THE RELATIONSHIP BETWEEN BURNOUT AND SOCIAL SUPPORT AMONG PHYSICAL EDUCATION TEACHERS IN KURDISTAN REGION

AHMED QASIM MOHAMMED HAMY

College of Physical Education, University of Duhok, Iraq
E-mail: ahmed.qasim@uod.ac

Abstract - Increasing attention is being devoted tosocial support to improve interventions for mental health. So, the present study aimed to Know the level of Burnout and social support among physical education teachers in the Kurdistan region in general and according to variables of age, gender and years of experience. Also, identifying the relationship between social supportfor them and Burnout. The study sample consisted of (74)male and female teachers of physical education were selected randomly from the basic schools in Duhok city for the academic year 2018/2019. The study depended on social Support Scale, and Maslash and Jackson burnout scale (Maslach& Jackson), where administrated afterinsuring their validity and reliability. The Data were analyzed with SPSS by using t-test , ANOVA and Pearson coefficient. The resultsof the study showed that the level of burnout among teachers of physical education was high , where the level of social support among them was low . However the results indicating that there is a significant differences in burnout according to age and years of experience. But there is no difference due to the gender. The results also showed that there is a significant differences in social support according to the variables of age , gender and years of experience The results also showed that there is a negative significant correlation between burnout as total score and all its dimensions with social support . In the light of findings, the researcherrecommends action to raise the level of social support for physical education teachers through strengthening family contacts with the teachers and improve their conditions.