

## Professional pressure and impact on the performance level of teachers of physical and sports education in Algeria.

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### Introduction Search:

To work an important place in the individual's life because of its role and importance, it is not only a means of earning a livelihood but also a means of satisfying a lot of motivation and psychological needs, it is the focus of social activity in which the individual should achieve as much consensus as possible.

The rapid development of the world today, and the world of occupation, has intensified efforts for change in various fields and areas, social, organizational, economic, and even political, which has made organizations and institutions suffer from a number of particular problems related to the human race by trying to appease him and relieve his suffering as a result of the pressures he gets professional in and out of work, understanding professional pressures in their manifestations and forms and identifying patterns of stressful situations, Its various sources help to explain the phenomena facing the Algerian school in particular.

The first to use the term “stress” is” **sely hans**”. (bochra ismail.2008)

The teaching profession plays a great role in the development of society and given the role of teacher and professor in this profession, there has been a growing interest in the teacher, and the consideration of his situation and the factors affecting its effectiveness has increased. The teacher and professor are a key pillar of the educational process, the success and failure of this process depends mainly on it, and the study confirms in the fields of education and mental health, psychological pressure (subjective and objective) is very important in influencing the lives of individuals and groups. Success in many works Depends on the degree of psychological and social harmony of the individual and the community, and that psychological stress and pressure prevent self-adaptation and the environment surrounding the ordinary man, how is it for the teacher. The teacher lives in political, economic and educational circumstances, causing tension and psychological stress, it makes the confiscation of subjective and objective available in life, at the level of the natural, social and educational environment in which educational work is practiced ,where she said “**chandra batl**” in 1991, the stress has many negative effects on humans, from dry mouth and head pain ...etc. (bochra ismail.2008)

where psychological pressure is one of the most important features of the present day, that is witnessing developments and rapid changes in all spheres of life, and psychological pressures are part of human life due to the many challenges they face in this age.

**-Keywords:**

**Professional pressure:**

The combination of factors that occur as a result of internal self-combustion and is expressed in the degrees obtained by the professor in the pressure gauge.

**Education:**

Education in the term means "initialization" and it attaches to every living organism, such as flora, fauna and human beings, each with special methods of upbringing, and human upbringing begins in fact before birth and ends only with his death.

In the view of some scholars, it means that the conditions for the development of the person

, in all personal, mental, physical and spiritual aspects.

**Intermediate Education:**

A type of formal education that extends through the completion of primary education and ends at the secondary school entrance.

It is the stage where professors are taught and at this particular stage, in the sense that they are not able to teach at a greater stage.

Secondary education is a type of formal education, which is extended by the end of the intermediate education cycle and ends at the entrance to university education and corresponds to the most important and most embarrassing stage of the pupil's life, adolescence.

They are taught by professors of higher level.

**-Problematic research:**

Work is of great importance in the life of the individual, regardless of being a means of earning a living, it eliminates the vacuum, boredom and routines of the individual and the full of incentives and important psychological needs, one of the most important areas of work is the teaching profession and its importance in the composition of the young and the Professor an active ingredient in the educational process because of its responsibility to receive scientific knowledge, skills and sound scientific thinking for the pupil and methods of cooperation and joint action, and work in the area of education, among the most important areas and areas of great importance in all States,

Education in its systems and means is changing and renewable by changing the individual itself, but is one of the major factors of change of society.

In the light of changes in the educational system, the curricula and teaching methods have changed in order to keep pace with modernization, strict laws and deterrence specifically directed against education workers and the development of transactions as a result of new mentalities in the administration and the workplace, all of these new circumstances have had repercussions on the field of education and on the professor of physical and athletic education in particular, the professor in our society is faced with many labor pressures that may cause him fatigue or strain and it is difficult for him to complete his work as Should he be concerned or dissatisfied with his lifestyle at work the views of researchers have been widely expressed about the concept of pressure, but they meet on the need to provide stressful positions followed by an individual's response to these situations. **Lazarus** sees a man when he realizes his inability to balance the demands of positions and his ability to respond to these requirements in an important position, he feels the pressure on him. (**Lazarus**).

This means that a reasonable amount of pressure is necessary to meet the demands of daily life, which is the positive side of the pressures and the aim of which is to provoke and energize individuals to rise to their performance, this does not mean, however, that repeated exposure to pressure situations has always positive effects, but rather repeats stressful situations, especially when they are accompanied by failing, it leaves its negative effects that weaken the individual's consensual abilities and those unprecedented repercussions in the history of peoples. , to leave the enormous impact on human life, and in various areas, where new crises have been shaped at the individual and collective level of contemporary human beings, in the same perspective, psychological pressure rates have increased at the local and global levels.

