



“PHYSICAL EDUCATION DIRECTORS OF RURAL AND URBAN DEGREE COLLEGES OF NORTH KARNATAKA BURNOUT OF DIMENSION NON-ACCOMPLISHMENT”

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ABSTRACT

Burnout can be defined as; the state of physical and emotional depletion resulting from conditions of work. It is emphasized Non-Accomplishment as the result of prolonged overwork and overextension. Burnout includes three unique Dimension of considered to be the result of burnout: emotional exhaustion, depersonalization, and reduced personal accomplishment. The main purpose of this study is to measure of burnout Dimension on director. This empiric research planned to be realized by surveying method. Director in province Denali have been reached and asked to participate in the study. The survey instrument included Burn-Out and demographic questions about the participants.



KEYWORDS: Physical Education Directors of Rural and Urban degree colleges of North Karnataka Burnout of Dimension Non-Accomplishment.

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.

Health education of an individual means the education of the entire society. This consist of inter-related functional units such as- physical, mental and social aspects. Physical education if well taught can make a significant contribution to the goals of general education. Participation in physical education activities will therefore, mean an opportunity for the youngster to develop a healthy body and participate in an exceedingly exciting form of recreation. Even from the limited point of view of being free from diseases, physical education has an important contribution to make. It is now recognized by medical authorities all over the world that an amount of physical exercise, involving the big muscles of the body is absolutely essential for the proper functioning of the human body.

QUALITIES OF PHYSICAL EDUCATION DIRECTOR

1 Proficiency: For imparting training in various activities of physical education, the physical education director should have adequate knowledge of maximum activities. He should have the ability to demonstrate and analyze different activities. He should be proficiency in some of them.

2 Ability to plan: A physical education director has to plan several programs in and outside the institution. He will be successful in this work, if he has ability to plan according to the prescribed objectives and available material.

3 Personality: physical education director is the central figure of whole physical education. Most of the students feel attracted towards his personality and interest in physical activities. The muscular and healthy body of physical education director can ensure physical development through physical activities. Moreover, in the process of performing his multi-faceted duties, she has to pass through several adverse situations. Here his well-built, healthy and agile body stands her in good stead.

Personality is not confined only to physique, but includes mental and intellectual qualities also. Physical education director should be mentally balanced and have control on his instincts .He should be rational in his approach. He should be amen of determination, firm resolute, self-confidence and creative thinking.

4 Characters: Character is an integral part of one's personality. Because of certain weaknesses of physical education director, people carry misconceptions regarding physical education .He can remove these misconceptions with sterling qualities of her character. It is this character, which plays a significant role in making her teaching impressive. To inculcate qualities of character at the in first instance, she must be a role-model of high character, He becomes an ideal for the students and they feel proud in imitating him. There is a saying "as is the teacher so are the students". Hence it is essential that physical education director should be a men of high moral character and possess the qualities of impartiality, justice, honesty ,hard working, cool minders, self-control, good conduct and tolerance.

5. Leadership: Leadership is an universal quality of any profession. The leader has to guide and lead his students in various fields in the right direction. The students participating in different programmed of physical education, camps, picnic, tournaments, athletic meets etc. always work under the leadership of a physical education director It is therefore, essential that, she should have all the qualities of leadership such as self-reliance, ability to take decisions, creativity, self-confidence, critical thinking and clarity in thought and action. His attitude should be democratic. He has to Mack leaders out of available students; as such he himself should be a good leader.

6. Faith in profession: Faith makes a man to be very active which issuers pto success. Generally the physical education directors fail in the efficient organization of their work because they have no faith in their profession. This pessimistic thinking creates inferiority complex in them which is harmful in the development of their own personality. So a physical education director must have full faith in there profession. Only then will be able to put ther heart and soul in their work.

National and international professional organist ions try to promote professional growth among the directors in general. These bodies too, design code of conduct or job chart, etc in order to strengthen professional ethics, but unfortunately no specific effort is made to define code of conduct for physical education director either by the state organization or national organizations. Especially, in Karnataka the Commissioner for Public Instruction, in a manual for physical education director at the college level, prescribes responsibilities and duties. These are given below:

