

SURVEY OF BURNOUT SYNDROME AMONG PHYSICAL EDUCATION TEACHER

Dr. Kamlakar K. Kadam

Head

*Depr. of Physical Education and Sports.,
Nutan College, Selu (M.S)*

Abstract:

The main purpose of the study was to measure three components of burnout syndrome (emotional exhaustion, depersonalization and lack of personal accomplishment) on Physical Education Teacher of Pune city. For this study total 200 Physical Education Teacher of both male and female of 30-50years were selected from the North Eastern states of India. For the purpose of collecting of data the Maslach Burnout Inventory Syndrome was used. In the view 31% Physical Education teacher were low degree occupational exhaustion, 56% were moderate degree and 13% were high degree occupational stress. 15% Physical Education Teacher were low degree depersonalization/loss of empathy (DP) 37% were moderate were moderate degree (DP) 48% were high degree (DP). 78% were low degree personal accomplishment assessment (PA) 14% were moderate degree (PA) and 8% were high degree (PA).



Global Online Electronic International Interdisciplinary Research Journal's licensed Based on a work at <http://www.goeiirj.com>

Key word: Burn out and Physical Education teacher.

INTRODUCTION:

Burnout in sports and exercise is a psychological syndrome emotional/physical exhaustion reduced sense of accomplishment. Burnout it is a psychological syndrome occurring from prolonged job stress. However it is important to know burnout is not only applicable to professionals but students can also develop burnout syndrome. It may occur in individual without any previous history of psychiatric or psychological disorder. It is triggered by a discrepancy between the expectation and actual requirements of their position. In the beginning one may feel emotional stress and increase work place stress. Subsequently one loses the ability to adapt work environment and increase negative attitudes toward their job, their colleagues and their patients.

Key symptoms of burnout

- **Exhaustion:** It is generalized fatigue which is related to devoting extra time and effort towards a task which may not be beneficial. For example continue trying for an exam which seems to be impossible to crack. Ways to check exhaustion: One may be so tired that you can't do anything after work, they can drag themselves out of bed to get to work or class in the morning. One may be exhausted both emotionally and physically.

Physical symptoms: Body aches, difficulty concentrating, feeling drained and irritability.

- **Depersonalization:** It is a disorder where we can feel that break down in awareness that come with dissociation in relation to two core things in relation to our self and surroundings. It can be really stage and deeply distressing experience and those who going through it they think that they are having a mental breakdown or may develop psychotic disorder and feel uncomfortable and odd. Actually this is not the form of psychosis. When one experience depersonalization one is aware of detachment. It is an indifferent attitude towards work and also unprofessional behavior with co-worker. Blaming others for their own mistakes. Inability to express gratitude or grief when a patient dies.

- **Reduced personal accomplishment:** It is insufficient feeling in regard to the ability to perform ones job and generalized poor professional self-image and self-esteem. An individual may develop nonspecific symptoms like angry, frustrated, fearful or anxious, they may also express inability to feel happiness, joy and pleasure. It is also can be associated with physical symptoms including: insomnia, muscle tension, gastrointestinal problems.

Health care professionals reported the highest level of burnout in excess of 40%.

METHODOLOGY:

This was a survey study which was done to find out the burnout syndrome of Physical education teacher of North-Eastern States of India. Cluster sampling procedure were adopted to make the sample. Total 200 Physical Education Teacher were selected for the sample of the study. For the analysis of the data the percentage was used as a statistical tool.

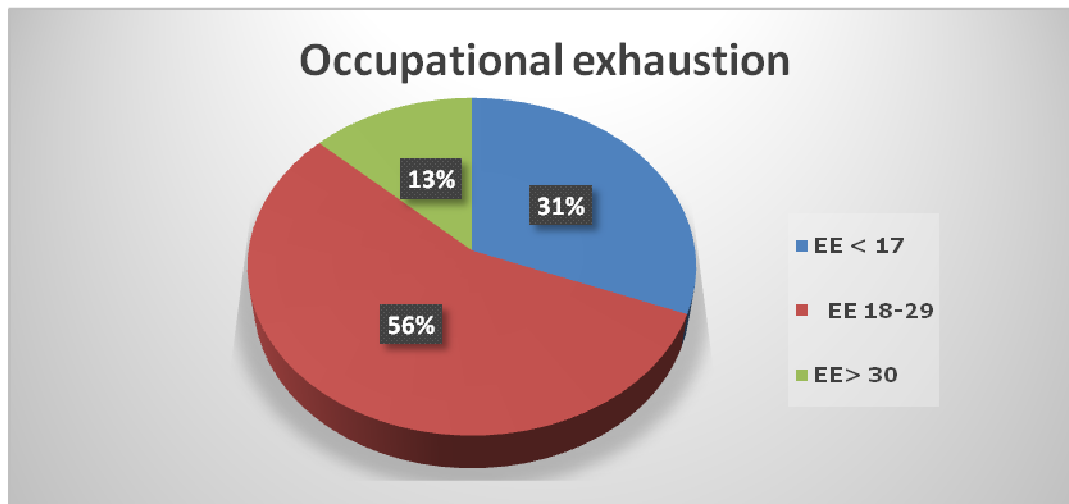
METHOD OF MEASUREMENT OF VARIABLE: Burnout was the variable of this study.

