

OCCUPATION STRESS AND ITS RELATION TO THE LACK OF MENTAL ENERGY

ضغط العمل وعلاقته بفقدان الطاقة النفسية والإحترق.

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Abstract :

The study was based on a study sample estimated at 100 teachers in middle school in Algeria, and was based on several international standards, including the pressure gauge for the researcher Idosen and a new and tried CAD scale, so that It was a special work and adapted to the nature of the Algerians.

This measure is one of the measures of the occupational stress index for researchers: Cooper, Sloan, and Williams 1988, translated into French by Cooper and Stora 1990. This measure was prepared for the purpose of identifying and measuring the sources and effects of professional pressure. (60) partial measurements, which we have all taken, (60) partial measures dealing with the aspects of this research subject, which is the appropriate pressure gauge according to the opinion of the most important sources of pressure among professors of physical education

And sports and is a translator from the French language to the Arabic language and is adapted according to the material of physical education

Keywords: Psychological combustion. Pressure. Spiritual energy , Positive psychic energy

الملخص :

هدفت هذه الدراسة إلى إيجاد علاقة الضغوط بالعمل ، و كيف ان لها علاقة بتدهور الأداء بمكان العمل ، و إعتد الباحث عينة بحثية قدرت ب 100 أستاذ بالتعليم المتوسط بالجزائر ، وإعتمدت على عدة مقاييس عالمية من بينها مقياس الضغوط للباحث إيدوسن و مقياس كندي مجرب وجديد ، بحيث انه كان عمل خاص و مكيف حسب طبيعة الجزائريين.

يعد هذا المقياس أحد مقاييس مؤشر الإجهاد المهني للباحثين: كوبر ، سلون ، ووليامز 1988 ، مترجمة إلى الفرنسية من قبل كوبر وستورا 1990. تم إعداد هذا التديير لغرض تحديد وقياس مصادر وتأثيرات الضغط المهني . (60) القياسات الجزئية ، التي اتخذناها جميعًا ، (60) تدابير جزئية تتناول جوانب هذا الموضوع البحثي ، وهو مقياس الضغط المناسب وفقًا للرأي أهم مصادر الضغط بين أساتذة التربية البدنية، والرياضة ومترجمة من اللغة الفرنسية إلى اللغة العربية ويتم تكييفها وفقا لمواد التربية البدنية والرياضة وبحسب ظروف العمل في الجزائر ،

- الكلمات المفتاحية : الإحترق، الضغوط ، الطاقة الروحية ، الطاقة النفسية الإيجابية، العلاقات بين الشخصية و ضغوط الإدارة ;

1Introduction Search:

Work is an important place in the lives of individuals because of its importance. It is not only a profession to earn money, but it is also a way to satisfy many of the motivations and needs in terms of their differences and psychological ones in particular. This is the focus of social activity in which the individual should achieve as much as possible.

Psychological compatibility.

The rapid development witnessed by the world today and the world of work has led to a doubling of efforts for change in various fields, social, organizational and even political. This has made institutions suffer from a number of problems, especially those related to the human element. The extent of his suffering due to the professional

pressures he has in and outside his work, and even his home sometimes, which affect the psychological situation, which leads to negative repercussions on him and the positive overall, because of those sources of these pressures.

The education profession is one of the best forms of education and reform if it is available to the appropriate conditions and appropriate to enable the professor to perform his work on the most beautiful picture, otherwise the educational process and learning was basically unsuccessful.

2* Problematic:

A person may feel that his energy is weak and his morale is low, and that the presence of these symptoms does not necessarily mean that there is a physical disease suffers from it, and may be the cause myself.

The main reasons for emotional fatigue are people's disregard for the person, or failure to do things that make him happy, which consumes his emotional energy and generates a sense of physical fatigue and fatigue, and thus adversely affect his work. Any person in this case needs to lift his spirits and emotional ability. As fitness is increased by exercising, a person can increase his or her emotional ability by exercising activities that increase optimism and induce relaxation and self-confidence.

The most important thing that a person can do to raise his or her emotional energy is to stop living according to the desire of others, such as choosing the place where he works and the most appropriate place to live, for example, in which he feels comfortable and not imposed by his society or circumstances. He asks him something he does not want to do.

