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## A comparison study of psychological health and job burnout of female athletic and non-athletic physical directors

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### Abstract

The psychological disorders are common and serious problems that are found worldwide. The objective of present study is to compare the psychological health and job burnout of female athletic and non-athletic directors of ecological morbidity. Even though these are important factors to be considered, they fail to address factors that increase resilience and help patients to cope with the challenges of having a chronic condition. Furthermore, a number of studies employ scales which confound with somatic symptoms (Ja-cobson, 1993). The present study is of causative-comparative type. The statistical population of present study includes the official female director of middle colleges of Karnataka that amount to 182 individuals. The statistical sample is obtained through simple random sampling (based on Morgan table) which includes 120 individuals. The instruments of data collected used in the present study are Goldberg's General Health Questionnaire (1978) with reliability coefficient of 91 percent, and Maslach Burnout Inventory with reliability coefficient of 90 percent as defined in previous studies. To compare the elements, independent t-test is used. The findings show that there is a significant difference between psychological disorders and job burnout of female athletic and non-athletic directors.

**Keywords:** Psychological health, job burnout, athlete, non-athlete

### Introduction

As shown in epidemiologic studies of psychological disorders in different countries, the prevalence of such disorders ranged between 10 to 40 percent. The risk of psychological disorders exists in each social stratum and within any union such as the patients, engineers, or farmers (Shamlo, 2005) [5]. The respected profession of teaching is similarly susceptible to social and psychological pressures and damages. The teachers deal with minds and souls of the people, especially female teachers that educate the mothers and women of the next generation. In the past few years, the attention to job stresses has increases. Job burnout is one of the consequences of job stresses. Job burnout was first introduced in 1960s by Friedberg. The most common definition of job burnout was introduced by Maslach and Jackson that defined it as a cognitive syndrome including emotional exhaustion, depersonalization, and reduced personal success. Emotional exhaustion refers to elimination of emotional sources.

### Methodology

The present study is of causative-comparative type. The statistical population of present study included the official female directors of middle college of ecological morbidity. Even though these are important factors to be considered, they fail to address factors that increase resilience and help patients to cope with the challenges of having a chronic condition. Furthermore, a number of studies employ scales which confound with somatic symptoms. that amounted to 182 individuals. The statistical sample was obtained through simple random sampling (based on Morgan table) which includes 120 individuals. The instruments of data collected used in the present study are Goldberg's 28-item General Health Questionnaire (1978) with reliability coefficient of 91 percent and validity of 88-89 percent as reported in numerous past studies (Yaqubi and Palahang, 1996; Sadeqi and BaqirZade, 2009) [3, 4], 22-item Maslach Burnout Inventory with three subscales (emotional exhaustion, depersonalization, and feeling of reduction of personal success) reliability and validity of which were respectively reported to be

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80 and 90 percent as defined in previous studies. To compare the elements, independent t-test is used.

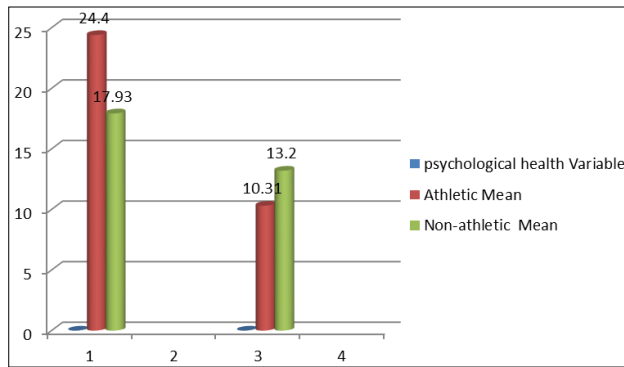
**Findings**

Based on the following table, the level of psychological health of athletic directors is more than non-athletic ones ( $t=3.014, P<0.05$ ). In addition, the following table shows that there is a

significant difference between athletic and non-athletic directors in regard to the dimensions of job burnout. In other words, the athletic directors feel emotional exhaustion ( $t=2.30, P<0.05$ ), depersonalization ( $t=-2.12, p<0.04$ ), reduction of personal success ( $t=-1.87, p<0.001$ ) to less extent than their non-athletic colleagues.

**Table 1:** Comparison of Psychological Health and Job Burnout of Female Directors

Variable	Athletic Mean	Non-athletic Mean	Athletic SD	Non Athle SD	F	Sig
Psychological Health	24.40	17.93	6.88	4.65	-3.014	-0.05



**Fig 1:** comparisons of Athletic and Non Athletic mean for Survey study in relation to psychological health and job Burnout of Female Physical Education Directors.

2005.

**Conclusion**

The findings of present study show that there is a significant difference between psychological disorders and job burnout of female athletic and non-athletic teachers so that the level of psychological health of athletic women is more than the non-athletic ones. The findings match the studies of In addition, the results of present study show that the level of job burnout among athletic women is less than non-athletic ones. This matches the studies of Honor Bakhsh *et al.* (2008) [1] and Based on the findings of present study, one could state that doing athletic activities beside other treatment methods are influential upon psychological health and prevention and reduction of job burnout among female employees. Another significant issue is that exercise is among the least costly methods. Therefore, the development of public sports among employees and directors along with provision of proper conditions and environment for them could contribute to psychological health, job satisfaction, and reduction of fatigue, depersonalization, and feeling of lack of personal success.

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