

Benchmark Qualitative Research Reporting Assignment

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I have no known conflict of interest to disclose.

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The researchers sought to explore youths' motivation for technology use and the impact it has on their daily functioning. A Consensual Qualitative Research (CQR) design was used, as there was a small, specific pool of participants interviewed and findings were coded and analyzed. The researchers identified two overarching themes from the data: (1) *youth use technology as their main source of peer connection* and (2) *youth use technology when it is expected of them*.

In the first theme of *youth use technology as their main source of peer connection*, participants explain the means of how they use technology to communicate with one another. Billy stated, "I play video games with my friends each day when I get the chance." Mark provided another example of this by stating, "Most nights I stay up late so I can chat with my friends." The youth who participated shared that technology acts as the facilitating medium of communication when face-to-face interpersonal communication with one another is not possible. In the second theme of *youth use technology when it is expected of them*, participants shared that part of motivation for constant use of technology is to meet the anticipation of other peers. Ruth stated, "Even when I'm with my family I can't help but look at my phone. There is not a minute that I'm not getting a text or snapchat from my friends." Jeff further exemplified this theme by stating, "My friends always want me to text them or be online even when it is a school night." Overall, youth use technology to keep up with the fast pace of their progressing social lives. One source of motivation for youth technology use is the level of connection it can easily facilitate with others. The use of technology amongst youth can impact their ability to focus on the present moment, ability to carry out normal and necessary human functions such as sleeping, and foster feelings of attention deficit. These themes imply that technology use amongst youth may cause negative effects on their daily lives and impact the ability to function in various settings. Future

researchers and counselors working with youth must be mindful of these growing expectations and understand technology within the context of their lives.

Benchmark Research Proposal Assignment

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Abstract

This assignment proposes the hypothetical research question “Does mental health impact burnout among counselors?” To support the proposed research topic and question, a review of previous academic literature is conducted. Gap statements in research are identified and the purpose for this current proposal is discussed. The research question, the corresponding field design, and strategy of inquiry are reviewed. Integration of the research question and Biblical principles are examined.

Keywords: mental health, burnout, interviews, qualitative data

Literature Review

Within counseling and related fields, professional burnout is a pressing issue that has received decades of academic attention and research. Brill (1984) coined the operational definition for burnout stating that it is a job-related dysfunction that requires exceptional intervention. An individual experiencing burnout has been able to adequately perform job-related tasks in the past, has no major psychopathology influence, and will not be able to return to previous levels of work without the presence of outside help, environmental rearrangement, or intervention (Brill, 1984). Common symptoms of burnout include feelings of helplessness, hopelessness, disenchantment, emotional exhaustion, negative attitude, inflexibility, and powerlessness (Lee et al., 2007). As research progressed, the focus has shifted to predictive and associated factors of burnout. Victor et al. (2022), which detailed the prevalence of mental-health difficulties among clinical, counseling, and school psychology trainees and professionals, suggested that these various questions be investigated in the future:

- (1) How do mental-health difficulties in clinical, counseling, and school psychology compare with those in other areas of applied psychology that do not involve clinical practice? Or to other mental-health professions, such as psychiatry and social work?
- (2) How should mental-health difficulties be addressed in clinical training and supervision and to what extent do these experiences influence clinical practice?
- (3) Why do some people with mental-health difficulties stay in academic psychology, whereas others leave? How can trainees (if they so choose) and faculty with mental-health difficulties be supported in pursuing academic careers?
- (4) How do personal experiences with mental-health difficulties intersect with other identities that have been historically marginalized and excluded from academic spaces, such as individuals from minoritized racial/ethnic, sexual-

orientation, and gender-identity groups? (5) What strategies can be implemented at micro and macro levels to increase equity and inclusion for people with mental-health difficulties in psychological science, particularly individuals with mental disorders that can cause significant professional problems? (p. 1587).

This study mainly focuses on reframing the third question above and seeks to fill in the gap on if and how mental health affects counselors and their feelings of professional burnout. While it is understood that mental health difficulties and burnout are two distinct experiences and can stand alone, the purpose of the current research proposal is to further understand their interactions and impact on one another.

Research Questions

The current research question is “Does mental health impact burnout among counselors?” Addressing this question is important because the knowledge gained from this study can greatly aid in the creation of appropriate preventative measures. A descriptive field design will be utilized to help answer the research question because this specific design allows for both a needed lack of experimental control and participants to be directly selected from the population of interest. Because of the lack of variable manipulation and type of field design selected, this research will produce qualitative data in the form of interview questions and answers. A phenomenological strategy of inquiry fits best with this research due to the fact that the experiences of burnout and mental health difficulties are being studied. Due to ethics, variables concerning these topics cannot be manipulated. When considering a phenomenological strategy of inquiry, one data to enhance the trustworthiness of the data is to audio record the interviews. This way, exact transcriptions can be made, and the researcher has data to look back on for more information rather than pulling from

memory. This research will contribute to the field of counseling by aiding in bridging the gaps between mental health, burnout, preventative services, and appropriate intervention.

Integration

While this research question does not specifically mention spirituality, there are biblical principles and scriptures that can be seen in the development of this proposal. There are various verses in the Bible that discuss the idea of taking care on oneself and aiding in the care of others. Matthew 6:33 reads, “But seek first the kingdom of God and his righteousness, and all these things will be added to you.” Another example of this is in 1 Corinthians 6:19-20, which states “Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So, glorify God in your body.” Ephesians 4: 32 says, “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” While there are many other instances in the Bible that discuss appropriate self-care and helping others, the verses provided highlight why this is important. Evans Zalewski (2022) exemplifies this principle, as it was found that self-care and counselor burnout were inversely proportional. As professionals take better care of themselves, burnout decreases. Which in turn is better for the clientele as well. Based on an empirical literature review, Yang and Hayes (2020) suggest that counseling and mental-health related professionals engage in peer supervision, either formally or informally, to help prevent burnout. In both the current research literature and in Biblical scripture, it has been noted that cooperating and working with others can help facilitate more successful outcomes.

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