

# Study on Psychological Factors Affecting Sports Teachers

(Shri. Suhas Nivrutti Bhairat, Director of Physical Education & Sports, Vishwasrao Ransing College, Kalamb. Indapur, Dist. Pune. MS)

## Abstract:

The teachers working in this field have to face tremendous pressure and work load. Which may results some health problems in sports teachers. These issues may be in the form of Physical and psychological. A teacher with psychological and physical health problems can have a detrimental effect upon all of those students and players who are associated with him or her. There are different reasons and factors making contribution to increase psychological and health problems. Certain signs and symptoms at times can be identified that relate to emotional difficulties. It is important that measures be identified to help sports teachers with emotional and physical problems. Working in sports field is not a single individual's job. They always have to be associated with different persons or agencies. During achieving goals in sports field is quite a difficult task. Every time sports teacher has to go through a lot of mental and physical stress. In this study I am going to highlight the Psychological and physical factors affecting the sports teachers.

## Introduction:

The regular practice of physical activity has a positive influence on the physical and psychological health of participants. In a context such as sports or physical education classes, knowledge and manipulation of psychological variables such as attention, self-confidence, stress control, anxiety, motivation, cohesion, self-control (or emotional self-regulation), moods and interpersonal skills can influence commitment and performance. Furthermore, it has also been confirmed that a highly competitive context under a motivational climate involving the ego can generate feelings of fear of failure and the appearance of feelings of shame, causing some degree of insecurity, anxiety or stress and avoidance behaviours in athletes and students, which will negatively affect their well-being, interpersonal behaviour and performance. Therefore, physical and psychological well-being depends on the social environments in which physical activity and sport are practiced, bringing us to the significant agents in the environment.

The teachers working in this field have to face tremendous pressure and work load. Which may results some health problems in these teachers. These issues may be in the form of Physical and psychological. A teacher with psychological and physical health problems can have a detrimental effect upon all of those students who are associated with him or her. There are different reasons and factors making contribution to increase psychological and health problems. Certain signs and symptoms at times can be identified that relate to emotional difficulties. It is important that measures be identified to help sports teachers with emotional and physical problems.

Working in sports field is not always easy task, yet it is necessary if the teaching –learning environment is to be a positive nature. Working in sports field is not a single individual's job. They always have to be associated with different persons or agencies. During achieving goals in sports field is quite a difficult task. Every time sports teacher has to go through a lot of mental and physical stress. In this study I am going to highlight the Psychological and physical factors affecting the sports teachers.

**Title of Research:**

Study on Psychological and Physical Factors Affecting Sports Teachers

**Objectives of the Study:**

1. To evaluate psychological status of Sports Teachers
2. To find the Physical Stress on the Sports Teachers

**Scope of the Study:**

1. The findings of research will be applicable to the Sports Teachers working in schools of Sangli-Miraj-Kupwad Corporation area.
2. The scope of the present study is not only beneficial to Sports Teachers in Sangli-Miraj-Kupwad Corporation area but also extends to enlighten other Subject Teachers in Sangli District.

**Limitations of the Study:**

1. This study is limited to honest response of the sports teachers.
2. Responses obtained through questionnaire.
3. Objectivity of the responses to the survey study may have been affected by personal experiences of samples.
4. Findings of this study may not be generalized beyond the Psychological and Physical Factors.

**Delimitations:**

1. The study is delimited to the Sports Teachers in Sangli-Miraj-Kupwad Corporation area.

**Hypothesis:**

H1 – Sports Teachers may be undergoing Psychological and Physical Stress.

**Variables of research:**

1. Questionnaire for Sports Teachers

**Population and Sampling:**

1. A Purposive sampling of 40 Sports Teachers in Sangli-Miraj-Kupwad Corporation area.

**Research Methodology:**

1. A survey study was conducted in Sangli-Miraj-Kupwad Corporation area. Questionnaire for all the Sports Teachers were given and recollected at the same time. Near about six days were spent for collection of entire data.
2. Percentage scale was used to analyze entire data.

**Findings:**

1. About 65% (26 out of 40) Sports Teachers are under Psychological Stress.

**Conclusion:**

1. Sports Teachers in Sangli-Miraj-Kupwad Corporation area are under psychological stress while working.

**Recommendation:**

1. Special programme or course should be run to decrease the Psychological Stress on the Sports Teachers.

**References:**

- Weinberg, R.S. & Gould, D. (2010). Foundations of Sport and Exercise Psychology. Champaign, IL: Human Kinetics.
- Jones, G., Hanton S., & Connaughton, D. (2002). What is this thing called mental toughness? : An investigation with elite performers. Journal of Applied Sport Psychology, 14,211-224.
- Bandura, A. (1997). Self-efficacy: The exercise of control. New York: W.H. Freeman.
- Jones, G., Hanton, S., & Swain, A. (1994). Intensity and interpretation of anxiety symptoms in elite and non-elite sports performers. Personality and Individual Differences, 17(5), 657-663.
- Elizabeth B. Hurlock(2003) - Developmental psychology
- Advanced Educational Psychology (2003)- R N Sharma, R K Sharma
- J.P.Sharma (2006) - Sports Dictionary.
- Internet