It is very important to have positive people in the life of a person to support and encourage them to feel complacent, they inspire those around them to more success and creativity, which is the biggest role in overcoming the state of emotional fatigue, rather than the disgruntled people who put obstacles to those around them, Because

they are working to exhaust energy around them and feel frustrated, disabled and helpless.

The exhaustion of psychological energy for teachers of physical and athletic education is certainly the result of educational institutions in Algeria.

This is why we asked the following question :

Is occupational stress related to the depletion of psychic energy among professors of physical education

And sports, so reflected on the extent of application of educational programs?

-The first general question:

Is there a relationship between the sources of professional pressure (work in itself, the administrative role, interpersonal relations, professional career, achievement, atmosphere, organizational structure and the face of the house - work) and the depletion of mental energy among teachers of physical education and sports?

-The second general question:

Do occupational stress sources and mental energy exhaustion affect the application of educational programs?

-Sub-questions:

- 1 - Is there a relationship between the work itself and the psychological energy depletion of professors of physical education and sports?
- 2 - Is there a relationship between the administrative role and the depletion of mental energy among teachers of physical education and sports?
- 3- Is there a relationship between the interpersonal relations and the psychological energy depletion of the teachers of physical education and sports?
- 4 - Is there a relationship between the relationship between career and achievement and the depletion of mental energy among teachers of physical education and sports?

5. Is there a correlation between the atmosphere and the organizational structure and the depletion of mental energy among teachers of physical education and sports?

6 - Is there a relationship between the relationship between home - work and the exhaustion of mental energy in the teachers of physical education and sports?

7. Do occupational stress sources affect the application of educational programs?

8. Does the depletion of mental energy affect the application of educational programs?

-The search objectives:

1- Knowledge of occupational pressures and their dangers to working life.

2- Knowledge of mental energy and how it is affected by professional pressures.

3- Knowledge of educational programs for physical education and sports.

4- Recognize the effects of exhaustion of mental energy on the body and on performance.

5- Knowledge of the factors leading to the emergence of symptoms of occupational pressure among teachers of intermediate education in physical education and sports.

6- To know the extent of the impact of pressures on the social life of teachers of intermediate education in physical education and sports.

3*Procedural definition of terms:

Education :Education in the language is taken from the act of Rabie, which fed the child and make it grow and raised the child any taste, and the origin of any increased weight.

And make the origin of the "Lord" must make the source arrangement not breeding, said the Lord of the nation to educate them in the sense of Sasam and was above them and the Lord of graceincreased, and raised the child, the Lord until he realized it

(Rabeh Turki 1999. 18)

-Physical education:

"Physical education is an integral part of public education and its motivations include the activities that exist in each person for development in terms of membership, conciliation and emotions." (Angela Mays, 1982, p. 129)

- Professional pressure:

It is a group of interactions between the individual and the environment that cause an emotional state or an unpleasant emotional state such as tension and anxiety (Neo Collective, Sahed Fatihah, 2010, p. 113).

- Psychological energy:

Psychological energy in the field of psychology is used interchangeably with many other terms such as motivation, activation, arousal, both mind and body, but it is also evident that these terms confuse mind and body. (Osama Kamel Rateb, 2000, p. 117).

-Psychological exhaustion: The exhaustion of psychic energy is psychological combustion, which occurs as a result of the individual's effort to achieve a certain goal and wait for the reward and reinforcement.

In my opinion, there is a lack of motivation for achievement and work which affects the level of performance either by failure or success.

-Through the review of various studies : that dealt with the professional and psychological pressures of teachers, teachers and others, it became clear to us that the profession of education and teaching is one of the most professions that suffer from mental stressors, all studies have been found that teachers suffer from pressure resulting Of their practice of the education profession, with a difference in the level of pressure depending on personal characteristics (age, sex sometimes family status) and professional (work experience, educational level).

The majority of studies also agree that the most sources of professional pressure on the teacher are the conditions of the educational work (overcrowding in one section, the

professional burden and the professional development, the lack of educational means, the necessary equipment for teaching, the size of the courier and the pay ...)

In addition, the physical working conditions, the relationship between the teacher and the teacher, the relationship between the teacher and the administration, the relationship of the professor with his profession, his relationship with colleagues, especially the original community.

Most studies have found a relationship between the pressures on the professor and the emergence of symptoms and disorders of the psychosomatic.

