



**THE SURVEY OF SITUATION OF TEACHER'S MENTAL HEALTH AND
RELATIONSHIP WITH JOB BURNOUT**

**AFROUZEH M^{1*}, SABETGHADAM M², GHASVARIAN JAHROMI E³, SARVI AA³,
AFROOZEH A⁴**

1: Young Researchers Club, Jahrom Branch, Islamic Azad University Jahrom, Iran

2: Department of Obstetrics and Gynecology, Jahrom University of Medical Sciences,
Jahrom, Iran

3: Department of Exercise Physiology, Jahrom Branch, Islamic Azad University, Jahrom,
Iran

4: Department of Physical Education and Sport Science, Shahid Beheshti University, Tehran,
Iran

***Corresponding Author: E Mail: M_afrozeh@yahoo.com; Tel: +989171910002**

ABSTRACT

People who are employed in an organization toward that organization are, such as knowledge and skills, effort and royalty and their expectations are also related that if the organization fails to fulfill these expectations will cause interest employee is being employed, the employee affected their performance goals and provides the organization fractured. With the aim of the present study whether between mental health and analyze their relationship is sinking job was done. The analysis of demographic variable sinking career and mental health were investigated. This descriptive study - a survey. The study population, all male and female physical education teachers in city schools were Jahrom in academic year 89-90. Because the number of population was low, so the entire population as the sample was considered. Entire study population is 54 people. Data included: a demographic information questionnaire about age, sex, marital status, work experience, weeks of work, Maslach Burnout Questionnaire (MBI) and the General Health Questionnaire (GHQ-28) was. Inferential statistics, t-test to compare differences and Spearman correlation coefficients for relationships between variables were used. In terms of burnout in emotional exhaustion and

depersonalization dimensions of most samples had low levels, but not individual performance in most of the samples were high. Relation to mental health research results showed that all dimensions of burnout among mental health are negatively associated, ie with increasing burnout, mental health also is reduced. The results showed that the majority of samples in dimensions of emotional exhaustion and depersonalization and lower levels later in the individual failure were high. Lopez in his investigation of burnout dimensions of emotional exhaustion and depersonalization and low after the failure has high personal, which is consistent with the results of this study. The results showed that sex between variables in the burnout dimensions of emotional exhaustion and depersonalization. The results showed that burnout scores between men and women in depersonalization there are significant differences.

Keywords: Physical Education's Teacher, Burnout and Mental Health

INTRODUCTION

Mental health is an important feature of effective organizational psychology and human relations. The concept of mental health includes an inner sense of well-being and ensures their effectiveness, capacity, competition and self-dependent intergenerational potential intellectual and emotional, and so on. According to mental health in all aspects of life, including one's work life is important. Factors in the work environment with a wide range of people working in health and disease are related. Due to the lack of health professionals in the field of mental health, there is no doubt that this is indicative of extensive research. A survey by [1] a review of the relationship between burnout and mental health nurses conducted showed that the relationship between burnout and mental health is significant. Most people suffering from

burnout, psychological detachment and isolation suffered organization. Burnout is among occupational hazards that have been discussed in recent years.

The term burnout first time by Freudenberg in the late 1960s, when he saw signs of fatigue in his staff, defined the phenomenon he called syndrome of mental strength. The most common definition of burnout [2] have presented: burnout is a psychological syndrome of emotional exhaustion, depersonalization and reduced personal success. And negative evaluation of self in relation to work is considered.

[3] burnout dimensions of emotional exhaustion and depersonalization down and the next person dysfunction has been reported. In a study conducted in 2007 [4] showed that three dimensions of burnout (emotional exhaustion, depression and

personal virtue) to evaluate and concluded that paperwork lead to mental exhaustion and depression.

Each job is associated with stress, but due to the sensitive nature of some jobs and tasks that will help responsible are very stressful. Teaching profession and taught in educational spaces can be as stressful occupations named. Teachers and professors are faced with the stresses of Burnout is one of those cases where the adverse impact of family and social life and individual leaves. The most important effect of employee burnout, absenteeism, is frequent delays of various psychosomatic complaints and conflict in the workplace, teaching jobs and other jobs, and the turnover. This will play an important role in the quality of teaching. The impact of demographic variables on job burnout and mental health was evaluated.

