



# The Sources of psychological stress among Teachers of Physical and Sport Education in Secondary School

## مصادر الضغوط النفسية لدى أساتذة التربية البدنية والرياضية للطور الثانوي

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### Abstract:

The research aims at illustrating the sources of the psychological pressures with secondary school teachers of physical and sport education. It aims also to know if there are differences with statistical significance in the level of the psychological pressures of physical and sport education teachers that refer to the variables of (age, professional experience, and scientific qualification). The descriptive method was used on a sample group of 30 secondary school teachers of physical and sport education in M'sila (2014-2015) who were chosen randomly. The researchers have used the standard of psychological pressure (prepared by them) as a tool of measurement; as a result, they found that secondary school teachers of physical and sport education suffer from a high level of psychological pressure and their main sources are working conditions, social status and physical charge. The results also showed that there are no differences with statistical significance in the level of psychological pressure that refer to the variable of age, professional experience and scientific qualification.

**Key words:** Physical and Sport Education Teachers, Psychological Pressures, working conditions, social status, physical charge.

### ملخص:

يهدف البحث التعرف إلى مصادر الضغوط النفسية لدى أساتذة التربية البدنية والرياضية للطور الثانوي، وكذا هل توجد فروق ذات دلالة إحصائية في مستوى الضغوط النفسية لدى أساتذة التربية البدنية والرياضية تعزى إلى متغيرة (السن، الخبرة المهنية، المؤهل العلمي)، وتم استخدام المنهج الوصفي، على عينة تكونت من (30) أستاذ تربية بدنية ورياضية في الطور الثانوي لولاية المسيلة خلال الموسم الدراسي (2014/2015) تم اختيارهم بطريقة عشوائية، واستخدم الباحثان مقياس الضغوط النفسية لأساتذة التربية البدنية والرياضية (من إعدادهما) كأداة للقياس، وقد أشارت نتائج



البحث إلى: يتعرض أساتذة التربية البدنية والرياضية لمستوى مرتفع من الضغوط النفسية، وأهم مصادر الضغوط النفسية لدى أساتذة التربية البدنية والرياضية تتمثل في (ظروف العمل، المكانة الاجتماعية، صراع الدور، العبء البدني)، كما لا توجد فروق ذات دلالة إحصائية في مستوى الضغوط النفسية لدى أساتذة التربية البدنية والرياضية تعزى إلى متغيرة (السن، الخبرة المهنية، المؤهل العلمي).  
الكلمات الدالة : أساتذ التربية البدنية والرياضية، الضغوط النفسية، ظروف العمل، المكانة الاجتماعية، العبء البدني

## 1- Introduction:

Psychological pressure is one of the manifestations of the present era, given the rapid changes, developments, difficult transformations and sometimes great challenges at the level of individuals, communities, and nations, What constitutes a challenge to nations and societies is indeed a challenge for individuals, especially if we know that societies are a group of individuals who make up society and have several common links. The first links are religion, language, culture, customs, traditions and common interests, in addition, they live in a single social and political system, Therefore, any challenge to the society or any risk it will be reflected on the behavior of individuals and their feelings, as well as doing their work and their behavior with family members and their relationship with those around them from managers, colleagues, and neighbors.

"Mc Grath" (1977) defines psychological stress as the apparent imbalance between requirements (Physical, psychological) and the ability to respond under circumstances when failure to respond to those requirements represents significant results<sup>(1)</sup>.

The nature of the pressures vary according to their sources, some are related to everyday life such as social demands, while others relate with working conditions, it is one of the most influential pressures in the lives of individuals and communities, due to their negative effects on the mental health of the individual and his relationship with others and the low level of production performance<sup>(2)</sup>.

The continuous work pressure has negative effects on the physical and mental health of the individual, such as heart disease, blood pressure, stress,... etc. resulting in a decrease in performance, if the professor of physical education and sports is able to withstand and cope with the burdens, the so-called positive adjustment, this results in not to decline in the level of efficiency and effectiveness, and In the event that he is unable to withstand the pressure the negative adjustment process of the professor occurs, it shows stress and inability to adapt positively to stress and burden.



The teacher is an essential part of the educational process, and the success or failure of this process depends mainly on it, Many studies in the field of education and mental health confirm that the psychological stress of its various sources (subjective and objective) is very important in its impact on the lives of individuals and groups, and success in many actions depends on the extent of the psycho-social harmony of the individual.

