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## Burnout problems among physical education directors of degree colleges of north Karnataka

**N Chandrappa**

### Abstract

They increase the general vigor of those who take part in sports and improve the morale through the development of the body. The sports activities help in fostering and developing a nationalistic 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. 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. Physical Education Directories the central figure of entire Physical Education programmer. Students are being attracted towards for the simple reason that activities organized by him give them optimum scope to express their self-desire.

**Keywords:** Burnout problems among physical education directors of degree colleges 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 vigor of those who take part in sports and improves the morale through the development of the body. The sports activities help in fostering and developing a nationalistic 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.

Physical Education helps the child in Emotional adjustment and in developing desirable social attitude. In addition, Physical Education so endeavors to effect improvement in the cultural attainments of pupils and fit them as good citizens for the realization of real values in life.

### Burnout

Burnout is not a term that has sprung magically in to prominence. When the articles started appearing in lesser known publications of America in the mid-1970s, people enthusiastically responded. However, the term 'burnout' was not received by critics interestingly, for the reason that, 'burnout' is simply an old wine in a new bottle-a trendy name for a problem that has been around for a long time. They argued, what is known to be 'burnout' today, was called depression yesterday. It stands for alienation, apathy, boredom, blue-collar blues, midlife crisis, or job stress, hence 'burnout' is nothing more than a catchy term.

### Delimitation of the Study

1. The study is delimitation to the survey method and burnout problems of physical education Directors.
2. The study was delimitation to Degree college of North Karnataka.
3. The study was delimitation to Physical Education Directors.

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- The study was delimitation to Different age groups such as 30-60 years of physical education directors.
- It is delimitation to the response to the questionnaire through the interpreter.

**Limitation of the study**

- The questionnaire in itself in its own limitation.
- As such any opinion that might be given by the subject in form of responses in also one of the limitation of the study.
- The education background is also one of the limitation of the study.
- Valid and reliable burnout measurement tool was used in this study will be considered as limitation for this study.
- The responses of selected physical education director of degree colleges will be considered.

**Methodology**

**Correlation Analysis among dimension scores of Burnout**

In the present study, the relationship among the dimension scores (i. e. Non-Accomplishment, Depersonalization, Emotional Exhaustion, Friction, Task Avoidance, Distancing, Neglecting and Easy Going) of Burnout of Physical Education Directors of degree colleges of North Karnataka were considered for relationships.

If F is significant, to know the pair wise comparisons of interaction effect of Location(Rural and Urban) and Managements (Aided, Unaided and Government) on the dimension of Burnout i.e. Easy Going scores of Physical Education Directors of degree colleges of North Karnataka by applying the Tukeys multiple posthoc procedures and the results are presented in the following table.

**Table 1:** The table showing the pair wise comparisons of interaction effect of Location(Rural and Urban) and types of Managements (Aided, Unaided and Government) on the dimension of Burnout i.e. Easy Going scores of Physical Education Directors of degree colleges of North Karnataka is presented below.

Interactions	Aided Rural	Unaided Rural	Government Rural	Aided urban	Unaided urban	Government urban
Mean	15.97	15.51	13.37	15.59	15.36	14.59
SD	3.80	3.03	4.51	4.55	3.65	4.12
Aided Rural	-					
Unaided Rural	p=0.9955	-				
Government Rural	p=0.0193*	p=0.0500*	-			
Aided urban	p=0.9979	p=0.9990	p=0.0347*	-		
Unaided urban	p=0.9806	p=0.9990	p=0.0500*	p=0.9997	-	
Government urban	p=0.6394	p=0.8905	p=0.6187	p=0.8354	p=0.9338	-

\*p<0.05

**From the results of the above table, it clearly showed that**

- Physical Education Directors of Rural Aided degree colleges and Rural Unaided degree colleges do not differ significantly with Easy Going scores at 5% level of significance. It means that, the Physical Education Directors of Rural Aided degree colleges and Rural Unaided degree colleges have similar Easy Going scores.
- Physical Education Directors of Rural Aided degree colleges and Rural Government degree colleges differ significantly with Easy Going scores at 5% level of significance. It means that, the Physical Education Directors of Rural Aided degree colleges have higher Easy Going scores as compare to Physical Education Directors of Rural Government degree colleges.

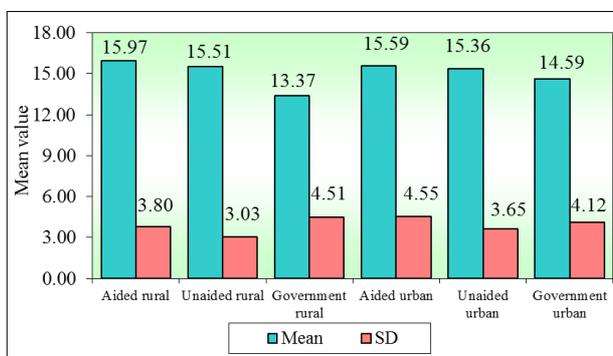
scores of Physical Education Directors of degree colleges of North Karnataka.

**Conclusion**

- The Physical Education Directors of Rural and Urban degree colleges having similar score in Task Avoidance and Easy Going.
- The Physical Education Director of Urban degree colleges have significant higher Burnout score as compared to Physical Education Director of Rural degree colleges in Non-Accomplishment, Depersonalization, Emotional Exhaustion, Friction, Distancing and Neglecting.
- The Physical Education Directors of Aided and Unaided, Aided and Government degree college of North Karnataka having similar Non-Accomplishment and Depersonalization scores. Aided and Unaided, Aided and Government degree college having similar Friction scores. Aided and Unaided degree college having similar Emotional Exhaustion, Task Avoidance, Distancing, Neglecting and Easy Going scores.

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**Fig 1:** Comparison of interaction effect of Location (and types of Managements) on Easy Going scores of Physical Education Director of degree colleges of North Karnataka

**Hypothesis**

There is no significant interaction effect of Location (Rural and Urban) and types of Managements (Aided, Unaided and Government) on the dimension of Burnout i.e. easy Going