Maslach Burnout Inventory Syndrome was used to measure the selected variable.

Table No. 1: Percentage of Occupational exhaustion

EE < 17	EE 18-29	EE > 30
31%	56%	13%

Graph No. 1

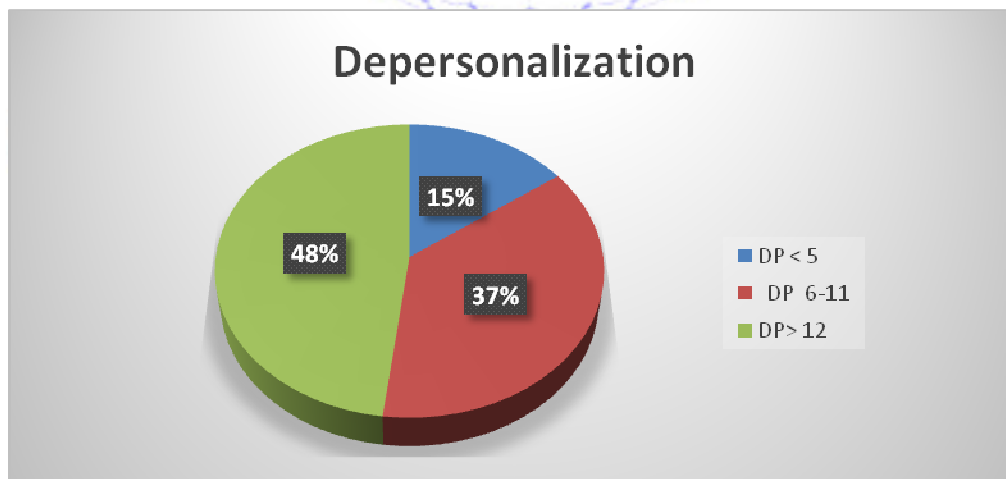


In the view of the above pie diagram no.1 31% (62) Physical education teacher low degree occupational; exhaustion (EE). 56 % (112) physical education teacher were moderate degree (EE) 13 % (26) Physical education teacher were high degree.

Table no 2: Percentage of depersonalization

DP < 5	DP 6-11	DP > 12
15%	37%	48%

Graph No. 2

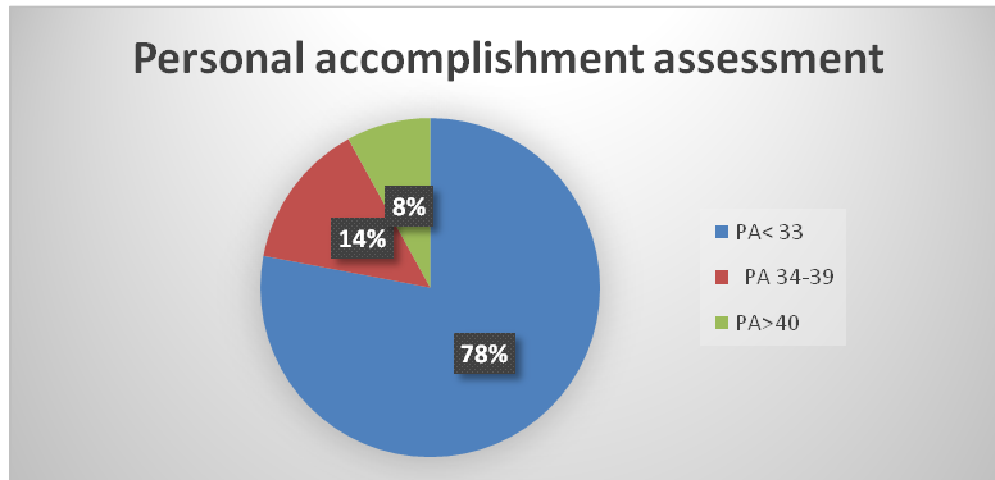


In the view of the above pie diagram no. 2 15% (30) Physical Education teachers were low degree depersonalization loss of empathy (DP) 37%(74) physical education teachers were moderate degree (DP), 48% (96) physical education teachers were high degree (DP)

