

### Abstract

The present study examined whether religious orientations, operationalized as intrinsic, extrinsic, and quest religious orientation help part-time and full-time workers in Hong Kong to navigate work burnout and find meaning in work. The New Indices of Religious Orientation, Oldenburg Burnout Inventory, and Work as Meaning Inventory were used to measure the three variables on 189 participants (54 males, 134 female) who have Christian faith and work part-time or full-time. Multiple regressions were conducted to generate results. The results indicated that intrinsic religious orientation has a significant negative relationship with burnout and a significant positive relationship with meaning in work. Results also showed that extrinsic religious orientation has a significant positive relationship with burnout and a marginal significant positive relationship in greater good motivation under meaning for work. No significant result was found for quest religious orientation. Limitations of the current study and future research on these three variables were discussed.

*Keywords:* religious orientation, work burnout, meaning for work