The results of several studies indicate that teachers of physical education and sports are exposed to a high level of psychological stress, for example, the study of (Al-Shishtawi, 2000), which found the existence of psychological pressure on the teachers of physical education and sports<sup>(3)</sup>, As well as the study (Hbara, 2007), which confirmed the results exposed professors of physical education and sports to a high level of psychological pressure<sup>(4)</sup>, the study (Al-arbawi, 2008) found that the professor of physical education and sports ties good relations with students and who study other subjects, and his relationship with the management and inspector and the material possibilities all affect and reflect negatively on his Professional competence<sup>(5)</sup>, while the results of the study (Habelin, 1985) showed that teachers' awareness of psychological stress increases as their years of experience increase<sup>6</sup>.

All these negative consequences that may result from psychological stress, Which is exposed to the professors of physical education sports, It is necessary to study and identify the sources and causes of these pressures, so it was necessary to study this phenomenon, and identify their main causes and sources, and for this purpose, this study attempts to answer the following questions:

- What is the level of psychological stress among teachers of physical education and sports for the secondary stage?
- What are the most important sources of psychological pressure on the teachers of physical education and sports for the secondary stage?
- Are there any statistically significant differences in the levels of psychological stress among the teachers of physical education and sports for the secondary stage due to variable (age, academic qualification, professional experience)?

## **2- Terminology of study:**

**Psychological stress:** Is the sense of loss of balance between demands and potentials, usually accompanied by positions of failure, where this failure in the face of demands and potentially powerful influence in causing the psychological pressure (7).

“Mills” defines it as an internal reaction resulting from an individual's inability to meet the environmental requirements of the plant (8).



Defined by the researchers as a psychological condition of lack of stability resulting from mental and physical stress and psychological, the weak ability of the professor of physical education and sports to adapt to the surrounding environment because of the large number of requirements that fall on him, and weak ability to meet these requirements, and not help the people surrounding him to overcome these pressures reach the professor to a state of frustration and depression may reach to the case of Psychological emotions lead him to move away from his profession.

**Teacher of physical education and sports:** The Teacher of physical education and sports plays a vital role in the student's life. It is a mediator between the student and sports, so it was necessary to prepare this Teacher professionally, academically, culturally and scientifically.<sup>(9)</sup>

The teacher of physical education and sports is a person who devotes himself professionally to teaching others and helping them, as well as participates in cultural development and is interested in achieving the educational goals that they become.

### **3- Study Methodology and Field Procedures:**

**Method used in the study:** The researcher followed the descriptive approach because of its relevance to the nature of the study.

**Society and sample of the study:** The study population consists of the teachers of physical education and sports working in all the public educational institutions of the secondary stage in the state of "Msila", 155 teachers distributed in (66) secondary schools across the state, where the researchers chose 30 teachers in a random way.

**The study tools:** The two researchers built a measure of the psychological pressure of the professors of physical education and sports after studying the previous Arab and foreign studies, as well as relying on several measures, including: Psychological combustion scale for "Allawi" (1998), "Al-Khalifa" Psychological and Occupational Stress Scale (1999).

**Validity of the scale:** The researchers presented the scale in its preliminary form to a group of arbitrators with experience and competence in the field of physical education and sports. The opinions of the arbitrators were emptied, taking into account the observations and suggestions for deleting a word or rephrasing and modifying it, and the calculation of the percentage of arbitration approval for each of the proposed standard terms. Accordingly, the statements agreed by the doctors were chosen by the judges at a minimum of (80%), and (05) statements were excluded from the total number of terms of the scale, (80%) of the arbitral



award, where the arbitrators pointed out their ineffectiveness or similarities with other phrases in terms of content, from which the scale became composed of (60) words distributed on (08) eight dimensions.

**Reliability of the scale:** "Alpha-Cronbach" stability coefficient was calculated on a survey sample of (10) professors from the original society and outside the basic sample. The total degree of stability coefficient in the eight dimensions was 0.96 which is high and reliable value.

**Statistics tool:** The data were processed using the statistical analysis program for social sciences (spss) as follows: arithmetic mean, standard deviation, frequencies and percentages, "t" student test, alpha kronbach equation, Pearson correlation coefficient.

#### 4- Presentation, analyze and discuss the results:

##### Presentation and discuss the results of the first question:

The first question is: What is the level of psychological stress among the teachers of physical education and sports of the secondary stage? To answer this question, the total score of the scale was calculated as shown in the following table:

**Table n°1:** shows the areas of governance at the level of psychological stress experienced by the teacher of physical education and sports for the secondary stage

the field	Pressure level
At 1800°.	Very weak
From 1800° to 3600°.	Weak
From 3600° to 5400°.	Average
From 5400° to 7200°.	high
From 7200° to 9000°.	very high

We can see from the table (01) that the actual score achieved by members of the study sample on the table of areas of governance, we find that the teachers of physical education and sports are subjected to high pressure, where the levels of pressure to 5740° high in the field and this on the total score of the scale, By 63.77%.

