

Exploring Learners' Motivation and Burnout in Times of Post-Covid

ABSTRACT

Motivation and burnout are two closely related concepts that have varying effects on learners. Motivation may be the driving force behind academic progress in the context of learning, but burnout can hinder academic performance as well as overall well-being. The COVID-19 epidemic has had a significant impact on how motivated and burned-out students are in Malaysia. Many students experience increased stress and anxiety as a result of the abrupt transition to online learning and disturbance of their normal routines. This research investigates the motivational elements that lead to learning and burnout in undergraduates. This study is quantitative in nature where 221 respondents were involved in answering 4-sections questionnaires. The findings indicate positive correlation between motivational, expectancy and affective components with total burnout. Understanding learners' motivation and the factors that lead to burnout is important for educators since it allows them to make the learning process easier for learners.