

Background and Literature Review Burnout is a significant issue among nursing students, stemming from prolonged academic and clinical stress. It is characterized by emotional exhaustion, depersonalization, and reduced personal accomplishment (Maslach & Jackson, 1981). Nursing students face unique stressors, including high academic demands, clinical placements, and lack of support, making them especially vulnerable to burnout. Research highlights that factors such as the mismatch between academic expectations and clinical realities, as well as the pressures of online learning (especially during the COVID-19 pandemic), significantly contribute to burnout. This issue impacts students' well-being, academic performance, and overall mental health, with potentially long-lasting consequences on their careers. Therefore, early intervention and support systems are crucial to prevent burnout and improve nursing students' educational experience and resilience in their future careers