These results are consistent with the results of the study of "Al-Shishtawi" (2000), which found that teachers and teachers of physical education in the Middle Delta educational sector are subjected to high psychological pressure<sup>10</sup>, and also agree with the results of the study of (Hbara, 2007)<sup>(11)</sup> and (Al-arbawi, 2008)<sup>12</sup> Which found that the teachers of physical education and sports are exposed to high levels of psychological pressure, where the profession of



education is a profession of pressure is linked to multiple factors and intertwined, and the profession of teaching physical education in educational institutions face such pressures, which lead to the stress of exhaustion.

Thus the first hypothesis which states: Physical and sports education teachers are exposed to a high level of psychological stress, have been achieved.

### **Presentation and discussion of the results of the second question:**

The second question is: What are the most important sources of psychological stress on the teachers of physical education and sports for the secondary stage? To answer this question, the typical total score of the scale was calculated as shown in the following table:

**Table n°2:** shows the most important sources of psychological stress affecting teachers of physical education and sports

Axis	Mean degree of impact	Rank
Working with students	88.42	5
Working Group	71.57	8
Educational guidance	82.66	6
Working conditions	109.78	1
Monthly Salary	81.58	7
Physical burden	97.16	4
The struggle of the role	101.85	3
Social status	107.42	2

The results of Table (02) show that the axis of working conditions comes first in terms of impact and importance, which confirms the role of this axis as a source of psychological pressure for teachers of physical education and sports, followed by the axis of social status, conflict of role in third place, then came the physical burden ranked fourth, and ranked fifth work with the students, and then the axis of educational guidance, and then the focus of monthly salary and finally the work group.

The working conditions are one of the most important sources and the researchers mean that they are the environmental and physical conditions of work, safety and security in the workplace. This is in line with the results of the study of (Askar, 1998). where she found that uncomfortable working conditions contribute to increasing the suffering of work pressure.<sup>(13)</sup>

Social status, which ranked second in terms of belonging to the group, as well as its leadership role, and the services of the individual to the group to which he belongs, and the social status of the teacher of physical education and sports play an important role, because the view of the community and parents is still deficient



and has not been fully recognized the educational role of the professor of physical education and sports, These results are consistent with the results of the study (Kilani, 1986), which found that among the sources of psychological stress social factors, and in the same context that the social pressures ranked first in terms of the types of psychological pressure suffered by the teacher of physical education and sports<sup>14</sup>. These results are also consistent with the results of (Abbott, 1986), which found that one of the most important psychological pressures on teachers is the role conflict.<sup>(14)</sup>

The fourth source was the physical burden in terms of its composition as a source of pressure for the teachers of physical education and sports, in order to vary the material from the rest of the physical activity of the motor, which requires the teacher good physical fitness to do his work and these results agree with the results of the study (Habelin, 1985) The pressures were caused by the overburden, and the working group came in last<sup>(16)</sup>, This is also consistent with the study of (Bakhit, 1994), where it was found that the most stressors are the relationship between individuals<sup>(17)</sup> and support the results (Askar, 2003) to say if the reason that bothers the individual and feel that there is a threat to itself or entity in the case Disagreement with a colleague or an official in the workplace is difficult to express physically and be a state of suppression of feelings.<sup>(18)</sup>

**Presentation and discussion of the results of the third question:** The third question is: Are there statistically significant differences in the levels of psychological stress among the teachers of physical education and sports for the secondary stage, due to the variable (age, academic qualification, professional experience)? To answer this question, "T" was calculated to verify the significance of the differences, as shown in the following table:

**Table n°3:** The T-test shows the differences in the levels of psychological stress among teachers of physical education and sports according to the age variable

Axis	Less than 30 years			Greater than 30 years			Significance of differences	
	Number	arithmetic mean	standard deviation	Number	arithmet ic mean	standard deviation	Value of "T"	level of significance
Working with students	17	21.47	1.80	13	24.47	3.99	1.77	0.05
Working Group		16.47	2.80		17	2.34	0.548	0.05
working conditions		53.23	11.56		48.61	9.65	1.16	0.05
Monthly Salary		16.41	2.47		16.15	2.57	0.278	0.05
Physical burden		19.41	4.56		19.46	4.97	0.028	0.05



<b>The struggle for the role</b>		24.29	5.99		23.07	5.25	0.581	0.05
<b>Social status</b>		24.64	7.80		25.61	4.83	0.393	0.05
<b>Educational guidance</b>		17.47	5.05		15.30	2.65	1.39	0.05
<b>Scale as a whole</b>		193.4	40.81		184.7	34.97	0.611	0.05

**T tabular value: 2.04 at significance level 0.05 and degree of freedom 28.**

It is clear from the results of Table (03) that the “T” calculated values in all the axes of the scale and the total score of the scale are less than the table values estimated at 2.04, indicating that there are no statistically significant differences in the stress levels of physical and athletic education teachers due to the variable age.