The stress is a set of interactions between the individual and the environment(**naoi djemai,sahd fatiha,2010,p.113**)

The teaching profession is one of the most burdened with labor pressures because of its burdens, requirements and responsibilities on a continuous basis. This requires high levels of competencies and professional and personal skills on the part of the teacher, as the teacher as jealousy is influenced by the changes being made and exposed to different problems and pressures. It can be hindered in its performance and its desired and expected role, and until the Professor works best, the necessary positive conditions must be provided,

whether psychological or otherwise, through news or wall papers, and laws The state and federal law which controls the school, the week's summary or the extra working times material or social. To exercise his function with enthusiasm, awareness and good awareness of this responsibility and gain flexibility in his dealings with the pressures of the work surrounding him.

Due to the negative consequences that may result from the professional pressures of professor, Professor of physical and athletic education in particular. We must examine one aspect of the sources of these pressures, so the research has been to highlight the nature of the professional pressures at the middle school teacher and the professor of secondary education by answering the scientific question to:

**Does the occupational stress affect the level of performance of teachers of physical education and sports.?**

**-general hypotheses:**

the occupational stress affect the level of performance of teachers of physical education and sports.?

**-partial hypotheses:**

-administrative and organization problems affect the occupational stress.

-working a lot and thinking about it at home leading to occupational stress.

-natural factors and working conditions have a role of appearance of occupational stress.

**-Research objectives:**

-To try to know how a correlation between psychological and professional pressures on the one hand and the performance of middle and secondary school teachers in physical and sporting education on the other hand.

-Knowledge of the main factors leading to the emergence of the symptoms of occupational pressure among middle and secondary education teachers in physical and sporting education.

-To recognize the extent to which pressures on the social life of middle school teachers and teachers of secondary education are reflected in physical education and sports.

**-Importance of research:**

-Give a scientific insight on the subject of pressure and how the professor is aware, and the influence of the professional pressure on the professor in the educational milieu.

-To give a look at the most important problems experienced by the teachers of physical education and sports in Algeria.

-Attempt to reach the causes of professional pressure, research and reflection on mechanisms that limit this serious problem.

-The topic deals with an important aspect or party in the educational process, which is the key to success or failure of any educational objective.

**-Previous and research-related studies:**

Confirmed the **Kjeruff** study. (**Wiggins 1976** ) has a high degree of incompatibility, and neurotic for postgraduate students, having applied to the study sample measures of compatibility, personality and pressures, and confirms that environmental attitudes are the primary source of pressure for these students. The differences in the meaning of the conflict of role and the vagueness of the role were explained by Tracy. **Johsen** in 1981, where two factors were very close to this sense of pressure, and the lack of sense in the scale of (**Rizzo et al. 1970** ), which is a sophisticated measure, and use a statistical analysis of the factors, and find that the factors that Rizzo obtained are the pressures and lack of sense of them and were more than the factor of conflict/mystery

In one study, the results showed that more than five years of experienced teachers had moderate pressures, and new teachers they have a high degree of pressure, and that females have a high degree of pressure more than males, as they also reach all of the Payne. (**Fernahm 1987** ) to 36 pressure workers in India, while **KY Riaccou** reached 14 workers for pressure from professors and teachers and such factors: is the difficulty of transportation to go to the educational institution, bureaucratic pressure in the school administration, and **MC Grath** considered that the pressure has many variables and summed up in several appearances:

Negative occupational pressures are defined as a dynamic factor or factor between the individual's needs and opportunities in the environment or between individual abilities and environmental requirements (**payne .M.A et Furnham. 1987**)

Another study, conducted by (**Fteiha Mziani in 1998** ), indicates 115 managers, that levels of professional pressure at managers are different by sources, and results show that managers suffer from various sources the professional pressure of personal relationships, professional biography, achievement, atmosphere and organizational structure have an impact on mental health and professional satisfaction. (**Fteiha Mziani, 1998:127**)

Studies according to **Askar 2000** showed that constant pressure exerted negative side effects on the physical health of the individual and mental

illnesses such as heart disease, hypertension, stress and lead to low performance, leave work and absence. **(Ali Askar, 2000:85).**

The 1979 Yates study also confirms that daily life pressures, positive or negative, have an impact on health, mental health and compatibility, that consensus and pressure professional are not reciprocal but are independent and continuous factors at any time the individual exercises a certain level of consensus and a certain level of pressure and cannot be involved simultaneously. It also created the relationship between a lot of responsibility on the individual and the pressures, and there was a direct relationship with the more job responsibilities, especially managers and businessmen, increased pressure. Professional, so I consider it the main source of work pressure.

