

### Abstract

The present study aimed to explore the manifestation of burnout among university students therefore the main focus is on developing an indigenous tool for measuring burnout. For this purpose phenomenology of burnout was explored using semi structured interviews. The resultant scale of 36 items was administered on sample consisted of 591 university students; 307 male students and 284 female students from four universities of Lahore. Factor analysis revealed 4 factors including emotional and physical exhaustion, inability to perform, withdrawal and self destruction. The Cronbach Alpha was found to be .93 and one week test-retest reliability was found to be .86. The study also investigated the relationship between burnout and personality characteristics. Results indicated that students with neurotic personality traits experience more burnout as compared to students with extroversion personality traits. Results showed that female students are higher in burnout than male students. Results are discussed to explain association between etiological factors and burnout with reference to Pakistani culture context.

**Key words:** burnout, university students, personality