

Psychological Combustion of Male and Female Sport Teachers At the Primary School Stage

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Abstract

The sport teachers feel that their ability to carry out the responsibilities of learning as a result of psychological pressures. Teachers feel that there is much to be done but they could not, this causes more nervous pressure on them.

Teachers feel that dealing with colleagues at work or pupils causing them a lot of tension, what really annoys them of excitement and anger. The Teachers feel frustrated as a result of their entrances without the time break between lessons, and therefore increase the negative feelings toward education. The Teachers feel that their duties in education distract them from their requirements of life and thus feel completely exhausted after the end of classes. That does not include the preparation of professional teachers only, but requires the preparation of psychologically work toward their colleagues beaming light. The need for the involvement of teachers in the development of training courses on how to good management and spreading the spirit of psychological satisfaction to colleagues and support those to play will make them more functional and psychological satisfaction. It is essential to activate the role of the media and the importance of the physical and psychological health.

Keywords: *psychological combustion, sports, education, teachers, primary school*

Introduction

Education is a humanitarian profession, message, where the instructor works on its performance and delivery to his disciples with all honesty and integrity, and teachers who ((representing the component of the Curriculum to students through contact them and involve them in the development of the curriculum because they are linked to the students and know what their society of information and knowledge and ideas and visions)) (Yassin, 2013). Teacher is ((the employer letter senses greatness and believes in its importance, that the performance of all the gall or cheap each consequence of preventing the achievement of the purpose of the performance of his ... A teacher of physical education in particular, which have numerous opportunities to influence the students and assist in different times and places within the lesson, in the classroom, the stadium, and the squares of the different school ... As technicians, and equips them with the skills and mobility of scientific information, theoretical, and instructing them to exercise various kinesthetic activities commensurate with their abilities and aptitudes to achieve growth and development of the balanced, integrated)) (Ahmed, 2007) . The efficient teacher is working hard without any worked tirelessly work is trying to do everything possible to overcome all the difficulties and obstacles that face had done in the educational process, so is a teacher of physical education through studied which is ((the basic pillar of practicing sports, so attention must be to build a comprehensive education and upbringing of generations, where he studied sports education in the school is considered as a basis for the mainstay and sports level to rise improves without interest)) (Mervat, 2008) . The studied sports education is a sort of kinesthetic activities, which is working on the development of pupils' abilities instructor center 435 mental and psychological, emotional, social and cultural rights, thus highlighting the role of the instructor through educational means the armament talents ((the knowledge and information thieves attacking behavior, attitudes and values of the performance level of the

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gross ... Qualified people are different educational knowledge and productivity and compassionate)) (Mohamed, 2012). The success of the studied sports education depends on, inter alia, to be available through cooperation between the school administration and supervision of education, sports and educational methods and curricula as well as cooperation between teachers and pupils, the educational process is collaborative process democratic leadership of the organization concerned with the educational system in all its elements of the curricula and teaching methods and learning environment and teacher to pupil and management aims at the study of the factors affecting the position and evaluation work to improve the organization and to achieve the objectives of the educational process)) (Al-Taani, 2005). And sport psychology is a branch of the branches of the year (is the basis of all the different branches of psychology, discusses this flag in all the activities of the multiple psychological study of human beings and thus achieve the process of access to law and general principles also includes branches of the theory of its application ... The Psychological pressures and one of the psychological phenomena affecting the mental health of the individual and to which the individual which affect the integrated health and repeated exposure has a negative impact on the feelings of the individual up to mental and physical fatigue and stress, and differ depending on the quality of the personal attitudes of pressure which characterized the individual acknowledges the psychological and behavioral installation which characterized some)) (Mohamed, 2009) . It is intended to burn psychological (Status of physical fatigue caused by continuous exposure to the arrogant and provocative of positions or POSTURES tense emotive This accompanied the latter with a range of physical symptoms initially, the sense of helplessness and disappointment negative ideas about self-esteem and negative attitudes toward work and colleagues) (Taibi, 2013) Therefore, the phenomenon of psychological combustion Is the physical and mental fatigue arrogant and provocative "negative impacts" as a result of the requirements of the burden of the superiority of the compensability of the ability of the teacher and cannot afford this is the psychological pressures which known as (process imposes a burden on the individual in the face when they realize that they threaten the existence of psychological and physical abuse, especially if the individual was not sure of its capacity to deal with them, whether psychological pressures include work, family or school ... (Ahmed, 1998) , the psychological pressures and see some of the researchers are a feature of life in some levels, it may be required that was not necessary in order to stimulate the individual to shape of achievement and success, but increased the appropriate may lead to difficult problems because of their negative effects on the mental and physical health, and that the aggravation of the situation and the occurrence of psychological combustion from this standpoint, the psychological combustion is seen as the final outcome of psychological pressure) (Taibi, 2013) . The psychological pressures negatively affect the most important in the educational process of teacher-pupil, it causes psychological combustion lies in the circumstances of the pupils and the environment classroom teaching, school administration and occupation as well as the circumstances relating to the instructor himself, therefore, to meet the educational and emotional needs of pupils daily make their learning a profession, causing the pressures, but also psychological combustion and reduce the motivation teacher, and could have negative effects detrimental to instructor) (Taibi, 2013) . His oath left no room in psychological education profession indicates to the negative behavior of the loss of interest of the learner leads the instructor to deal with his followers in a mechanism without indifference as well as deeply pessimistic and indifference and lack of motivation and anger with his fellow administration resistance to change and the loss of the capacity for innovation and, of course, does not require the presence of all these purposes coincide so we can say that the burning of the presence of some instructor psychological addiction do everything before it) (Taibi, 2013) .

