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## Burnout problems among physical education directors of aided, unaided and government degree colleges of North Karnataka

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### Abstract

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. 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.

**Keywords:** Physical education directors of aided, unaided and government degree colleges of North Karnataka

### Introduction

Physical education director is the central figure of entire physical education programmer. Students are being attracted towards her for the simple reason that activities organized by him give them optimum scope to express their self-desire. As a result today the physical education director has to perform duties such as imparting skills in various activities, conducting practice sessions in different activities, conducting mass drills, playing important role in various functions of the institutions, planning and organizing different programmers of physical education, keeping sports equipment in safe custody and maintenance of records, preparing the students for tournaments etc. Performance of these and various other duties such as, discipline provision and maintenance of different equipment, playgrounds lead to heavy workload on them. All these create stress on the physical education director. The prolonged stress leads to loss of enthusiasm, excitement and sense of mission for his work. This is a state where he no longer lives to work but works only to live. The result is 'burnout'.

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.

Physical education does not merely consist in exercise and keeping oneself fit. It is indeed a necessity of our day life and if we take too little exercise, too much exercise or exercise of the wrong sort we are likely to suffer for it and thus fall below the physical education to which one aim at.

Physical exercise and physical condition live in two different parishes. We aim at producing a body, which cooperates in all skillful pursuits and in the creation of beauty, transforming fitness from nonsense into sense and from a meaningless word into an educational conception. There is intimate connection between the business of education and the promotion of true health. Education of the body is a parallel process to the education of the mind. Physical education will be much more than the share education of the body. Etymologically, physical education is education of the complete personality.

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**Consequences of Director Burnout**

Director becoming unworthy to their profession and to their specific jobs is not uncommon. This is not only true in India but in other countries also. Burnout in this context refers to loss of enthusiasm, excitement and sense of mission to one’s work. This is a state where one no longer lives to work but works only to live.

The consequences of ‘burnout’ are potentially very dangerous. Burnout negatively affects the director (e.g. Mental and Emotional Exhaustion, a lower sense of personal Accomplishment), the pupils (e.g. he burnout director gives them less information, less praise, and pays less attention to students and their needs), and the organization ( e.g. higher absenteeism, working hard but not accomplishing anything).

Viewed from another angle, the phenomenon of ‘burnout’ involves colossal wastage of our limited material and human resources. Much of the nation’s scarce resources go into the education and training of director as well as other investment related to colleges but not on the effective teaching students hence the efficiency and effectiveness of these director is lost, investment made in education yields no returns.

**Analyses and Of Data**

It is also the intention of the investigator to find out whether differences in the independent variables namely, 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 burnout of physical education director of degree colleges of North Karnataka and consequently others.

Further, if F is significant, to know the pair wise comparisons of physical education director of aided, unaided and government degree colleges of North Karnataka have different burnout scores by applying the Tukeys multiple posthoc procedures and the results are presented in the following table.

**Table 1:** The pair wise comparison of physical education director of aided, unaided and government degree colleges of north Karnataka with respect to their burnout scores by Tukeys multiple posthoc procedures is presented below.

Managements	Aided	Unaided	Government
Mean	114.02	114.29	99.54
SD	11.97	11.61	15.58
Aided	-		
Unaided	P=0.9897	-	
Government	P=0.0001*	P=0.0001*	-

\*p<0.05 From the results of the above table, it can be seen that,

- The physical education director of aided and unaided degree colleges of North Karnataka do not differ significantly with respect to burnout scores at 5% level of significance. It means that, the physical education director of aided and unaided degree colleges of North Karnataka have similar burnout scores.
- The physical education director of aided and government degree colleges of North Karnataka differ significantly with respect to burnout scores at 5% level of significance.

It means that, the physical education director of aided degree colleges of North Karnataka have significant higher burnout scores as compared to government degree colleges.

