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Flight Instructor Burnout and Coping Mechanisms

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The current regulatory climate encourages people to flight instruct that do not want to in order to move to the airline industry, and that can have a detrimental impact on the quality of student training. This can also lead to disenchantment with instruction for all flight instructors (CFIs). If CFIs are burning out because of the stresses placed on them, there could be an impact on aviation safety as these burned out instructors do not complete their students' training as well as they had in the past and they themselves move to the airlines disenchanting with the industry. This study will survey the CFI community to examine the state of burnout and what factors may influence that burnout such as demographic factors, flight experience, and geographic region. The survey will also examine coping strategies to see what strategies may be effective for CFIs to alleviate the stressors that can lead to burnout. If we can understand the state of burnout among CFIs, and the factors associated with that burnout, we can ensure that CFIs do the best job at training students they can and help maintain the safety of air travel in the U.S.