Methodology

The method: The researchers used a descriptive approach scanning for fitting manner the nature of the research problem

The research Sample: search sample consisted of teachers and teachers of physical education in the primary stage in the department of education in the Karkh district of Baghdad, the first deliberately (350) School and were a sample search from teachers whose number (350) 74,645 teachers, (125) and (225) a teacher and then distributed them 1,076,160 resolution (310) Identification, identification of teachers (100) and (210) Identify parameters of a sample of the search.

The research tool: Use the researchers identify particular measuring teachers' sense of psychological BURNINGS previously prepared with five alternatives regulated in accordance with the standard for Licrat (Radwan, 2006) the alternatives are (Strongly disagree - but ok - Spirit - I agree - strongly agree) , the grades of (1 - 5), respectively, whenever approached the teacher of the class (50) means the arrival of the state of psychological combustion, since resolution offered to experts and specialists, in general and sports psychology, measurement and evaluation to determine the relevance of the research sample and through them to the paragraphs, it was agreed that all the paragraphs serve a sample search here, the researcher has obtained the sincerity of the gauge, the stability of gauge virtual researcher used

The test method and test which is the most widely used in the creation of a gradient unchanged through distribution of some of the questionnaires on a sample survey of non-indigenous research sample consisting of (30) teachers as a test of the first two weeks after the first test re-test again in the same exploratory sample after the collection and analysis of data and statistical processors by using simple correlation coefficient, as the value of (t) equal (0.84) This indicates the existence of a gradient of the gauge flat through the higher link.

The procedure: Subpopulation distribution of images on a sample search of b (350) a teacher and mentor of the directorate of education in primary schools in Baghdad, Al Karkh district first, then the researchers to explain and clarify the paragraphs of the resolution of the action team and their assistant, and then the team assistant, explain and clarify the paragraphs of the resolution through their meetings Firm Search both in the sports activity directorates, scouting, or in school before the answer to the resolution for the purpose of ensuring the accuracy and validity of the information, and finally the researcher to conduct appropriate statistical processors after retrieval of questionnaires (Sami, 2000).

Results

Table (1) shows the occurrences and the percentage of responses of the questionnaire

Q	sex	strongly agree		strongly disagree		disagree		neutral		agree	
		repetiti on	percenta ge	repetiti on	percenta ge	repetiti on	percenta ge	repetiti on	percenta ge	repetiti on	percenta ge
	Male teach er	20	20%	25	25%	15	15%	15	15%	25	25%
	Fema le	30	14%						19%	40	19%
teach er	60	35	35%	29%	40	19%	40	19%	15%	25	25%
2	Male teach er	45	%21	10	10%	15	15%	15	19%	45	21%
	Fema le	18	%18						22%	18	18%
teach er	45	38	%18	21%	35	17%	40	19%	19%	42	20%
3	Male teach er	28	%28	20	20%	22	22%	22	35%	32	35%
	Fema le	70	%33						23%	43	21%
teach er	45	5	%5	21%	45	22%	40	19%	25%	5	5%
4	Male teach er	8	%4	5	5%	10	10%	35	26%	12	6%
	Fema le	30	%30						25%	35	35%
teach er	26	65	%31	12%	24	11%	47	23%	21%	55	26%
5	Male teach er	18	%18	35	35%	30	30%	25	22%	18	18%
	Fema le	26	%12						23%	40	19%
teach	70	22	%22	33%	65	31%	55	26%	20%	23	23%

er											
6	Male teacher	36	%17	5	5%	5	5%	25	21%	38	18%
	Female	28	%28						25%	32	32%
teacher	20	50	%24	10%	25	12%	45	21%	22%	48	23%
7	Male teacher	22	%22	28	28%	24	24%	22	18%	20	20%
	Female	45	%21						23%	47	23%

