Comparison of job burnout among male and female teachers of physical education in Mashhad Region 6

Abed Zaeimi, Dr. Zahra Sadat Mirzazadeh, Dr. Mohsen Barghamadi

1Department of physical Education, North Khorasan science and research Branch, Islamic Azad University, Bojnord, Iran.
2Department of physical Education, Ferdosi University, Mashhad, Iran.

ARTICLE INFO

Article history:
Received 1 September 2013
Received in revised form 25 November 2013
Accepted 29 November 2013
Available online 4 January 2014

Key words:
burnout, emotional exhaustion, depersonalization, reduced sense of personal achievement

ABSTRACT

Background: The aim of the present study was to investigate the Comparison of job burnout among male and female teachers of physical education in Mashhad Region 6. Objective: To achieve this goal 100 of men and women sport teacher of regions 6 of education was selected which 40 of men and 60 of woman was selected as sample by bunchy random method. To measure the job burnout Jaskson and Maslesh questionnaire and for collecting individual information researcher questionnaire was used. To testing the hypothesis U & T test of Man & Yetmi and Variance analysis was used. All of statistical calculation was done by SPSS19. In all of test @=0.05 Results: there was a significant difference between emotion of individual success in men and women teacher and also there is a significant difference between personalize of men and women teachers and there is a significant difference between emotional tiredness of sport and non-sport teacher and there is a significant difference between job burnout of men and women sport teacher. Conclusion: academic results of their work and receive feedback that causes the person to assess their performance and possible improvements. And the general nature of the teaching profession so that people can see the results of his work can be a feeling of personal accomplishment.or even more than others and have a sense of reduced personal accomplishment component of burnout as a result of the exercise can be less.

INTRODUCTION

today importance role of job in different dimension of life is not hidden for anybody because job is a device to make live and has a direct relationship by physical and mental health. Research shows that work environment and occupational stress can cause mental illness, or the staff to expedite the process of mental illness. Following the experience of stress, a person suffering from mental illness or are suffering from burnout is disabled and infirm.

Obviously, the nature of its business requires that workers have more job stress, fatigue and burnout, and it seems to be the teaching of occupations that has this characteristic. According to recent research that has been done around the world, teaching one of the most stressful jobs the world has known.

Cooper in his classification and evaluation of several jobs, they concluded that the stress levels of teachers as professional health care workers experience the highest stress. The society will be subject staff stress and burnout, already a serious problem in all organizations. There would be a negative experience to feel pressure, discomfort, dysfunction, with negative consequences are conducive.

All of sport activities socialize person because of creation of correlation situation and make a healthy life. And generally made cooperation, collaboration and social adaptive behavior and reduce stress. [2].

Occupational stress:

Stress is a term originally meant the force. In the physical world, any pressure on the object or device is entered into on the action is, it disrupts the stability of the internal components and the tension it creates, and the object or device is an interaction throws. Broadly speaking, the driving factor of tension and stress is known to provoke her reaction. These factors may be an event or a situation or a problem. Response to stress and tension are conducive to the overall process as "stress", they say. [4].

Signs of stress:
Bier Venyuman in 1978 introduce 3 sign that will be shown in stress situation: mental sign, physical sign and behavior signs.

**Symptom:**
Emotional and cognitive problems are those that occur due to disorders caused by stress. This is one of the most common consequences of job stress and job dissatisfaction.

**Somatic symptoms:**
Research evidence shows that the relationship between job stress and physical symptoms and diseases are given.

One of the most common physical symptoms of stress-related heart disease - the disease. There are credible studies that the relationship between stressful working conditions and the risk factors of heart disease, cerebrovascular show.

**Behavior symptoms:**
*They are divided into two categories:*

The first signs are those that can be said directly that the individual is employed. This category includes behaviors such as refusal to work, increasing consumption of tobacco and alcohol and drugs, overeating or loss of appetite, aggressive behavior against colleagues or family members.

The second category of behavioral symptoms or administration of an organization is its corollary, the absence from work release jobs, increase productivity and absence from work due to an accident.

**Stress in teachers:**
Burger Fereidan first time in 1974 as staff burnout to show symptoms such as fatigue, frustration and resignation in the Mental Health Knarknan used it seems that most of people that work in health-social center [such as Dr, nurses, teachers, judge, police ] will receive further develop [4].

