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## Burnout problems among physical education directors of rural and urban degree college of north Karnataka

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### Abstract

The performance of physical education directors depends on various factors. One such factor is Stress that they are going the Rough work. Numerous factors affect the directors Burnout and this in turn affects their college life and personal life. Many institutions are not particular to provide any measures to reduce Burnout. It has been identified that no study has been conducted so far about Burnout management among Physical education directors. Thus this study is devoted towards finding various causes of burnout and its consequences on Physical education directors and the organization in North Karnataka. The study also attempts to propose some suggestions to manage Burnout.

**Keywords:** Physical education directors of rural and urban degree college of north Karnataka

### Introduction

Games and sports activities have become very popular. In recent years fair recognition has been given in our country for sports. An authoritarian body has been created to kindle the awareness towards sports and games of both sexes at all levels and ages including urban and rural set-ups. It is an opportunity for the youths to display their physical prowess and skills. Sports and games widen the mental horizon of the participants. They increase the general vig or of those who take part in sports and improves the morale through the development of the body. The sports activities help info steering and developing anati on a listic outlook among the youths. The results of the various competitions in the Olympic game are of a deep interest to people all over the world. The Olympic has idea given the Olympic Games and unique place in international relationships. Similarly, the commonwealth and Asian games, are best examples in widening the outlook and remove barriers in between nations.

A massive physical education programmed cango along way in stream lining the wrinkles on the moral, physical and mental dimensions of our society. If all of our citizen satta in good physical fitness of the body and harmony in physical functions, we will have a Nation of strong and healthy individuals. It is a pity that majority of our graduates pass with honors and distinction at the cost of their health. It is ironical that the so-called mental or intellectual enrichment is achieved at the expense of a deplorable neglect of health and misuse of body and its tolerance.

It is now universally agreed that physical education should be the integral part of general education. Any system of physical education has, therefore, to fit in with the general educational policies and procedures of the land. In India education as a whole is going through radical changes to serve the needs of the individual and the society, and this trend is reflecte din physical education also, and it is being re-organized with definite aims and objectives of education. Accordingly, the emphasis is not merely on teaching physical activities but on achieving the goals of education through these activities. Unless physical education substantially contributes to the total development of the pupil and enables her to fit in satisfactorily with the society around him, there will be no justification for its inclusion in the present pattern of our educational system.

### Assumptions of Burnout

Corroll and Whilte (1981) have enlisted the assumptions about 'burnout' on thebasis of thewritingof various expertson this field aswell as the personaland co-workersexperience with 'burnout'.

1. 'Burn out' is a holistic or psycho bio social concept. To construeit so lelyor even principal lyas apsycho physiological stress management issue is too ver simplify. How an individual fulfills or fails to fulfill his or her needs, especially those needs that are dependent on inter personal relationships for their fulfillment, deserves co-equal status with the concept of stress management.
2. Since 'burnout' is caused by prolonged exposure to stress and frustration, all of the various personal and environmental factors that generate stress and frustration for human must be considered as potential cause of 'burnout'.
3. 'Burnout' should not be confused with malingering; we believe 'burn out' is more likely to be experienced among highly motivated than among less motivated workers.
4. 'Burnout' may lead to sub sequent personal and professional stunting and under development, as well as greater despair and trauma, which outcome will follow the experience of 'burnout'. It will depend on changes made in the individual, the various ecosystems, and their interactions.
5. The quality of interpersonal relationships that distinguish the work environment and other ecosystems of the worker is especially important to consider.

**Data Analyses and Results**

After the data had been collected, it was processed and tabulated using Microsoft Excel - 2010 Software. The data collected on burnout and its dimensions (i.e. non-accomplishment, depersonalization, emotional exhaustion,

friction, task avoidance, distancing, neglecting and easy going) from physical education director of degree colleges of North Karnataka. Then, the data was analyzed with reference to the objectives and hypotheses by independent t test, one way ANOVA, two way ANOVA test followed by Tukeys multiple posthoc procedures for pair wise comparisons. Further, the Karl Pearson's correlation coefficient technique has been applied to assess the relationship by using SPSS 20.0 statistical software. The statistical significance was set at 5% level of significance ( $p<0.05$ ) and the results obtained there by have been interpreted.

**Differential statistics with independent t and one way ANOVA**

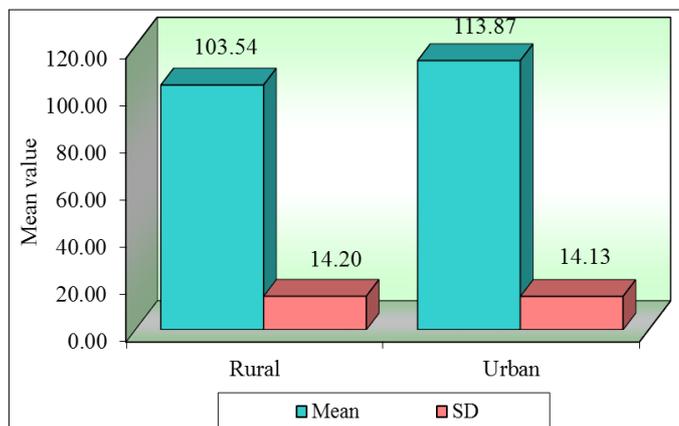
In this section the comparison is of the Location (Rural and Urban) and Types of Management (aided, unaided and government) with respect to burnout and its dimensions (i. e. non-accomplishment, depersonalization, emotional exhaustion, friction, task avoidance, distancing, neglecting and easy going) of Physical Education Director of Degree Colleges of North Karnataka by applying the independent t test, one way ANOVA followed by Turkeys multiple potshot procedures and the results are presented in the following section.

**Hypothesis:** There is no significant difference between physical education director of rural and urban degree colleges of North Karnataka with respect to their burnout scores. To achieve this hypothesis, the independent test was performed and the results are presented in the following table.

**Table 1:** The results of t test between physical education director of rural and urban degree colleges of North Karnataka with respect to their burnout scores ismresentedbelow

Location	Mean	SD	SE	t-value	P-value	Signi.
Rural	103.54	14.20	1.16	-6.3144	0.0001	S
Urban	113.87	14.13	1.15			

From the results of the above table it can be seen that, a significant difference observed between physical education director of rural and urban degree colleges of North Karnataka with respect to burnout scores ( $t=-6.3144, p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the physical education director of urban degree colleges have significant higher burnout scores as compared to physical education director of rural degree colleges of North Karnataka. The mean score is also presented in the following figure:



**Fig 1:** comparison between physical education directors of rural and urban degree colleges of Karnataka with respect to burnout scores

**Conclusions**

- The dimensions of burnout i.e. Non-accomplishment, depersonalization, friction and distancing scores of physical education director of degree colleges of North Karnataka are dependent on each other
- The dimensions of burnout i.e. Non-accomplishment with emotional exhaustion, task avoidance, neglecting and easy going scores of physical education director of degree colleges of North Karnataka are independent on each other
- The dimensions of burnout i.e. Depersonalization and friction scores of physical education director of degree colleges of North Karnataka are dependent on each other
- The dimensions of burnout i.e. Depersonalization, emotional exhaustion, task avoidance, distancing, neglecting and easy going scores of physical education director of degree colleges of North Karnataka are independent on each other

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