

Burnout problems among physical education of directors in north Karnataka

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Abstract

The purpose of the present research is Burnout problems among physical education Director of Degree College for excessive work related burnout occurs in job performance if a person having more workload. Burnout components was more prominent in primary physical educators than in secondary Comparison to their colleagues and working in the Degree College a physical education Director meaningfully higher levels on the core burnout dimension, namely emotional exhaustion etc. The paper shows that the education level in which physical education director in Degree College are working represents an important job characteristic they are affecting with the burnout.

Keywords: burnout problems, physical education, Karnataka

Introduction

Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands. As the stress continues, you begin to lose the interest or motivation that led you to take on a certain role in the first place.

Burnout reduces productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical, and resentful. Eventually, you may feel like you have nothing more to give. Burnout can best be defined as a major breakdown in the energy producing systems of the body. Burnout differs from simple fatigue in that one can recover from fatigue with a good night's sleep or a vacation, whereas burnout cannot be corrected simply with rest. Burnout has become a widely researched phenomenon since Freudenberg (1974) first used the term to describe the symptoms of physical, psychological and behavioural exhaustion that occurs in the work situation.

Burnout can occur in all professions. However, it seems to be particularly common amongst professionals who help and enable people to cope with the demands of their daily lives (Garish & Friedman 2010; McCormick, 2011; Pines, 2002; Rakovec-Felser, 2011). Therefore, professionals like director, doctors and mental health workers should have special professional skills and an exceptional ability to deal with the stressors they incur because of the emotionally demanding nature of their professions. If they do not, the result is often emotional exhaustion, depersonalisation and a reduced sense of personal accomplishment. These, according to Brewster, Tonic, and Beloit (2011) and Malachi (1982), are the classical symptoms of burnout.

Meaning

Burnout is persistent physical, mental or emotional exhaustion caused by long-term stress, usually as a result of excessive workplace and/or personal responsibilities.

Because burnout cannot coexist with engagement, it's a serious problem for the enterprise. Burnout is associated with

higher stress levels, poorer performance, more illnesses and absenteeism, and less productivity. In a corporate culture that places high demands on employees, the cumulative effect can be lower profitability and higher staff turnover.

Definition of burnout

1. The cessation of operation usually of a jet or rocket engine; also : the point at which burnout occurs
 2. Exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress or frustration : a person suffering from burnout
 3. A person showing the effects of drug abuse
- See *burnout* defined for English-language learners
See *burnout* defined for kids
See words that rhyme with *burnout*

Symptoms of Burnout

Physical symptoms of burnout

Almost any physical symptom may indicate burnout since, when the body loses the ability to self-regulate, the first signs manifest at its weakest point. This varies greatly from person to person. If someone is prone to developing allergies, burnout might show up as eczema or hay fever at first. Most frequently, however, the initial symptoms of burnout include:

- Sleep disorders
- Indigestion
- Head and back pain
- Dizziness
- Palpitations
- Tinnitus
- Weakened immune system
- Eczema
- Hay fever
- Asthma

Psychological symptoms of burnout

- Increased irritability
- Restlessness
- An inner feeling of emptiness

- Anxiety
- Despair
- A feeling of futility
- Blunting
- Loss of pleasure (lust for life, work, family, sex)

Behavioral traits of Burnout

Behavioral changes often result from psychological rather than physical symptoms. Constant disappointments promote failure and fear of loss. The toll this takes on us shows up as:

- Lack of concentration
- Lack of ability to make decisions
- Self-doubt
- Loss of performance
- Tendencies toward social withdrawal
- Increased coffee and alcohol consumption
- Spending less time engaging in enjoyable or relaxing activities

Burnout may be a major cause of depression



Fig 1

Depression is a typical side effect of being burned out. It is especially common when our initial excitement about something has turned into chronic frustration.

Depression is the most common result of burnout. According to modern medicine, burnout occurs when someone has been engaged with something for too long, too exclusively, and too intensely, without paying attention to other areas of life and without taking the time to rest and relax. Inevitably, by doing this, a person experiences an increasing level of stress, which accumulates over time. Thus, many doctors see burnout as the result of poor stress management.

If people are driven by fears, deadlines and meetings and constantly forced to confront obstacles and unpleasant events, they burn out from the cumulative tension that these factors cause. When this cumulative stress makes someone feel that he/she can't or probably won't achieve his/her goals, depression manifests itself in the form of anxiety, hopelessness, despair, and a lack of pleasure in life. In turn, these feelings make things worse: if you are depressed, you behave and interact with people differently, thereby causing others to treat you differently as well. This can become a vicious cycle.

Conclusion

The dimensions of director' burnout might play different roles in the transmission from director to students. Director' status

of burnout is an important environmental factor associated with students' quality of motivation. It is possible to decrease job burnout through making proper decisions and implementing scientific and effective interventions. Intervention programs can be prepared in co-operation with administrators and counsellors to prevent director' stress and burnout, as indicated in Sari (2002). Individual interventions includes improvement of job competencies and individual skills, social support or relaxation exercises. There are diverse organizational interventions such as reorganization, increasing the control on job and involving personnel in decision makings. Establishing job advisory plans in organizations is among the most productive approaches to decrease job burnout (Garter *et al.*, 2001).

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