

Relationship between Job Stress and Personality Dimensions of Education Physical Education Teachers in the City of Pars Abad

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Abstract

The aim of this study was to determine the relationship between job stress and personality dimensions (Neuroticism, extraversion, agreeableness desire for new experiences, the responsibility of) physical education teachers education Pars Abad. The aim of this study used a descriptive and correlational research. The study population included all physical education teachers in Pars Abad, Ardebil, according to the Center for Education Statistics in 1394, the number 253 is us. Due to the limited population size, using census of all individuals were chosen as samples. The data collected from questionnaires that job stress (1977) and the five personality traits Neo. The face validity of the questionnaire validated by experts in the field of sport management and internal reliability through Cronbach's alpha reliability when they are higher than 0.7 and 0.8 respectively by Pyshtst and Pstst top. Hypotheses of this study was to assess the relationship between variables were analyzed using Pearson's correlation coefficient Which indicates that the relationship between job stress and the desire to experience new personality, a significant inverse relationship, and with other aspects of the character, there is no significant relationship.

Keywords: Stress; Personality dimensions; Physical education teachers

Introduction

In the lives of all individuals in a society of different professions work stress and the pressure they bring different species. Job changes, including organizational changes, changes in wages, promotion, increase or decrease in human resources and social transformation issues that the person pushing him into confusion, anxiety, agitation and anxiety make [1]. But what is proposed in this study is that people who have the personality to the otherwise more or less job stress experience Because personality and psychological structure is the main dimension that helps to shape lifestyle If the aim of psychology to describe the behavior, personality characteristics as target structures involved in the operation will be successful [2]. Following the study is that the relationship between job stress and personality dimensions of physical education teachers there.

Job stress is an issue that must be considered by a strong staff and in the process of emotional and psychological issues arising from job to consider [3]. Therefore, occupational stress factors may accumulate stress and related indicators of job stress that it knew more people to agree [4]. In general, personal characteristics and professional training in the world is necessary Perhaps the most important issue that a boss or an employer or a teacher should be aware of the differences in people's personality traits. Based on personality traits that lead to the talent and potential capital flourish [5]. The researcher of this study was to design a study to answer the question of whether the relationship between job stress and personality dimensions of physical education teachers there is the city of Pars Abad?

Stress is a common word, and almost all were familiar with the concept or have experienced it and due to the fact that it is undeniable physical and mental, behavior and work practices and irreparable negative effects of its Which is very costly to the individual or organization and organizational behavior management Bdyndyl stress the importance and special place. A person employed in occupations such as teacher work closely with their clients to a service provider enters a high pressure and thus, provides individual stress and personality characteristics It depends [6]. So studying the relationship

between job stress and personality dimensions of physical education teachers in Tabriz city, upper managers can identify strengths and weaknesses in order to better serve the students help.

Faria and colleagues [7] in a study as personality factors, stress symptoms, coping strategies and public health: Young study concluded that Angola depressed and stressed there is a relationship between the characters. Huang et al. [8,9] study as the link between personality and risk of psychological stress and burnout in physicians China showed that the effect on emotional exhaustion and cynicism character was more of a personal achievement. Introversion and neuroticism personality doctors with higher risk of suffering psychological stress.

Methodology

The method used in this research is the goal of the applied research and the method of data collection, descriptive and correlational study. The study population included all physical education teachers PARSABAD based Center for Education Statistics Ardabil province in 1394 the number was 123. Limited due to the small population size, using whole numbers, all individuals were chosen as samples. The sample was calculated to equal 123. Data were gathered using questionnaires job stress and NEO Personality Inventory Dimension (1992). The questionnaire Astaynmtz job stress questionnaire was produced and contains 36 words about the work environment is stressful situations Content and face validity of the questionnaire was confirmed by experts in the field of sport management and reliability through Cronbach's alpha coefficient in a group of 40 physical education teachers were Pars Abad 0.80. NEO-FFI (1992), according to Weiss et al. to evaluate the

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Sex	Man	Women	Total	
Number	81	42	123	
Percent	65	34	100	
Academic degree	Resource	BS	MA	Total
Number	32	84	7	123
Percent	0.26	0.68	0.05	100

Table 1: Described the sample of physical education teachers according to sex and qualification.