#### **-Exploratory studies:**

The exploratory study is a process by a researcher with a view to exploring the means of research to determine its suitability, as well as its sincerity and objectivity of the results obtained in the end, the exploratory study precedes the field work of distributing the test, which is a phase of scientific research, so we have interviewed a sample of middle-and secondary-school teachers for physical and athletic education, and represented by 13 professors, interviewing each professor and distributing the performance measure form at work and the measure of professional pressure aimed at Learn about the level of professional pressure, where the scale includes items that include the following axes:

-Personal Information

-A special focus on the work in itself, and the most important problems related to management in the working environment.

-Too much work and the difficulty of abandoning thinking about work even at home. (out of work)

-Working conditions and their impact on the professor.

#### **-The approach used in the research:**

Given the nature of our subject and in order to learn about the aspects of the phenomenon studied and to determine the relationship between the variables, we have relied on the questionnaire, observation and observation that they are suited to the subject of our search, and **Dr Turk** has known however, each survey is based on a phenomenon of educational or technical phenomena, as it is present in order to identify and diagnose its characteristics and to determine the relationships between its components and other psychological or social phenomena.

The initial study is proved that ,and could work. and was good and noticed that there are many pressures suffered by teachers in Algeria.

**-Research community:**

This research sample consists of sixty **60** professors studying physical and athletic education for intermediate education

And the secondary, and represented 60 professors in this specialization of the educational program, in many educational institutions.

From several states the importance of the mandate of the (MEDEA )and a ( M'SILA ) states.

**-Table Number (01): Distribution of sample by age:**

Age group	from:25-35 years	from:36-46 years	47 years
Repliable	25	21	14
Percentage	%42	%35	%.23

**-Table (02): Distribution of sample by seniority at work:**

Seniority at work	From:1to 5 years	From: 6 to 10 y	From 11 ...
Repliable	21	22	17
Pourcentage	%35	% 37	%28

**-Search tools:**

In our search, we relied on the following tools:

**A.** Measure of pressure sources in the workplace for: **Cooper, Slone** and **William** (translator)

**B.** Performance measure. They were adapted on the basis of their application to physical and athletic teachers.

**1. Measurement of pressure sources in the workplace:**

This measure is from one of the measures of the professional pressure index for researchers: Cooper, Sloan,( **Williams', 1988**). It has been translated into French by Cooper and story 1990, and this measure has been prepared for the purpose of identifying and measuring the sources and effects of occupational pressure, and the measure is originally composed of 61 items distributed in 60 partial measurements.

**2. Performance measure:**

We have also used the performance measure as a data collection tool for the nature of our research and for ease of use it is a tool of scientific research to obtain facts.

A questionnaire for physical and sports professors has been developed and the answer is four choices .

Four degrees are awarded to one or two degrees per question.

**-Table No. 03: When answering:**

answer	Sometimes	often	always	Never
Degrees	01	02	03	04

**-Link research results to previous theories and studies:**

Administrative and managerial problems lead to the emergence of professional pressure from physical and sports professors. Through the results obtained, we found that the coefficient of correlation equals **0.95**, a relationship with a positive and strong statistical connotation, and thus we accept the hypothesis, which is administrative and managerial problems have a significant role in the emergence of professional pressure from physical and sports professors, and we say that there is a connotation :

That professional pressure has actually increased performance and that the lack of pressure in the workplace has increased performance.

This can be explained by the fact that the professor is in turn, where he remains preoccupied with his duties often, and is often influenced by those management-related problems, knowing that we have noticed in the words of many professors, and we mean professors physical and athletic education is a very great determination and tolerance, especially by the failure of the administration to meet their demands for the acquisition of mathematical and this is a clear and obvious proof that the professor is very patient, although he is affected by the pressures he is exposed to at work, Especially those who have no experience in working, and this has been demonstrated by the experiences and studies on **(Aldwin. in 1984.)**

Research on psychological stress and methods of dealing with it suggests that the loss of potential and power is one of the most important causes of pressure, anxiety and gloom in individuals, when this situation persists, a phenomenon called "learner deficits" is evolving, as the individual may infer that it is a phenomenon that is very similar to the phenomenon of psychological combustion. Accordingly, it is possible to assume that any place of business where the individual lacks the sources and influence to solve the problems he faces will be a source of pressure, and if this situation persists, combustion occurs.