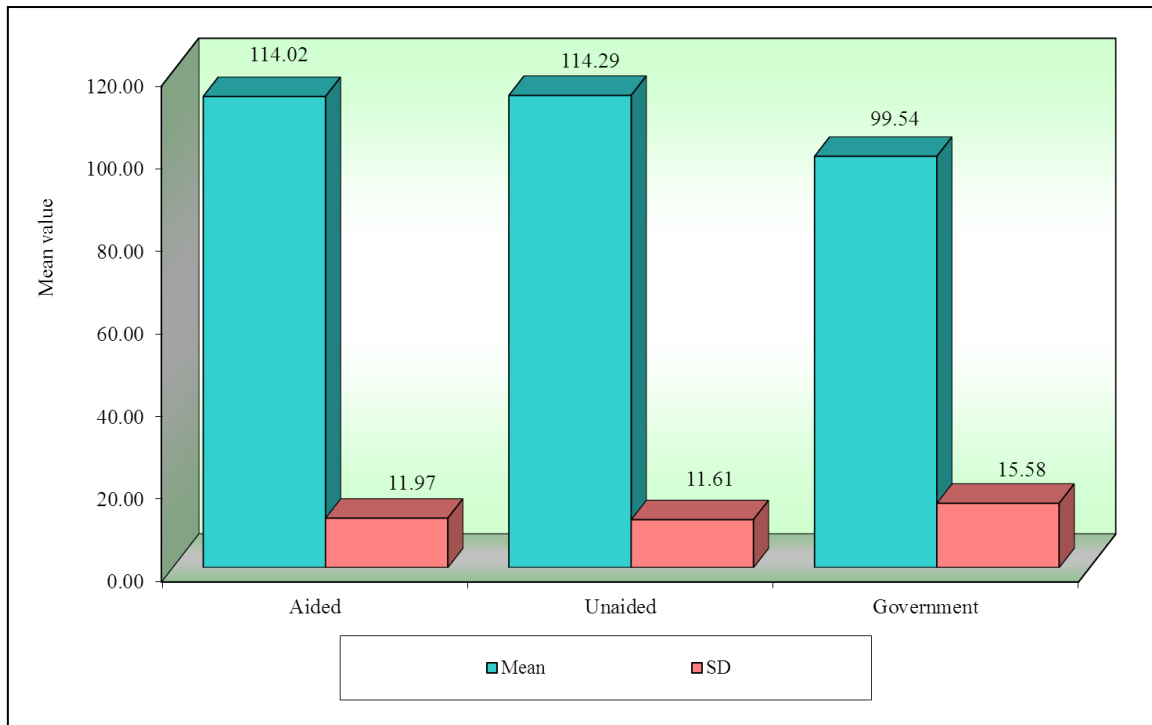
- The physical education director of unaided and government degree colleges of North Karnataka differ significantly with respect to burnout scores at 5% level of significance. It means that, the physical education director of unaided degree colleges of North Karnataka have significant higher burnout scores as compared to government degree colleges. The mean scores are also presented in the following figure.

From the results of the above table, it can be seen that,

- The physical education director of aided and unaided degree colleges of North Karnataka do not differ significantly with respect to burnout scores at 5% level of significance. It means that, the physical education director of aided and unaided degree colleges of North Karnataka have similar burnout scores.
- The physical education director of aided and government degree colleges of North Karnataka differ significantly with respect to burnout scores at 5% level of significance. It means that, the physical education director of aided degree colleges of North Karnataka have significant higher burnout scores as compared to government degree colleges.
- The physical education director of unaided and government degree colleges of North Karnataka differ significantly with respect to burnout scores at 5% level of significance. It means that, the physical education director of unaided degree colleges of North Karnataka have significant higher burnout scores as compared to government degree colleges. The mean scores are also presented in the following figure.

From the results of the above table, it can be seen that,

- The physical education director of aided and unaided degree colleges of North Karnataka do not differ significantly with respect to burnout scores at 5% level of significance. It means that, the physical education director of aided and unaided degree colleges of North Karnataka have similar burnout scores.
- The physical education director of aided and government degree colleges of North Karnataka differ significantly with respect to burnout scores at 5% level of significance. It means that, the physical education director of aided degree colleges of North Karnataka have significant higher burnout scores as compared to government degree colleges.
- The physical education director of unaided and government degree colleges of North Karnataka differ significantly with respect to burnout scores at 5% level of significance. It means that, the physical education director of unaided degree colleges of North Karnataka have significant higher burnout scores as compared to government degree colleges. The mean scores are also presented in the following figure.



**Fig 1:** Comparison between physical education director of aided, unaided and government degree colleges of north Karnataka with respect to burnout scores

**Hypothesis:** There is no significant difference between physical education director of aided, unaided and government degree colleges of north Karnataka with respect to their burnout scores.

To achieve this hypothesis, the one way ANOVA test was performed and the results are presented in the above figure.

### Conclusions

The Physical Education Director of Aided, Unaided and Government degree college of North Karnataka have difference significant with respect to dimensions of burnout score in Non-Accomplishment, Depersonalization, Emotional Exhaustion, Friction, Task avoidance, Distancing, Neglecting and Easy going.

The Physical Education Director 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. The main effect of types of Managements (Aided, Unaided and Government) on burnout scores of Physical Education Directors of degree colleges of North Karnataka is found to be significant

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