Although there are many studies that dealt with the subject of mental energy, but it is linked to study only sports practice, for example football players, psychological fluency and psychological rigidity, where it was

We have also found studies that speak of motivation achievement and is a component of mental energy.

Only one study was published in one of the scientific courses of Dr. Noi Jamai and Prof. Sahed Fatihah in 2010, a doctoral dissertation under the title: "Professional pressure and its relation to the motivation of achievement in the teachers of secondary education." The researcher has already mentioned, Interpersonal relations and the achievement motivation of secondary education teachers, and their level of performance.

Stressors:

There are many factors that contribute to the pressure on the individual in his field of work and the factors can be classified into two main categories

One involving factors related to the work environment or work itself, and the other involving particle-related factors or what is known as personal factors.

Factors related to work are:

The requirements of work and the degree of variation from one profession to another

- Conflict in the roles required of the individual.

Clarity of responsibilities.

Increase functional function (increase excitement)

Responsibility for others.-

Lack of social support from colleagues.

- Lack of participation in decisions and discouraging independence.

Performance evaluation process if the individual perceives it as unfair.

The physical working environment (**Hamdi Yassin, Hassan al-Mousi, Ali Askar, 1999: 173**), which is really in Lighting, ventilation, temperature, noise level, furniture regulation ... etc.

Changes that occur from time to time in terms of the organization's general policy and reorganization. Personal factors are the following .

- The various life events that pass through the individual's positive and negative aspects such as marriage, divorce, change of place of residence, deaths, holidays, retirement, etc. carry different degrees of pressure ranging from **11,100** to **100** for the death of a loved one to **11** cases of minor legal irregularities In the social scale (**Hamdi Yassin, Hassan al-Mousi, Ali Askar, 1999: 173**)

According to the World Health Organization (**WHO**), health is a complete physical, mental and social well-being and not only the absence of disease and disability.

In this definition of health as the well-being of the individual there is a subjective dimension which is more than being healthy. (**tylor & francis group, 2014.p223**).

Psychological energy is another world that only God knows. However, some scientists have labored. They wrote that psychic energy is an integrated group of the body, spirit, and sensory and metaphysical world, but we know the psychological energy in its

general and general sense and how it is exhausted. Its conditions deteriorate and its energy is exhausted, and thus necessarily affect its performance.

In order to test the validity of these hypotheses, we need to undertake a survey after determining the methodology used in the study, describing the community and sample of the study, the place and time of the research, And tools used in data collection and analysis.

4*Pressure sources in the workplace:

This measure is one of the measures of the occupational stress index for researchers: Cooper, Sloan, and Williams **1988**, translated into French by Cooper and Stora **1990**. This measure was prepared for the purpose of identifying and measuring the sources and effects of professional pressure. (60) partial measurements, which we have all taken, (60) partial measures dealing with the aspects of this research subject, which is the appropriate pressure gauge according to the opinion of the most important sources of pressure among professors of physical education

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And sports and according to the working conditions in Algeria:

1. Work in itself and the circumstances surrounding it:

This measure measures the extent to which the professor is affected by the environmental and natural conditions in the workplace, ie the various aspects of the work that the professor is experiencing as a source of pressure, and we took from him 80 items which are numbered (55.41.40.36.33.20.14.8.1).

2 - interpersonal relations: The nature of the management requires a high degree of communication with individuals both inside and outside the organization, the most important relations with presidents and friends at work, and interested in this partial

measure measuring these relationships and consists of 10 items
(56.50.37.34.27.26.18.17.6.5) .

3. Career and achievement:The personal achievement and the joint success of the individual and the organization can be a major source of pressure. This partial measure measures this type of pressure and consists of 90 items which are
(56.50.37.34.26.18.17.6.5).

4- Administrative role: It measures the extent to which the teacher or individual perceives in general the expectations that others place in his direction, and consists of 11 basic items: (57.51.45.44.38.31.24.21.15.9.2).

5. Organizational structure and atmosphere:

This partial measure measures the pressure resulting from an individual's feeling of frustration given the organizational characteristics of an organization or institution. It consists of 11 basic items:(57.53.48.42.35.28.23.22.16.12.11).

6 - Facing the house - By work:

And means thinking about work while in the house, and aims to measure the occupational pressure resulting from the impact of work on life outside the work (home), and vice versa, and took us from 09 items, which numbered:
(59.49.47.46.29.19.13.7.4 ..) .