There are specific signs of burnout
A] emotional exhaustion
B] depletion of depersonalization or personal characteristics
C] reduced personal accomplishment

According to Mslsh, burnout behind the stage, the first stage, the person feels that the analysis of emotion, no feeling, the disabled and others who have something to offer. In the second stage one more show negligence and personal tasks at work is feeling. The third stage is the conclusion of the work is unsatisfactory and not to do.

The phenomenon of burnout is an advanced process in which pressure is applied to the high and increasing. It is felt that an employee's injury. treat. With higher burnout, professional skills are weak. The physical and emotional exhaustion can lead to poor health and even premature death. Warning Signs of burnout to protect it should learned and immediately diagnosed, appropriate and effective responses indicated that it minimized the damage [6]

**Burnout in teachers:**
Teachers who are experienced severe burnout often feel that they are not able to help his students, sometimes with negative attitudes toward students, parents and other teachers to find. The teachers also felt that they are not able to achieve any of the objectives taught. Generally, there are two factors that have an effect on teacher burnout.
A] Organizational Factors  B] individual factors

A] organizational factors:
Include role conflict, role ambiguity, high work load, class atmosphere, the lack of inclusion in decision-making and lack of social support are.

B] Individual factors:
Including control, confidence and personality type teachers.

Clergyman, born in 1998 to study the effects of stress and fatigue on the efficiency and performance of managers is conducted drilled. The results show an inverse relationship, but so that the increased stress and stress management efficiency is reduced.
BolourZade, et al in 2002 in a study entitled "Evaluation of the relationship between exercise and aging women sprinters and endurance Tehran" to emotional exhaustion and depersonalization found that [identity] in women with a history of endurance sports significantly and inversely related. Personal and athletic performance loss record did not show an association. In general, endurance runners than sprinters were worn

Sanei et al [1] in his study entitled " Physical and mental health relationship with burnout and faculty members of the military," the results achieved, a significant inverse relationship between physical fitness and is wear resulting in increased fitness, decreased levels of burnout. It can be worn on the level of fitness and some of its subsidiaries, including cardiovascular endurance, fat precedent estimate.

Eskandari his Master's thesis, RAD in 2005 entitled " Determination and comparison of job burnout of physical education teachers and physical education in the city of Kashmar " came to the conclusion that between the burnout of physical education teachers and other physical education, there is no significant difference.

Ahmad [1] evaluate the relationship between happiness and quality of exercise for students, concluded that regular exercise increases happiness, self-esteem, calm and controlled.

The researchers named Dorothy Pnachyv in 2004 in his article on " Are you at risk of burnout ? " Pointed out that aging causes physical, mental and emotional depression and fatigue may be one reason Fatigue may be some factors such as hard work, bad jobs and bad feelings towards work and ... Search made.

Colangelo in 2004 in his doctoral dissertation entitled " Teacher stress and burnout and the role of physical activity and parents, including those " who did the teachers came to the conclusion that teachers who have participated in less physical activity and stress experience burnout . he also includes the need to have as much research about the effects of exercise on mental states and to take the wear.

The study was carried out in 2005 by Anonymousentitled " Burnout of high school physical education teachers in Texas " came to the conclusion that physical education teachers and sports are prone to burnout than others due to the for education and training of professional athletes had to endure a lot of stress.

James Nelson, in his study entitled " How to prevent burnout ? " This could be the result of a cold by five after their work is effective in reducing burnout include: control, reward employees know and understand it, consider it, and the proper workplace job.

Quested & Duda surveyed preference situation on indes in hip-hop athletic and show that preference situation in hip hop class make persons healthy and support them.

Method:

In order to compare male and female physical education teacher burnout in Mashhad Region 6, a method based on descriptive statistical research "Ali - a comparison" is used. Statistical population in this research include all men and women sport teacher in 2012-2013 in guides and high school of region 6. That include Department of Education, Mashhad 6th district 135 teachers, of whom 53 are women sports sports men and 82 women teachers.

Sample of the population of the entire population characteristics, especially in terms of subject characteristics is important to be able to fit. The sample is 100.

Reliability of the instruments used in the study, 78% had a high reputation. To assess the validity of this measure has face and content validity. Descriptive and inferential statistics were used in this study. In descriptive statistics, frequency tables, mean, standard deviation and inferential statistics, analysis of variance test, t-test and Mann-Whitney u-test of the hypothesis test is used. All statistical calculations were performed by the software SPSS19. [ Significance level of p=0.05 will be considered].