Differential statistics with independent t and one way ANOVA

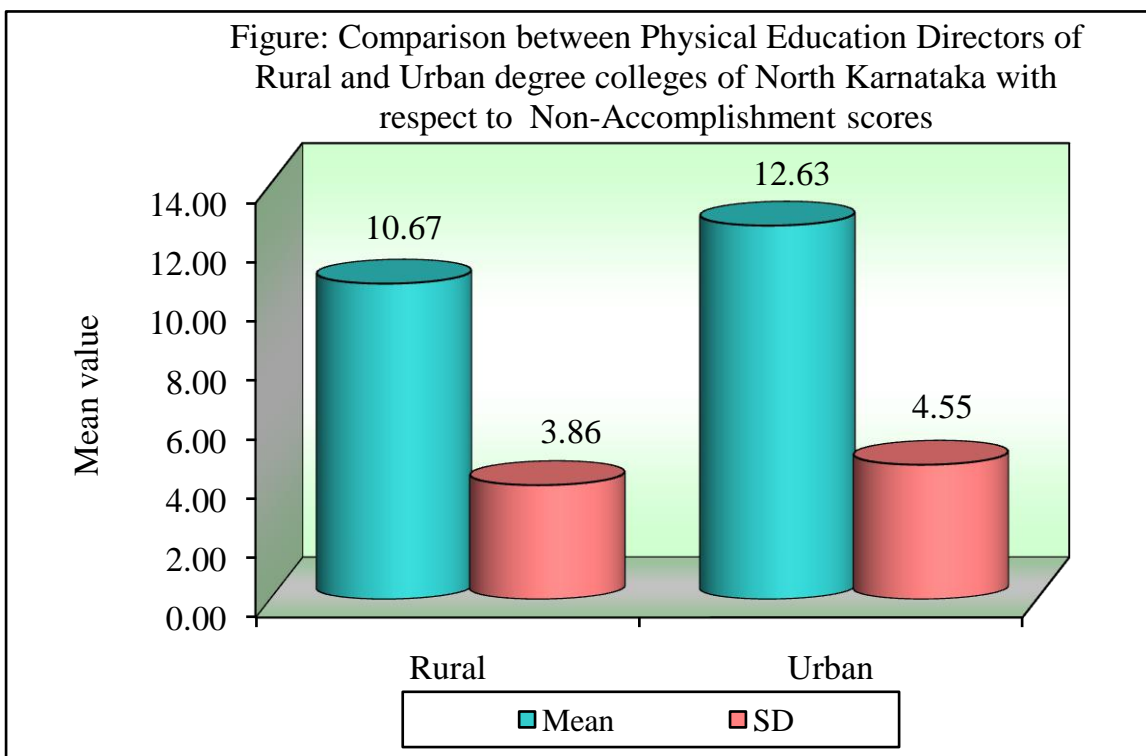
In this section the comparison is of the Location (Rural and Urban) and Types of Management (aided, unaided and government) with respect to burnout and its dimensions (i. e. Non-Accomplishment, Depersonalization, Emotional Exhaustion, Friction, Task avoidance, Distancing, Neglecting and Easy going) of Physical Education Director of Degree Colleges of North Karnataka by applying the independent t test, one

way ANOVA followed by Turkey's multiple post-hoc procedures and the results are presented in the following section.

Table: The table showing the t test between physical education director of rural and urban degree colleges of North Karnataka with respect to dimension of burnout i.e. non-accomplishment scores is presented below

Location	Mean	SD	SE	t-value	P-value	Signi.
Rural	10.67	3.86	0.32	-4.0378	0.0001	S
Urban	12.63	4.55	0.37			

From the results of the above table it can be seen that, a significant difference is observed between physical education director of rural and urban degree colleges of North Karnataka with respect to dimension of burnout i.e. non-accomplishment scores ($t=-4.0378$, $p<0.05$) 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 non-accomplishment scores as compared to physical education director of rural degree colleges of North Karnataka. The mean score is also presented in the following figure:



Hypothesis: There is no significant difference between physical education director of rural and urban degree colleges of North Karnataka with respect to the dimension of burnout i.e. non-accomplishment scores.

To achieve this hypothesis, the independent t test was performed and the results are presented in the above figure.

CONCLUSIONS

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.

The main effect of location (Rural and Urban) on burnout scores of Physical Education Director of degree colleges of North Karnataka is found to be significant.

The main effect of location (Rural and Urban) on dimension of burnout i.e. Non Accomplishment, Depersonalization, Emotional Exhaustion, Friction, Distancing, Neglecting of Physical Education Directors degree Colleges of North Karnataka is found to be significant. The dimension of burnout i.e. Task avoidance and Easy going scores of Physical Education Director of degree colleges of North Karnataka is found to be not significant.

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