Name dependent variable	Name independent variable	Correlation coefficient	Significance level	Interpretation
Job Stress	Neuroticism personality	0.039	0.57	Non-significant relationship
Job Stress	Measure of extraversion	-0.021	0.757	Non-significant relationship
Job Stress	Dimensions of personality desire for new experiences	-0.148	0.03	Significant inverse relationship
Job Stress	Agreeableness personality	0.011	0.877	Non-significant relationship
Job Stress	Responsibility of personality	0.039	0.567	Non-significant relationship

Table 2: The results of Pearson's correlation coefficient approximate to investigate the relationship between job stress and personality dimensions.

personality structure, based on the perspective of factor analysis and has 60 questions and five components are as follows 1. Neuroticism personality 2. Extraversion 3. Personality desire for new experiences 4. agreeableness personality 5. The responsibility of personality. Content and face validity of the questionnaire was confirmed by experts in the field of sport management and reliability through Cronbach's alpha coefficient in a group of 40 physical education teachers Tabriz was on 0.80. Analysis of data using descriptive statistics (mean, standard deviation) and inferential statistics (Pearson) and spss 19 done.

Findings

Table 1 shows that 34% of female and 65% male physical education teachers, and also showed that most participants in the study had a higher education degree.

According to Table 2 the correlation between job stress and the measure of extraversion (0.039) levels significantly (0.57) assume Null hypothesis the independent variables and the result is verified by the measure of extraversion no relationship between job stress. Job stress and the correlation coefficient with the measure of extraversion (-0.021) levels significantly (0.757) Null hypothesis assume the independent variables and the result is verified by the measure of extraversion no relationship between job stress and correlation of job stress dimensions of personality desire for new experiences (0.148-) level of significance (0.03) Sfrmbny assumed to be independent variables and the result is passed between job stress and personality desire for new experiences a significant inverse relationship after There are As well as job stress and personality dimension reliable correlation coefficient (0.011) and significant (0.877) confirmed the null hypothesis of independent variables and the results showed no significant relationship between job stress and agreeableness personality after and correlation of job stress and personality after Msvvlytshnasy (0.039) and significant (0.567) confirmed the null hypothesis of independent variables and the results showed no significant relationship between job stress and then Msvvlytshnasy personality.

Discussion and Conclusion

The results show that the relationship between job stress and personality dimension neuroticism there is no significant physical education teachers. This means that physical education teachers do not feel stress in their work with neuroticism personality. With regard to job stress and personality stems from Msvvlytshnasy that is unstable and the work ethic of his work does not feel job stress is empty. In fact, this result means that the characters that nervous fears and instability

of the job does not arise because it is out of work and also between job stress and physical education teachers in the measure of extraversion is a non-significant negative correlation means that PE teachers do not feel stress in their work with extraversion. Because the personality to work with the same students interested in physical education and physical activity and vitality are enjoyed by students and between job stress and the desire to experience new personality, physical education teachers and there is a significant negative correlation means that PE teachers have a desire to experience new personality, in terms of living events Knjkavanhay look at the stress not , According to this principle, job stress to them is meaningless because working with students and guide them attractive for such teachers do not feel anxiety. Between job stress and personality dimensions agreeableness physical education teachers and there is no significant negative relationship this means that physical education teachers with agreeableness personality, a warm spirit and been Mhrbananhay, students have a positive intention, encouraging them to work, school and group assignments, Moreover, students also like him to assume, therefore, that managers by creating a friendly environment at school, lack of job stress are. After the relationship between job stress and physical education teachers responsible person and there is no significant negative. This means that physical education teachers Msvvlytshnasy entity, with logic, all your work done on time all, it is technology to achieve learning objectives students Since stress is something that may impede the achievement of the objectives of the persons carrying out the personality Msvvlytshnasy avoid it and try to finally have the necessary calm and concentration.

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