TableN 01 : The dotting key shows the mental energy scale

Very high level	good level	Average level	Very low level	Total
to 185 148 degrees	From 111 to 147 degrees	From 74 to 110 degrees	From 37 to 73 degrees	Value 37

And we calculated the correlation coefficient between two variables using the original quantitative values according to the following equation: We calculate the correlation coefficient between the two variables using the original quantitative values.

$$rp = \frac{n \sum (x * y) - (\sum x) * (\sum y)}{\sqrt{(n \sum x^2 - (\sum x)^2) * (n \sum y^2 - (\sum y)^2)}}$$

* Field of application :

Table N02 : Pearson correlation coefficient between the work itself and the .depletion of psychic energy

Relationship	Level of significance	Pearson coefficient value	The degree of freedom
Between the work itself and the exhaustion of psychic energy	0.931	-0.009	98

This indicates that work in itself does not contribute to the average exhaustion of psychic energy

As the intensity of heat in the summer is a major obstacle to the performance of the professor, and this has been proven by experiments at all times, especially in the southern states, and that the cold and rain, and the fall of snow to a significant impact on the level of performance in the field of work and due to the lack of playgrounds Which is covered in most schools and averages, and this often occurs in the northern states in particular.

Table N03: Pearson correlation coefficient between the administrative role and the depletion of mental energy.

Relationship	Level of significance	Pearson coefficient value	The degree of freedom
Between the administrative role and the depletion of mental energy	0.062	-0.187	98

Between the administrative role and the depletion of mental energy is -0.187.

Table N 04 : A test of the difference between the average scores of the first and second group in the first source

confidence limits %95		The standard error	The difference	Statistical significance	Degree of freedom	Value Test ((T
High	Minimum					
5.351	-2.138	1.887	1.606	0.397	98	0.851

the difference between the average scores of the first and second group in the first source is -2.138 minimum and the difference is 1.606.

Table N05 : Multilink value

R2 value	Statistical significance	Multilink value R
0.124	0.049	0.353

The mean correlation coefficient between the seven variables was 0.353, which is statistically significant at 0.049. The correlation coefficient was square ($R^2 = 0.124$) which means that the independent variables (sources of occupational pressure) explain 12.4% In the dependent variable (application of tutorials).

Where the results obtained, we find that we got numbers and very important results from them :

The regression coefficients of the first source (labor itself) and the third source (interpersonal relationships) were the only ones that were statistically significant, respectively (0.571, significance level 0.043) and (0.317, significance level 0.033), meaning that they affect In the application of the educational programs, the effect of the interpersonal relationships on the application of educational programs from the source of the work itself was the source of interpersonal relations. The standard regression coefficient of the third source (-0.216) was greater than the first source (0.206), whereas regression coefficients The remaining four sources are not statistically significant, and therefore we conclude that it is I met the seventh hypothesis for the first and third sources only.

- Table N 06: Regression coefficients:

Variables	The value of t	Standard regression coefficient	Standard error	Regression coefficient	Statistical significance
Source N:o1	2.055	.206	.278	0.571	.043
Source No2	-.627	-.063	.298	-0.187	.532
Source N:o3	-2.165	-.216	.317	-0.686	.033
Source N:o4	1.947	.195	.281	0.548	.055
Source N:o5	1.329	.130	.325	0.432	.187
Source N:o6	.148	.014	.268	0.040	.883

We note from the last table that the regression coefficients of the first source (work in itself) and the third source (interpersonal relations) were the only ones that were statistically significant, respectively (**0.571**), significance level (**0.043**) and (**0.317**), significance level(**0.033**) Means that they affect the application of tutorials. As for the

magnitude of the effect, the source of interpersonal relations has a greater influence on the application of educational programs than the source of the work per se, where the standard regression coefficient of the third source

(-0.216) was greater than the first source (0.206).

the Regression coefficients for the remaining four sources are statistically insignificant.

Thus we conclude that the seventh hypothesis was achieved for the first and third sources only.