MATERIALS AND METHODS

The Method in this study was a cross-sectional survey was conducted in the form. A survey of all male and female physical education teachers in city schools were arranged in the academic year 2011-2010. Because of low population, so the entire population as the sample was taken. The total populations of 54 people were used to measure mental health, general health questionnaire - 28 questions (28GHQ-). The four categories of non- psychotic disorders in general health questionnaire including

physical symptoms, anxiety and sleep disorders, social dysfunction and depression measures Kurds. For each of the four item Likert scoring method can be either a "0" to "3" dual response scale score considered or taken into account. Dichotomous response scale deviations from the norm pathology can be used at any scale. Symptoms are assessed on a Likert scoring system and score higher marks to show. [45], general health test reliability test - retest 89 / 0 is obtained. Subjects to measure burnout, the - Maslach questionnaire (22 questions of 3 subscales: a) emotional exhaustion, b) depersonalization and c) a sense of loss is made up of individual success) was used. - Maslach Burnout Inventory to measure burnout is the most common tool consists of 22 separate parts and covers three aspects of burnout. Rated frequency of these feelings from zero (never) to six (per day) is. The following scores achieved in each of the three aspects of the times [2] in the categories of low, medium or high placed. Questionnaire was used to collect personal information. Data using the t-test, chi-square and ANOVA with an alpha of 0.05 was used for analysis. To obtain general information from a questionnaire prepared by the researcher was used.

RESULTS

The age of the subjects under study, a higher percentage of them (1/30) were

between 35-25 years, and 9/60 % between 45-35 years, 9 % more than 45 years. 71/67 percent of the respondents who completed the questionnaire were male and 29/32 % of the subjects were women. Total number of participants was from 71/67 % male and 29/32 % female. 8/79 % was married, and 2/20 % was single. About 74 % of the economic conditions were satisfied, 22 % satisfied and less than 4 % were dissatisfied with their economic situation. 16 % of subjects less than 10 years of teaching experience, 51 % have 20-11 years of experience and 33 % had a history of more than 20 years. 85 % of the subjects were overweight and 15 % with no additional teaching were taught. The total number of participants 8/79 % was married and 2/20 % was single.

The mean frequency of burnout in emotional exhaustion after 62/17 , depersonalization 81/7 and reduce individual success 21/30 that the frequency of burnout dimensions of emotional exhaustion and depersonalization were more

subjects in the lower levels, but then decreased the majority of subjects had a moderate level of success . The key findings of this study, was an inverse association between burnout in all aspects of mental health. Increased rates of mental health in all aspects of the burnout decreases (**Table1**).

The burnout based on demographic factors (**Table 2**) are shown. Burnout t -test showed that the mean scores of men and women is a significant difference in depersonalization. Three age groups with different scores on burnout in depersonalization achieved.

About teaching experience, the results showed that three different scores on emotional exhaustion aspect of burnout achieved. In addition to teaching, burnout t-test showed that the scores of emotional exhaustion among individuals with and without the added plus of teaching taught that there was no significant difference. The relationship between mental health's based on demographic factors is shown in **Table 3**.

Table1: Integration Between Carrier Exhaustion and Mental Health and its Components

Carrier Exhaustion Dimensions/Mental Health Components	Emotional Exhaustion	Depersonalization	Decreased Personal Accomplishment
Depression	*0/322	*0/219	*0/349
Infirmity in social activities	*0/189	*0/241	0/132
Physical symptoms	*0/314	*0/284	0/015
anxiety	*0/284	*0/198	*0/214
Mental health	*0/421	*0/341	*0/319

Table 2: Carrier Exhaustion According to Demographic Factors

Demographic Factors		Frequency	Emotional Exhaustion	Depersonalization	Decreased Personal Accomplishment
gender	male	67/71	18/21	8/91	32/41
	female	32/29	17/31	7/58	30/28
age	<30	8/7	19/21	9/91	34/38
	31-40	58/2	17/19	7/68	32/28
	>41	33/1	16/98	8/14	30/28
state	single	79/8	18/2	8/45	31/25
	married	20/2	19/57	9/17	33/65
Teaching experience (yrs)	<10	16	20/51	9/17	34/32
	11-20	51	18/27	8/24	31/39
	>20	33	19/84	8/65	32/85
Excessive teaching	yes	85	18/38	7/58	31/61
	No	15	20/28	9/74	34/14
Financial status	satisfied	74	18/54	8/49	31/84
	dissatisfied	4	20/56	9/98	34/58
	neutral	22	19/28	8/59	32/91

Table 3: Mental Health According to Demographic Factors

Demographic Factors		Mental Health	
		marked	unmarked
Gender	male	27/9	72/1
	female	28/2	71/8
Age	<30	29/6	70/4
	31-40	30/2	69/8
	>41	28/9	71/1
State	single	52/5	47/5
	married	29/6	70/4
Teaching experience (yrs)	<10	28/4	71/6
	11-20	30/8	69/2
	>20	33/2	66/8
Excessive teaching	yes	51/6	48/4
	No	29/7	70/3
Financial status	satisfied	19/4	80/6
	dissatisfied	37/3	62/7
	neutral	29/2	70/8