Table No. 3 Percentage of Personal accomplishment assessment

PA< 33	PA 34-39	PA>40
78%	14%	8%

Graph no. 3



In the view of the above pie diagram no. 3 diagram 78% (156) Physical education teacher were low degree personal accomplishment (PA.) 14%(28) moderate degree (PA), 8% (16) were high degree (PA).

DISCUSSION AND CONCLUSION:

The result of statistics revealed that in the view

- 31% Physical Education teachers of North Eastern States of India were low degree occupational exhaustion, 56% were moderate degree and 13% were high degree occupational stress.
- 15% Physical Education teachers of North Eastern States of India were low degree depersonalization/loss of empathy (DP) 37% were moderate were moderate degree (DP) 48% were high degree (DP).
- 78% Physical Education teachers of North Eastern States of India(PA) 14% were moderate degree (PA) and 8% were high degree (PA).

REFERENCES:

- Alferd, H. W. (1949).** “Education Research Method Applied to Physical Education and Recreation”, AAHPER Publication, pp: 253-54.
- Andreas, S. (2009),** Department of Psychiatry and Psychotherapy, Campus ChariteMitteCharite– Universitätsmedizin Berlin Germany, 2009, 116:777.
- Angelo J. Kinicki, Frances M. McKee-Ryan, Chester A. Schriesheim, Kenneth P. Carson,(2002)** Assessing the Construct Validity of the Job Descriptive Index: A Review and Meta-Analysis, Journal of Applied Psychology Vol.87, No.1,14–32
- Baljeetkaur and Agyajeet Singh (2014)** ‘burnout among elementary school teachers’. Patiala. 21st century publication.
- Balzer, W. K., Parra, L., Ployhart, R., Shepherd, W., & Smith, P. C. (1995).** Psychometric equivalence of the revised JDI: The same only more so. Unpublished manuscript
- Balzer, W. K., Smith, P. C., Kravitz, D. A., Lovell, S. E., Paul, K. B., Reilly, B. A., & Reilly, C. E. (1990).** User’s manual for the Job Descriptive Index (JDI) and the Job in General (JIG) scales. Bowling Green, OH: Bowling Green State University
- Best, J. W. and Kahn, J. V. (2003).** “Research in Education” Published by Prentice-Hall of India Private limited, New Delhi-110001.
- Best, J.V. & Kant, J.V. (2007).**Research in Education.9th edition. pp. 144-47.
- Cherniss, C (1980)** Professional burnout in human service organization. New York. Praeger.
- Dinham, S. and Scott, C. 1998.** A Three Domain Model of Teacher and School Executive Satisfaction. J. Educat. Admin., 36: 362-378.
- Frost Reuben B. (1971)** Psychological concepts applied to Physical Education and coaching (London: Addison Wesley Publishing Company), p. 158.
- Johnson, S. M., mith, P. C., & Tucker, S. M. (1982).** Response format of the Job Descriptive Index: Assessment of reliability and validity by the multitrait–multimethod matrix. Journal of Applied Psychology, 67, 500–505.
- Kamlesh, M.L. (1986)** Methodology of research in Physical Education and sports (New Delhi: Metropolitan Book Co. Pvt Ltd.,) pp15-70.
- Maslach C, Jackson SE Leiter MP,** Maslach burnout inventory manual.3rded P Alto Alto: Consulting psychologist Press, 1996.
- Mathew, D. K., (1973)** Measurement of Physical Education (Philadelphia W.B Saunders Company), p.45.

Sivaramakrishnan, S. (2006) “Statistics for Physical Education” Friends Publication

(India): New Delhi-110002. P.55-66.

Tripathi, A.and A.K. Srivastava (2007). “UGC NET/SLET Physical Education.

Danika Publishing Company”, Delhi. p.32

Verma, P.(1986) “J. A. Text Book on Sports Statistics”. Sports Publication, New Delhi p.34

