Pastoral Burnout and Leadership Styles: A Mixed-Methods Study of Southern Baptist Pastors in Central Florida [Dissertation Notice]

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This three-year narrative study tells the stories of five women leaders working within the Council for Christian Colleges & Universities (CCCU). Women leaders are underrepresented within this sector of higher education compared to other religious and/or private higher education institutions. Two of the participants hold positional leadership within academic affairs, two within student life, and one within college financial services. Ten themes emerged from the women’s stories, clustered into three broader headings that resonate with existing gender and leadership research (Ayman & Korabik, 2010), authentic leadership development theory (Avolio & Luthans, 2006), and guidelines for narrative analysis (Clandinin & Connelly, 2000): (a) the landscape or cultural setting, (b) leadership identity or the internal journey of leaders, and (c) relationships with others or interpersonal dynamics. The findings urge Christian higher education institutions to consider five recommendations for enhancing the impact of female leaders.


This study examined the factors that contribute to stress, burnout, and turnover among Southern Baptist pastors of Central Florida. Previous research indicated that pastors’ overwhelming responsibilities, lack of a support system and cooperation, and their own personal factors tend to put them under a great deal of pressure and adversity. This mixed method study focused on perceptions of 12 senior pastors who were interviewed and 32 others who were surveyed utilizing the Multifactor Leadership Questionnaire (MLQ) and a burnout inventory developed by this researcher. A significant relationship was found between job dissatisfaction (50%) and feelings of personal accomplishment. Pastors who are more inclined to exhibit transformational and transactional leadership styles have lower levels of burnout than those who are more inclined to practice laissez-faire leadership style.


The study addresses the church leaders’ contribution towards fostering peace, justice, and reconciliation in the multi-party political era in Kenya that has been plagued with a vicious circle of ethnic violence. The research carried out in Kenya revealed that church leaders retreated into ethnic cocoons for personal and ethnic interests, where they trampled upon Christian identity and loyalty while lifting up the banner of ethnic loyalty, which polarized their functionality and responsibility. The perceived loss of moral authority and status on a national platform relegated them to ethnic voices. The ethnic perception hampered and hindered their effort in fostering peace, justice, and reconciliation.

Church leaders recognized and acknowledged their weakness of not living according to the demands of