The main reason for the organization and the Foundation is, in fact, and most of the times it is the manager who wants to show his power, and his control when he doesn't find what he does. Fire on the professors of physical and athletic education, as someone said to the extent that he insulted the article

He describes it with the non-important, dependent and running material as a manager says.

The failure to meet the demands of the article by means does not have a significant role among professors of physical and athletic education and financial management on the one hand and the director of the institution on the other.

With regard to the abundance of work and the difficulty of abandoning the thinking of working at home, the working pressure of physical education professors is emerging and athletic, and through the results obtained, we found that the coefficient of correlation equals 0.96, a relationship with a positive statistical connotation. And very strong, that is, the more professional pressure in the workplace has had negative repercussions on the level of performance of physical and sports professors, which means we accept the imposition.

Based on the same quality of research (psychological stress), the lack of excitement of the member has negative effects as well as lather. Therefore, action without excitement. Diversity and challenge may lead to pressure and self-burning.

Similarly, the density of the teacher's courier greatly influences his psychology, especially if the timing schedule is unbalanced, in the sense that it is programmed for the benefit of other materials without taking into account the good time of sports.

The professor of physical and athletic education is not in turn inclined to clash or to the lingering and related conditions and problems of management, and this is due to the professor does not charge those problems at all, especially since he works away from those conditions and problems he is working in the yard or the field, and little what he encounters.

It's not just that. In our study, the professor is also affected by some other circumstances and since he loves his work like others, he doesn't forget his work even at home, and he remembers everything that happens to him in the field sometimes, and often. If he doesn't move, he often takes his work home to get his notes on his work. He also attends, contrary to what is common to him, he has a lot of work in casting the results on the drip, for example, or calculating the rate at the end of each chapter, He is tired and bored as professor of physics and mathematics. etc

With regard to the conditions surrounding it, such as cold and heat, and even the other environmental impacts on its work, and can have a serious impact on it and even on the surrounding pupils.

In the latter, that natural factors and working conditions play a role in the emergence of professional pressure from physical and sporting professors, and through the results and analysis we note the correlation coefficient equals 0.94. There is a statistical connotation, and we accept the premise and the natural factors

The working conditions play a significant role in the relative appearance of professional pressures of physical and sporting teachers, thus affecting the performance of professors inevitably and significantly.

And the temperature in the summer is a major impediment to the professor's performance on the best and most

And that's what experiments have proved at all times, especially in the South States. The rains, and the fall of snow have a profound impact on the level of performance in the field of work, due to the unavailability of playgrounds covered in most schools, averages and high school, and this often occurs in the northern states in particular.

As for the results obtained through the first and second measurements and of all data, it is absolutely clear to us that performance is very poor and at a high rate compared with the pressure. Thus, professional pressure influences the level of performance of teachers, teachers and professors of physical and sports education in Algeria.

From the above mentioned during our study of the high professional pressures experienced by physical education professors

And sports in Algeria show us that besides the negative role played by the administration in educational institutions, the pupil and the professor there are also other factors such as bad timing and sometimes subtle and unfair working schedules, as do not forget several other circumstances such as natural conditions such as heat, and extreme cold winters especially, because the halls covered are not available in most educational institutions have actually prevented the professor from perfecting his work in an excellent manner, and the professor was influenced by these circumstances and other environmental conditions. Like the smoke from the factories near the educational institutions eventually led to the end of the hard work of the workers private and that the professors of this article that only prepare to be in the eyes of everyone is and played often suffer from several lingering problems that affect them psychologically and socially especially and are reflected in health and body, the simple professor is really an important element in the pedagogical equation and education.

Education and the delivery of scientific knowledge to the pupil and student, not only this but the rising generation with the strength, wisdom and proper thinking, who loves his religion and his homeland, and the faithful to his beliefs, the administration

And administrators are more interested in worker problems and trying to figure out their causes.

**-The results :**

The results were 0,95 where it's the first hypothesis is correct.

The results were 0,96 where it's the second hypothesis is correct and actually reality.

The results were 0,94 where it's the third hypothesis is correct.

The stress have a negative effect on workers and the teachers of education physique and sports, In Algeria.

**-Table No. 04: The results**

the first hypothesis	the second hypothesis	the third hypothesis
0.95	0.96	0.96

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