**Table n°4:** The T-test shows the differences in the levels of psychological stress according to the variable of professional experience

	Less than 30 years			Greater than 30 years			Significance of differences	
	Number	arithmeti c mean	standard deviation	Number	arithmetic mean	standard deviation	Value of "T"	level of significance
Working with students	20	18.4	3.33	10	21.9	2.76	0.789	0.05
Working Group		17.4	1.66		17.7	2.35	2.34	0.05
working conditions		52.75	9.02		50.8	8.9	0.4	0.05
Monthly Salary		16.75	2.59		14.6	1.89	0.35	0.05
Physical burden		19.65	4.38		19	5.81	0.906	0.05
The struggle for the role		22.85	5.8		24.8	4.82	0.993	0.05
Social status		25.3	7.71		27.5	5.96	0.56	0.05
Educational guidance		16.75	2.98		18	3.74	3.74	0.05
Scale as a whole		189.85	36.27		194.3	34.49	0.322	0.05

**T tabular value: 2.04 at significance level 0.05 and degree of freedom 28.**

The results of Table (04) show that the “T” calculated values in the total score of the scale axes are less than the table values of 2.04 indicating that there are no statistically significant differences in the psychological stress levels of the teachers of physical education and sports due to variable professional experience, We note that there are significant differences in the level of work and educational guidance in favor of a group (less than 15 years).

**Table n°5:** shows the test (T) to indicate the differences in the levels of psychological stress among teachers of physical education and sports according to the variable of scientific qualification.





	Less than 30 years			Greater than 30 years			Significance of differences	
	Number	arithmetic mean	standard deviation	Number	arithmetic mean	standard deviation	Value of "T"	level of significance
Working with students	18	23.44	5.69	12	24.25	7.73	0.485	0.05
Working Group		21.50	6.88		19.08	4.03	0.39	0.05
working conditions		49.61	16.77		52.08	8.41	0.329	0.05
Monthly Salary		16.94	5.74		17.75	2.59	1.09	0.05
Physical burden		18.33	5.49		19.58	4.90	0.636	0.05
The struggle for the role		21.27	5.30		24.75	5.69	1.70	0.05
Social status		25.27	5.85		24.25	8.62	1.08	0.05
Educational guidance		16	6.22		18.08	2.77	0.454	0.05
Scale as a whole		192.38	40.81		184.7	34.97	0.611	0.05

**T tabular value: 2.04 at significance level 0.05 and degree of freedom 28.**

It is clear from the results of Table (05) that the "T" calculated values in all the axes of the scale and the total score of the scale are less than the table values estimated at 2.04 indicating no significant differences in the stress levels of physical and athletic education teachers due to the variable age, While there is a slight difference in the total score of the average arithmetic for the benefit of those with master's degree is estimated at 199.83, that is, this category is more suffering in the level of psychological stress compared to the category obtained the certificate of Bachelor with an average of 192.38, but this difference is not significant.

These results are consistent with the results of (Ben Jomaa, 2008), which denied that there was a relationship between stress levels in teachers due to the age (19) And the study (Khodja, 2011), whose results showed that the convergence of age between the professors with little experience and students allows a large response to them, on the other hand, the teachers whose professional experience are more medium and more energy and vitality to work compared to long experience, which explains the importance of age factor in performance Professional<sup>(20)</sup>, These results are also consistent with the results of the (Al-Khalifa, 1999) study, which



found no differences due to the variable of scientific qualification in the levels of psychological stress among the teachers of physical education and sports.<sup>(21)</sup>

### **Conclusion:**

Through theoretical and applied study, the two researchers reached:

- Teachers of physical education and sports are exposed to a high level of psychological stress.
- The most important sources of psychological stress among the teachers of physical education and sports are (working conditions, social status, role conflict, physical burden).
- There are no statistically significant differences in the level of psychological stress among teachers of physical education and sports due to variable (age, professional experience, scientific qualification).

### **Recommendations:**

- Conducting studies on the subject of psychological stress in different environments and different levels (teachers of middle education, university professors).
- The formation of a specialized team in the treatment of psychiatry for workers in the education sector because the teaching profession of pressing professions.
- Teachers of physical education and sports should have good relations with teachers of other subjects, as well as the departure of managers of educational institutions in the use of the poor handling methods of autocratic leadership.

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