Survey burnout rate in the faculty members of physical education and science in Iran

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Introduction

Health is a major issue in the workplace and burnout one of the top-ten health problems at work in the instructional. Three factors (Emotional and Physical Exhaustion, Lower performance, Over Depersonalization) cause burnout. Burnout path has five processes (The Honeymoon, The Awakening, Burnout, Full Scale Burnout and The Phoenix Phenomenon). Strategies for reducing burnout are: Identification, Prevention, Mediation and Remediation (Sadeghi Boroujerdi, Saied, 2003).

Methods

The research method was based on descriptive. Statistical population had 263 members and 215 of them participated in this study. The samples completed personal characteristics questionnaire, open questionnaire about higher subject burnout at work and Maslach Burnout Inventory (2001). Data analysis includes descriptive statistics, Pearson Coefficient of Correlation and (ANOVA, t) tests. The value of (p<0.05) was considered as significant.

Results

The rate of burnout factors in the samples

<table>
<thead>
<tr>
<th>Burnout</th>
<th>Emotional exhaustion</th>
<th>sig</th>
<th>Lower performance</th>
<th>sig</th>
<th>Over Depersonalization</th>
<th>sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>sex</td>
<td>t= 0.436</td>
<td>0.730</td>
<td>t= 0.371</td>
<td>0.711</td>
<td>t= 1.250</td>
<td>0.214</td>
</tr>
<tr>
<td>Marital</td>
<td>F= 0.074</td>
<td>0.929</td>
<td>F= 1.359</td>
<td>0.259</td>
<td>F= 1.140</td>
<td>0.322</td>
</tr>
<tr>
<td>Degree</td>
<td>F= 1.420</td>
<td>0.244</td>
<td>F= 2.346</td>
<td>0.098</td>
<td>F= 0.219</td>
<td>0.803</td>
</tr>
<tr>
<td>Employment</td>
<td>F= 0.333</td>
<td>0.801</td>
<td>F= 2.880</td>
<td>0.037</td>
<td>F= 0.366</td>
<td>0.776</td>
</tr>
</tbody>
</table>

These results showed that: The Population is in the second level (The Awakening) of burnout

Two Basic Strategies
1- Prevention
2- Mediation

The results showed that: The level of management problem and the problems related to teaching, research and job feature in subjective questions was much higher than the average level in the faculty member's opinion. The section of hypothesis tests results showed that: There was a significant relationship between personal accomplishment and the type of employment. People who were on the brink of getting permanently employed had better personal accomplishment than those who were already employed so. There was a significant difference between burnout and education. The members that have a PhD degree suffered more burnout in the comparison with other members.

Discussion/Conclusion

The population surveyed were undergoing considerable burnout. The existence of high level burnout in the PhD holders. Problem in the system of management, research and teaching were all issues that had to be dealt with by taking appropriate measures. As it has been reported by this study, there was a high correlation among factors of burnout. Dealing with one factor can rightly influence the other factors.

References