

**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, and responsibility) of physical education teachers in Pars Abad. The aim of this study used a descriptive and co-relational 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 sample. The data collected from questionnaires that job stress (1977) and the five personality traits Neo (1992). 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 was significant inverse relationship and with other aspects of the character, there was no significant relationship.

Keywords: Stress, Personality dimensions, Physical Education Teachers

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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 (Robbins, 2004, translation by Parsaeian et al). 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(Matthews et al., 2003). 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 (Alvani,1997). Therefore, occupational stress factors may accumulate stress and related indicators of job stress that it knew more people to agree (Cooper,2003). 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 (quoted from Isaei Chesmeh Mahi, et al, 1389). 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 Bdyndlyl stress the importance and special place (Fakhimi,2004). 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 (Jalali Farahani et al,2011). 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 (2014) studied the 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. (2015) 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

Sample:

The method used in this research is the goal of the applied research and the method of data collection, descriptive and co-relational study .

The study population included all physical education teachers PARSABAD based Center for Education Statistics Ardabil province in 1394. The number of subjects were 123. Due to the small population size and using whole numbers, all individuals were chosen as sample. The sample consisted of 123 subjects.

Instrumentation:

Job Stress questionnaire (Astaynmtz, 1977) and NEO Personality Inventory (Tabriz, 1992) were used for the purpose of data collection.. The questionnaire Job Stress Questionnaire (1977) contains 36 words about the work environment in stressful situations. Content and face validity of the questionnaire was confirmed by experts in the field of sport management. The reliability was confirmed through Cronbach's alpha coefficient in a group of 40 physical education teachers, which was 0.80.

According to Weiss et al, (2008), NEO-FFI (Tabriz, 1992) was to evaluate the personality structure, based on the perspective of factor analysis. The Inventory consisted of 60 questions and five dimensions of personality i.e. Neuroticism personality, .Extraversion, Personality desire for new experiences, Agreeableness personality and .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, which was 0.80.

Statistical Techniques:

Mean, Standard deviation and Pearson Moment correlation Coefficient (r) were computed by using SPSS 19.0.

RESULTS

To assess the job stress as a dependent variable and five dimensions of personality as a independent variables of male and female physical education teachers, frequency, percentage, Pearson Moment Correlation Coefficient for all the subjects taken together were computed and data pertaining to this have been presented in table 1 and 2.

TABLE 1
SAMPLE STRUCTURE OF PHYSICAL EDUCATION TEACHERS
ACCORDING TO SEX AND QUALIFICATION

Sex	Men	Women		Total
Number	81	42		123
Percent (%)	(65.85 %)	(34.15)		100
Academic degree	Resource	BS	MA	Total
Number	32	84	7	123
Percent (%)	(26.02 %)	(68.29 %)	(5.69 %)	100

Table 1 clearly shows that most of the participants in the study were found to have higher educational degree. According to sex, physical education teachers consisted of 34.15 % females and 65.85 % males as mentioned in this table.

TABLE 2
RELATIONSHIP BETWEEN JOB STRESS AND FIVE DIMENSIONS OF
PERSONALITY AMONG PHYSICAL EDUCATION TEACHERS

S.No.	Variables Correlated	Correlation coefficient (r)
1.	Job Stress V/S Neuroticism	0.039
2.	Job Stress V/S Extraversion	-0.021
3.	Job Stress V/S Desire for new experiences	-0.148*
4.	Job Stress V/S Agreeableness	0.011
5.	Job Stress V/S Responsibility	0.039

* Significant at .05 level

$r_{.05}(244) = .113$

Table 2 indicates that significant correlation existed among male female physical education teachers between job stress –neuroticism followed by measure of extraversion, Agreeableness, and Responsibility dimensions of personality, as the obtained Pearson's Product Moment Correlation Coefficients r of .039, .021, .011 and .039 respectively were lesser than the required $r_{.05}(244) = .113$. But they had significant relationship between job stress and of personality desire for new experiences dimension, as the obtained Pearson's Product Moment Correlation Coefficients r of 0.148 was high than the required $r_{.05}(244) = .113$.

DISCUSSION

The results of study showed that physical education teachers did not have significant relationship between job stress and neuroticism dimension of personality. It indicates that physical education teachers do not feel stress in their work with neuroticism personality. With regard to job stress and personality stems from Msvvlytshnasy is unstable and the work ethic of his work does not feel job stress. In fact, it means that nervous fears and instability of the job does not arise, because it is out of work.

Non-significant negative correlation was found between job stress and measure of extraversion among physical education teachers. It means that PE teachers do not feel stress in their work with extraversion. Because the job stress with this type personality in physical education and physical activity are vitality enjoyed by students.

A significant negative correlation was observed between job stress and desire to new experiences dimension of personality among physical education teachers. It means that PE teachers have a desire to new experiences in terms of living events. According to the principle of Knjkavanhay, job stress to them is meaningless, because working with students and guide them attractive for such teachers do not feel anxiety.

Non significant negative correlation was existed among physical education teachers between job stress and agreeableness dimension of personality. It indicates that physical education teachers with agreeableness personality have a warm spirit. Mhrbananhay told that 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 to reduce the job stress.

Non-significant negative correlation was also observed between job stress and responsibility of physical education teachers, This means that physical education teachers does their work logically at all time. It is technology to achieve learning objectives for students Since stress is something that may impede the achievement of the objectives of the persons carrying out the personality. Msvlytshnasy avoid it and try to finally have the necessary calm and concentration.

CONCLUSIONS

1. Similarity was observed among physical education teachers in the relationship between job stress and neuroticism followed by measure of extraversion, Agreeableness, and Responsibility dimensions of personality.
2. Physical education teachers were found to have different relationship between job stress and desire for new experiences dimension of personality.

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