DISCUSSION AND CONCLUSIONS

The results of this study showed that most of subjects were at a low level of emotional exhaustion and depersonalization and at medium level in decreased personal accomplishment. In the investigation of [6] in the point of view of more frequency of subjects, the low level of job burnout was found which correspondence with these studies' results was. [7] also reported

moderate levels of burnout which have three aspects, the study results are inconsistent. [8] also reported moderate levels of burnout in their subjects. [3] also has reported the burnout dimensions of emotional exhaustion and depersonalization at low level and decreased personal accomplishment at high level which has parallel which the results of this work on the first two dimensions but has no correspondence with the third

dimension. Feeling of personal accomplishment is created when a person could affect the policies of institutions and show his capabilities and gain a positive attitude towards teaching. Also it has shown that the ability of controlling the carrier happenings is one of the important elements concerning personal accomplishment. so we can come to the result that the most of sport teachers are able to prove their capability in work place. Lots of researches have shown that sport is a tool for maintaining physical health it can decrease anxiety and stress and increase self-confidence. Also Bidle vofoks doing research in this field have shown that exercise reduces anxiety and depression, boost self-confidence and self-esteem, especially in the field of physics. So according to the results of researched sport teachers due to participation in physical activities have high self-confidence and this will enable them to prove their capabilities. Another consequence of the research shows that the majority of sport teachers have high mental health and physical education about (72 %).

Noorbala's study [9] which was done on the mental health status of the population 15 years and older in Iran showed that overall 21% of the subjects had psychiatric disorders. Sport teachers in mental health are at better situation than others. Several studies have shown that exercise is effective

in improving health. Research of [10] showed that moderate exercise in reducing depression, anxiety, psychosomatic disorders, OCD, psychosis and neurosis along. In other studies which was done by [11] named "existing concepts, physical activities and hygiene" it has seen that physical activity has an important role in controlling and decreasing mental diseases esp. anxiety and stress and increasing aerobic exercises and heavy workouts has a significant decrease in depression symptoms.

[12] study entitled " Comparison of aerobic and non-aerobic exercises on clinical depression " on 99 subjects who were depressed was done and the results suggest that the antidepressant effects of aerobic exercise is not just confined to the form other exercises are involved. During workouts the release of endorphins increases and so athletes after the work out feel joy and relaxation. Given the similarities between endorphins and opiate compounds, exercise can be substituted for substance abuse addicts. The researchers say not only workouts would affect the mental chemicals such as serotonin and dopamine, but also would make positive changes in other organs. Depression is a condition is characterized with low energy and some of the cases is called extreme fatigue but the exercise has a mood influence that seems to

eradicate the fatigue and loss of energy. Light exercise like 10min of walking per day would increase energy, although this period is not enough to decrease the stress. More heavy workouts like aerobics are effective in decreasing anxiety even it can reduce your energy, because it causes them to think more about themselves. About the relation between carrier exhaustion and mental health in this study we showed that these two variants has a significant relation $P < 0.05$. The results of this research correspond with findings of [13] which was about the relationship between burnout and mental health and anxiety. It also corresponds with the results of Mones study which showed that mental health problems were significantly higher in patients with burnout. Furthermore, the results of this study's findings are consistent with [14]. Given that the burnout has different side effects like, emotional, physical and psychological problems, so this factor can be effective in mental health. The relation between demographic factors and carrier burnout we can show that between gender age, teaching experience and carrier burnout there is a significant one in the way that burnout in men is more than women which has no consistency with study of [15] in which there was no relation between age and burnout.

In Research of [16] it has reported higher levels of burnout in men which are consistent with the results of the present study. This was because of more work hours of men than women and their heavy responsibilities in family which causes a serious mental social pressure on them. It was shown that younger age was associated with higher levels of burnout. These results are consistent with the findings of [16]. [6] found emotional exhaustion in people older than 40 years who reported inconsistent results. Perhaps we can say the ones with more experience can better encounter the problems. So they would be less exhausted.

In connection with teaching experience results revealed that individuals with less experience have higher levels of burnout. In this context [14] showed a significant inverse relationship between burnout scores and work experience and the research findings are consistent with [17]. Regarding the financial status results showed that dissatisfied persons have more burnout which may have another job to make more money and this would make them a higher burnout level.