Table (2) shows the occurrences and value of the calculated K² and the tabulated K² of the responses of the questionnaire and the calculation of standard deviations of the resolution

Q	Sex	Strongly Disagree	Disagree	Neutral	I agree	Strongly Agree	The calculated value of K ²	The value of the Tabular Trend K ²	The Level The Significance	
1	Male	25	15	15	25	20	3,76	3,84	Insignificant	
	Females	60	40	40	40	30				
2	Male	10	15	15	25	35	10:98			Significant
	Females	45	35	40	45	45				
3	Male	20	22	22	18	18	0,5			Insignificant
	Females	45	45	40	42	38				
4	Male	5	10	35	32	28	12,18			Significant
	Females	26	24	47	43	70				
5	Male	35	30	25	5	5	0,41			Insignificant
	Females	70	65	55	12	8				
6	Male	5	5	25	35	30	8,27			Significant
	Females	20	25	45	55	65				
7	Male	28	24	22	18	18	2,9			Insignificant
	Females	52	44	48	40	26				
8	Male	17	18	20	23	22	3:25			Insignificant
	Females	40	52	44	38	36				
9	Male	5	10	25	32	28	10:15			Significant
	Females	30	35	47	48	50				
10	Male	15	25	18	20	22	2,11			Insignificant
	Females	30	40	48	47	45				
Male	Q	16,5	17,4	22,2	23,3	22,6				
	P	10,5	7,86	5,9	8,79	8,3				
Females	Q	41,8	40,5	45,4	41,0	41,3				
	P	15,8	12,2	4,7	11,3	18,3				

The Tabular trend value (3.84) under the level of significance (0.05) and the degree of freedom (1).

In the first question, the answer to the teachers that they have the capacity to carry out the responsibilities of education, while the parameters of their inability to carry out the responsibilities of education, this means that when an individual feels that there is ((lack of personal achievement, where individuals in a negative assessment of the assessment themselves when they lose motivation when the instructor feels that he is no longer efficient to work with his colleagues and his inability to fulfill other responsibilities)) (Nawal, 2008) , here arrives in the case of psychological combustion.

In the second question indicated that there is contradiction in the Teachers' Answers parameters on any question raised in the opposite direction, where teachers feel that they have the capacity to perform what they want to do any that teachers arrive in the case of psychological combustion, where ((indicates psychological research and concern that the loss of the potential and efficiency of the most important causes of pressure and anxiety and that it continues to develop into a phenomenon called learning disability, where befalls the individual feels that he is unable to do anything to improve his this phenomenon is largely similar to the case of psychological combustion, where the individual lacks the sources and influence to solve the problems facing it, causing a feeling of pressure in the case of continued urges combustion)) (Nawal, 2008), While their response refers to parameters that have many acts which wished to do but they cannot, here indicated that they on the contrary of the teachers, far from the case of psychological combustion.

In the third question indicated that the answers ranged from teachers (strongly disagree and disagree and impartial), where he both feel physically able to perform the duty that this is the nature of their work, and here they are far from the stage of exhaustion and arrive in the case of psychological combustion.

In the fourth question indicated the percentage of provocation and anger by fellow pupils, teachers feel this excitement and anger by medium as a result of dealing with colleagues and pupils, while teachers feel excitement and anger when dealing with colleagues and pupils during the performance of duty, and here the teacher stands the neutral side compromise between approaching away from the danger zone of the combustion situation, while psychological parameters in the danger inherent in the situation of psychological combustion, where it is mentioned (Gomaa, 2006) ((that the individual situation of the physical and mental fatigue Michigan Press. resulting from a long-term preoccupation in the positions of the charged with emotive and compressive accompanied by high expectations of him relating, inter alia, individuals)) .

In the fifth question, which related to the teaching profession have appropriate, where the categorical rejection of this suggestion met with great intensity being lovers of their profession and a desire to conduct education, here shows that they are far from the case of psychological combustion, where that ((dissatisfaction in itself is not a psychologically burned, however, this situation should be taken into account and dealt with effectively because they lead to psychological combustion because of the strong link work pressures)) (Nawal, 2008) .