Findings

"Rate of burnout among men and women there is no significant difference".

Table 1: table of description statistics of job burnout

<table>
<thead>
<tr>
<th>Description of groups</th>
<th>Value</th>
<th>average</th>
<th>Standard deviance</th>
</tr>
</thead>
<tbody>
<tr>
<td>man</td>
<td>40</td>
<td>63.07</td>
<td>4.57</td>
</tr>
<tr>
<td>woman</td>
<td>60</td>
<td>69.26</td>
<td>7.18</td>
</tr>
<tr>
<td>total</td>
<td>100</td>
<td>--</td>
<td>--</td>
</tr>
</tbody>
</table>

Table 2: Table of T-test statistics

<table>
<thead>
<tr>
<th>Type of statistic</th>
<th>T statistic</th>
<th>Degree of freedom [df]</th>
<th>Significant level</th>
</tr>
</thead>
<tbody>
<tr>
<td>value</td>
<td>-4.832</td>
<td>98</td>
<td>0.00</td>
</tr>
</tbody>
</table>

Conclusion:

Given the significant level of 05/0 and the hypothesis is rejected and therefore less burnout in teachers exercise between men and women, there is no statistically significant difference. And according to Table 2 can be seen that the male teachers than female teachers is burnout.

"There is no significant difference between male and female teachers' emotional exhaustion".
As can be seen in the table above, the p-value of 0.05 is lower than assumed we reject H0 and accept H1 hypothesis, it means that this hypothesis is rejected and we will accepted that there is a significant difference between emotional tiredness of sport and non-sport teacher. And according to table we can see that emotional tiredness in men teacher is more than women.

"Depersonalization teachers among sports men and women there is no significant difference"

As you can see in abow table, because p-value is less that 0.05, the hypothesis is rejected and we accepted that there is a significant difference between personalize of men and woman and according to averages table personalize in women teachers is more that men teachers.

Reduced sense of personal accomplishment and there is no significant difference between male and female teachers’

As can be seen in the table above, the p-value of 0.05 is lower than assumed we reject H0 and accept H1 hypothesis.

Discussion and conclusions

"Rate of burnout among sports men and women there is no significant difference in area 6" the teacher is a man of sport.

BlourZade, et al in their research found that people with a history of sport and inversely correlated with burnout with the results that it is our way. Sanei et al [11] in their study reached the conclusion that a significant and inverse relationship between physical fitness and burnout is that the results are in agreement. Eskandari Rod in their findings concluded that burnout in physical education, physical education teachers, and other significant difference is that this result is in agreement with the present study. Koulanglow in his doctoral dissertation came to the conclusion that there is a significant relationship between burnout and physical activity, which agrees with our results are.

Anonimas [2] in their study concluded that teachers of physical education and sport are more prone to burnout than others with the findings in agreement that does not consequences of the preserve, or at least reduce its severity.

"Teachers emotional exhaustion among sports men and women there is no significant difference".

Due to limited research in this area and the lack of access to its research, external research, only a few have achieved results in emotional exhaustion which was search by athletes, but due to feeling less emotional exhaustion at work, this result is aligned with our results.
"Depersonalization between male and female gym teacher is no significant difference".

'Sanei et al [11] in their research found that the correlation between physical activity and depersonalization burnout and consequently there is an inverse relationship between the results of this study are in agreement. Eskandari Rad in his research find out that there is no significant difference between personalize of sport and non-sport teacher, and this result is not as the same as results of our research. Nelson in their study reached the conclusion that an organization of employees that work similar to each other than to have a burnout that the results are depersonalization inconsistent each other.

"Loss of a sense of personal accomplishment no significant difference between male and female teachers physical"

Results show that this hypothesis is confirmed, it means that there is no different between reduction of individual success in men and women teacher. Also its level in men teacher is higher but this difference is not significant.

In connection with this hypothesis, Ahmad Pur in their study concluded that the level of personal success, there is no significant difference between male and female physical education teachers who are in agreement with our results. Priest born in their study concluded that high performance is to reduce stress and burnout. Stress and burnout among the direct correlation function is private.academic results of their work and receive feedback that causes the person to assess their performance and possible improvements. And the general nature of the teaching profession so that people can see the results of his work can be a feeling of personal accomplishment .or even more than others and have a sense of reduced personal accomplishment component of burnout as a result of the exercise can be less.

REFERENCES