Regarding the demographic factors and mental health it has shown that the relation between mental health and teaching experience and excessive work time was significant. As those with less teaching experience and excessive work time have

lower mental health. Regarding the effect of excessive work time on mental health [19] showed that demographic factors like age and gender are effective of physical health and excessive work time has meaningful relation with mental health. The results are consistent with the present study and about the experience and activities in the unit are not in agreement with previous results. One of the social groups which is considerable about their mental health are teacher who have important role in developing the country and educating people.

Making ideal status in which we can provide thinking and research base, and the teaching and learning processes be done approvingly, requires teachers to have a joyful spirit and have the least difficulties in their personal and social lives. According to the results of this work and the analysis of similar researches, sport and activity is considered and an important factor in decreasing depression and anxiety which optimizes mental health and decreases carrier burnouts. Sport teachers are crucial due to their job sensitivity and their role in progression of social culture.

So they require applying various sport plans in professional activities. Because, workouts increases self-confidence and people with this property less expose to mental disorders and problems.

REFERENCES

- [1] Masooleh A, Kaviani F, Morteza HKZ and Abolfazl M, to investigate the relationship between burnout and mental health: a study of 200 nurses, *J. Med, Tehran University of Medical Sci.*, 65 (6), 1986
- [2] Maslach C and Jackson SE, *Maslach Burnout Inventory Manual*, 2nd Ed., Palo Alto, CA: Consulting Psychologist Press, Inc: 1993.
- [3] Lopez Franco M, Rodriguez Nunez A, Fernandez Sanmartin M, Marcos Alonso S, Martinon Torres F and Martinon Sanchez JM, Burnout syndrome among health workers in pediatrics, *Ann. Pediatr. (Barc)*, 62, 2005, 248-51.
- [4] Templeton MC and Satcher J, Job Burnout Among Public Rehabilitation Counselors *Journal of Applied Rehabilitation Counseling*, *ProQuest Psychol. J.*, 38 (1), 2007. 39
- [5] Mostafa N, Dehkordi S, Kamal S, Farhad F, The relationship between burnout and mental health among employees of Nuclear Fuel Research and Production Center, *J. Med. Sci.*, 2 (2), 1979,
- [6] Rasoulilian M. Elahi, Afkham F and Azizeh I, Artyat personality of

- burnout among nurses, Thoughts and behaviors, 9 (4), 1983.
- [7] Maryam M, Binabaj B, Bahri N and Nasrin B, Study of burnout and its relationship with demographic factors and job characteristics of professional nursing and midwifery practitioners, The secret to well-being, 12 (29), 1983.
- [8] Da Silva Sobral, De Matos H, Daniel Vega E and Perez Urdaniz A, A study of the burnout syndrome in medical personnel of a general hospital, Actas Esp. Psiquiatr, 27, 1999, 310-20.
- [9] Nourbala, Ahmad Ali. Mohammad, Kazem. Bagheri Yazdi, Seyed Abbas, Yasami, Mohammad Taghi 1381. Mental health status of the population 15 years and over in Iran in 1978, Hakim Res. J., 5 (1).
- [10] Hamzeh HS, Shaghayegh K and Leyla S, 1385. Students examine the relationship between exercise and mental health, J. Mazandaran University of Medical Sci., XV (53), 104-97.
- [11] Paluska SA and Schwenk TL, Physical activity and mental health current concepts , Sports Med., 29 (3), 2000, 167-80.
- [12] Martinsen WE, The effect of exercise on mental health in clinical populations, European Perspectives on Exercise and Sport Psychology, 2004.
- [13] Turnpseed DL, Anxiety and burnout in the health care work environment, Psychol. Rep., 82, 1998, 627-42.
- [14] Morteza K and Hassan SS, Factors determining the rate of burnout among nurses, University research project of Baghiyatollah, School of Nursing, 1980.
- [15] Binabaj B, Moghimian MM and Masoumeh G, investigated the relationship between burnout and mental health nursing and midwifery professions, J. Med. Gonabad., 9 (1), 1982.
- [16] Filiyan E, Burnout of nursing and its relationship with coping strategies, Master's Thesis, Nursing education, Tehran. University, 1971.
- [17] Gholamreza E, Burnout of nurses employed in hospitals in Sanandaj in 1380. Scientific J. Kurdistan University of Medical Sci., In 6 (21), 1980.
- [18] Mitra PB, Examine burnout among nurses working in hospitals Zanjan University of Medical Sciences, Iran J. Nursing, in the fifteenth and sixteenth, numbers 32 and 32, 1982.

- [19] Chang EM, Daly JW, Hancock KM, Bidewell J, Janson A, Lambert VA and Lambert CE. The relationship among workplace stressors, Coping methods, demographic characteristics, and health in Australian nurses, *J. Prof Nurs.*, 22, 2006, 30-8.