A Study of Pastoral Burnout Among Korean-American Pastors

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Abstract
The purpose of this dissertation is to provide a resource of prevention and overcoming from pastoral burnout to Korean-American pastors. This project is born out of the author's five year journey in ministry as a senior pastor of Korean-American church. This study is performed from literature research, survey observation, and personal experience. Especially, the case study was based on research targeting the pastors who belong to the Capital Presbytery of KAPC, and conducted through analysis of the statistical data obtained from a questionnaire survey. In that view, this dissertation presents the definition, various factors and symptoms of burnout among the Korean-American pastors. It also proposes how pastors can overcome stress and burnout in their lives, as well be effective in ministry.