In addition to the negative role played by the administration in the educational institutions in the direction of the student and the professor, there are also other factors such as bad timing, inefficient work schedules, And the poor organization and management also greatly affects, and we do not forget several other conditions such as relations between teachers and workers and management workers, in addition to the natural conditions such as heat, and cold in the winter especially, because of the lack of rooms covered in most Institutions The professor was affected by these conditions and other environmental conditions such as smoke rising from factories close to educational institutions eventually led to the end of hard work among the workers, especially that the professors of this article, which is only to be In the eyes of everyone is a game and may often suffer from several outstanding problems affect them psychologically and social in particular and reflected on health and body, the simple professor is really an important element in the equation of education and education and delivery of scientific knowledge of the student and student , Not this Only those who prepare the rising generation by force, wisdom, and sound thinking, who loves their religion and country, and loyal to their beliefs, have to the administration, and administrators to pay more attention to the problems of workers and try to find out the reasons.

Understanding the different theories does not necessarily mean applying them verbally, because of the difficulty that leads to restricting the researcher and does not meet his needs, hence the need to make the decision in what is the best, and that leads us to reach a therapeutic decision, we understand the problem of pressure and its impact on the professors And we can only help them with such research, which may be able to communicate their voice to officials and decision-makers to intervene and treatment.

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Résumé en français :*

Titre de la recherche: Le stress et sa relation avec la perte d'énergie mentale et la combustion.

Le but de cette étude était de trouver le lien entre la pression au travail, son lien avec la détérioration de la performance sur le lieu de travail,

Le chercheur a adopté un échantillon de recherche estimé à 100 enseignants de l'enseignement méditerranéen en Algérie, fondé sur plusieurs normes internationales, notamment le manomètre pour le chercheur Edouxen et une nouvelle échelle de CAO éprouvée, ce qui en faisait un travail spécial adapté à la nature des Algériens.

Cette mesure est une mesure de l'indice de stress au travail pour les chercheurs: Cooper, Sloan et Williams, 1988, traduite en français par Cooper et Stora, 1990. Cette mesure visait à identifier et à mesurer les sources et les effets du stress au travail. (60) des mesures partielles, que nous avons tous adoptées, soixante (60) sont des mesures partielles traitant des aspects de ce sujet de recherche, qui est le manomètre approprié selon l'avis des plus importantes sources de pression entre les enseignants en éducation physique, en sport et traduit du français vers l'arabe et adapté Selon le matériel d'éducation physique et de sport en fonction des conditions de travail en Algérie

L'étude a montré que parmi toutes les substances classifiées de classe mondiale dans le monde, qui contiennent 6 dinosaures complets, nous ne les avons pas trouvées liées au stress, mais nous avons constaté que les relations entre les travailleurs mentaux les plus influents et la relation entre la direction et le travailleur ont un lien très important avec la performance et la production dans les institutions Général

L'objectif de la recherche était de connaître les pressions exercées par le travail et leurs dangers pour le monde professionnel, de connaître l'énergie psychologique et de savoir comment être influencé par la pression professionnelle, de connaître les programmes éducatifs liés à l'éducation physique et sportive, ainsi que d'identifier les effets de l'épuisement de l'énergie mentale sur le corps et la performance. Facteurs conduisant à l'apparition de symptômes de pression professionnelle chez les enseignants d'enseignement secondaire en éducation physique et sportive.

Nous avons examiné cette relation entre le travail lui-même et l'épuisement de l'énergie psychique. Et le rôle de la gestion et l'épuisement de l'énergie mentale, ainsi que l'existence de la relation entre les relations interpersonnelles et l'épuisement de l'énergie mentale, carrière et accomplissement et l'épuisement de l'énergie psychologique, nous avons également examiné l'existence d'une relation entre l'atmosphère et la structure organisationnelle et l'épuisement de l'énergie psychologique, et la présence de la relation entre le visage de la maison - L'énergie

psychologique et nos recherches sur l'impact de diverses sources de pression professionnelle parmi les enseignants d'éducation physique et de sport dans l'application de programmes éducatifs. Et l'impact de l'épuisement de l'énergie psychologique chez les professeurs d'éducation physique et de sport dans l'application des programmes éducatifs.

L'étude a montré que parmi tous les articles internationaux classés dans le monde qui contiennent 6 yinod complets, nous ne les avons pas trouvés liés aux pressions, mais nous avons constaté que les relations entre les travailleurs psychologues les plus influents et la relation entre la direction et le travailleur ont une relation très large, Sur la performance et sur la production dans les institutions publiques.