierenden ist in den letzten Jahren zunehmend in den Fokus gerückt. Hohe Arbeitsbelastung, starker Wettbewerbs- und Erfolgsdruck und z.T. unsichere Zukunftsperspektiven prägen den Hochschulalltag und beeinflussen das Wohlbefinden vieler Betroffener. Folglich lässt sich in zahlreichen Studien zeigen, dass Stress, Erschöpfung und Burnout in der akademischen Welt weit verbreitet sind. Dabei sind die Ursachen und Auswirkungen dieser Belastungen vielschichtig und von verschiedenen Faktoren abhängig.

Die nachfolgende Literaturübersicht stellt einen Abriss der aktuellen Forschungslage zur psychischen Gesundheit im akademischen Umfeld dar. Sie soll Ihnen die Möglichkeit geben, einen ersten Einstieg in die Thematik zu finden.

THEMENEINSTIEG

1. GESUNDHEIT IN DER WISSENSCHAFT – WELCHE ROLLE SPIELEN STRESS UND LEISTUNGSFÄHIGKEIT

Barkhuizen, N., Rothmann, S., & Van De Vijver, F. J. (2014). Burnout and work engagement of academics in higher education institutions: Effects of dispositional optimism. *Stress and Health*, 30(4), 322-332.
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2. GESUNDHEIT VON PROFESSOREN UND PROFESSORINNEN

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3. GESUNDHEIT DES WISSENSCHAFTLICHEN NACHWUCHSES

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4. GESUNDHEIT VON STUDIERENDEN

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LITERATURE OVERVIEW

The mental health of academics and students has increasingly become a focus of attention in recent years. High workloads, intense pressure to compete and succeed, and, in some cases, uncertain future prospects characterize everyday life at higher education institutions and influence the well-being of those affected. As a result, numerous studies have shown that stress, exhaustion, and burnout are widespread in the academic world. The causes and effects of these stresses and strains are complex and depend on various factors.

This overview provides a sense of the current research on mental health in the academic environment. It is designed to gain a quick insight into the status quo.

INTRODUCTIONS TO THE TOPIC

1. HEALTH IN RESEARCH – WHAT ROLE DO STRESS AND PERFORMANCE PLAY

Barkhuizen, N., Rothmann, S., & Van De Vijver, F. J. (2014). Burnout and work engagement of academics in higher education institutions: Effects of dispositional optimism. *Stress and Health*, 30(4), 322-332. <https://doi.org/10.1002/smi.2520>

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4. STUDENTS' HEALTH

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HACKS & GUIDES FOR WELL-BEING

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