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STUDY ON THE OCCUPATIONAL BURNOUT LEVELS OF THE PHYSICAL TRAINING AND SPORTS TEACHERS

Abstract:

Objective: In this study, the objective has been set to present the occupational burnout condition of the physical training teachers. An answer for the sub-problems developed has been sought in line with the said objective.

Materials and Method: Maslach Burnout Inventory (MBI), the questionnaires used in the study, has been developed by Maslach and Jackson (1981) and adapted into Turkish by Ergin (1992). The target population of the study was constituted by total 104 physical training teachers residing in the center of the province of Konya, working at the schools acting under the supervision of the Ministry of National Education, selected through a random sampling method, and consisting of 20 Female and 84 Male teachers. The difference of the occupational burnout levels according to genders was determined by way of using Independent-Samples T Test in the analysis of the data.

Results: In terms of the relations between the marital status and burnout sub dimensions of the physical training teachers and the levels of their emotional burnout, it appears that the single female teachers have high emotional burnout while the married female teachers have high, normal, and low emotional burnout. Single male teachers have high and low emotional burnout and single female teachers have high, normal, and low emotional burnout levels. Emotional burnout of female teachers according to their age statuses was high and moderate in the 33-38 age group, while emotional burnout was low and moderate in the male teachers. In regards to desensitization, low and moderate were apparent in female teachers and male teachers in line with their age statuses. In terms of personal success, high level appeared in the female teachers and male teachers in line with their age statuses. In regards to the relations between the emotional burnout levels according to their state of carrying out the profession of teaching by loving it, the level was low in the female teachers and male teachers.

Conclusions: As a result, when the emotional burnout of the physical training teachers are compared according to their genders, there was a statistically meaningful difference ($p < 0.05$), while there was no such statistically meaningful difference in the comparison of the desensitization and personal success points according to gender between the male and female physical training teachers.

Keywords:

Bornout levels, Physical training, Teachers