In the sixth question shows negative feelings toward education and teachers a high degree as a result of the circumstances they face from shortcomings in the availability requirements of the constituents of the work of educational methods and tools, as well as the squares sport halls ... In most schools, and here we see that the teachers through their answers on the Question This question were close to the case of psychological combustion, while the teachers were in the case of psychological combustion, where it is mentioned (Askar, 1986) ((that psychological combustion is the phenomenon of negative changes in the relations and trends and behavior of the individual as a reaction to the pressure of one of the most important manifestations of the loss of interest to the client (student) and perform work in a routine way, lack of motivation and resisting change innovative loss) .

In seventh question , which asks for an increase in the pressure for success which drew this question categorically rejected as agreed by all of the teachers, remember (SRI, 2012) ((the accumulation of pressures on Professor makes it up to the stage of psychological combustion which is troubled responded to the pressures of the instructor, making it a negative influence in his life, but also in the whole educational process), and consequently the pressures lead to a lack of motivation to work here, both are far from the danger stage toward the case of psychological combustion through did not agree to this question and their ability to cope with the pressing problems they face, the tentative approval, where researchers ((finds that there is a relationship between psychological combustion and compatibility, meeting the problems Pressing attitudes and overcome it protects the individual from the effects of psychological pressure and combustion and helps to increase the performance of the individual)) (Najat, 1988).

In the eighth question can be seen here the contradiction in the answers to all of the teachers on the thinking of others do not understand what is trying to work as teachers, where the teachers' answers in the approval that others do not understand the exact nature of their work, while the teachers that there are some answers does not understand the nature of their work, and that is far from the case almost teachers psychological combustion, while the teachers had not attained the status of psychological combustion, as we know that the work of two types of the burden are either quantitative or qualitative, where it is mentioned (Oweid, 2000) ((There are two types of workload and a quantitative and qualitative, quantitative burden is the size of the daily work of either upwards or downwards, and that the individual bears the significant increase in the workload is located under high levels of pressure, resulting in an increase in the heartbeat, high blood pressure, the burden of qualitative work implies the difficulty and complexity of the work, where an individual feels

that the skills required to accomplish a certain level of performance greater capabilities, any that the individual lacks the capacity and skill necessary to perform the work) .

In the ninth question almost shows both the male and female teachers on the nature of his work in education and displace them from their duties and responsibilities toward the family , here, both male and female teachers away from the danger of the situation of psychological combustion access, where it is mentioned (Mekhemar, 2002) that psychological combustion affect the morale of the individual but also helps in low recanting the appearance of some physical disorders may extend the impact of the home is the cause of the marital family conflicts and crises) .

In the tenth question indicated that the teachers feel that there are people who are close to them to talk with them about their problems and this depends on the extent of convergence among them (Friends), and here they are both male and female teachers are far from some of the psychological state of combustion because of strong social links with their colleagues, hence the social responsibility, where known (Abdel Ghaffar, 1990) ((as a function of the individual responses to the attention of the group to which he belongs and his understanding of their participation and involvement in the resolved)) , according to the (Taibi ,2013) ((the more the link between members of the community groups and increased the level of effective communication and positive process between individuals and thus to the ambiguity of the role and the role in the institution) , While the teachers of the situation differed somewhat where they were appointed by the neutral side department with space friendship confidentiality of their problems contrary to any other section is not with the strengthening of relations to the extent of the problems of their colleagues.

Conclusions

1. The Teachers feel that their ability to carry out the responsibilities of learning as a result of psychological pressures.
2. Teachers feel that there is much to be done but they could not, this causes more nervous pressure on them.
3. The Teachers feel that dealing with colleagues at work or pupils causing them a lot of tension, what really annoys them of excitement and anger.
4. The Teachers feel frustrated as a result of their entrances without the time break between lessons, and therefore increase the negative feelings toward education.
5. The Teachers feel that their duties in education distract them from their requirements of life and thus feel completely exhausted after the end of classes.
6. That does not include the preparation of professional teachers only, but requires the preparation of psychologically work toward their colleagues beaming light.
7. The need for the involvement of teachers in the development of training courses on how to good management and spreading the spirit of psychological satisfaction to colleagues and support them play will make them more functional and psychological satisfaction.
8. Activating the role of the media and the importance of the physical and psychological health.
9. Increasing the effectiveness of social support between the administration and parents, which would affect the degree of compatibility and mental health staff vocational education.
10. To conduct research and studies similar to arguing other courses.
11. To conduct research and studies similar to the 60th anniversary of the gym.
12. The design of the program of preventive and curative action for protection from the risk of exposure to the situation of psychological combustion.
13. The study of the relationship between social support and pressure for teachers.
14. The design of an awareness of knowledge and professional pilot program to reduce the status of psychological combustion facing teachers.
15. Given the opportunity and the positive role of educational psychologists to provide guides in protecting teachers in addressing the risk of psychological combustion in educational work.

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