On the professional pressure of physical education teachers in Colleges and universities in Guizhou

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Abstract

The physical education teachers in universities of Guizhou are under great occupational stress which comes from schools and society and so on, also the same as the major sports teachers in universities of China. Those have made an impact on the development of normal work seriously. So it suggests that the management of Guizhou University and the administrators in college should develop the works from these aspects - improving the treatment of teachers, paying more attention to the educational fairness, expanding scientific research assessment channels and so on. This could help relieve the pressure of P.E teachers.

Keywords: Occupational Stress; P.E Teachers; Guizhou province of China

1. OCCUPATIONAL STRESS

Occupational stress is the stress that arises when a career requires people to deviate from the normal function. The consequences of an individual can be physical, psychological, or behavioural responses to occupational stress, such as Cardiovascular disease, Gastrointestinal disorders, Respiratory problems, Cancer, arthritis, headache, body damage, kin disorders, fatigue, and death. The behaviour of occupational stress is mainly manifested: Emphasis on competition, high sense of responsibility; Work extremely hard to deal with all kinds of challenges from daily life and maintain a very active and busy lifestyle; Agile but impatience, life distress in a hurry, many with impulsive behaviour.

2. AN OVERVIEW OF COLLEGE TEACHERS’ OCCUPATIONAL STRESS

According to the actual situation of Chinese major universities, many scholars have studied the psychological pressure of college teachers, which indicates that the psychological pressure of college teachers should not be ignored. Wei Chunling thinks college teachers are suffering from serious psychological pressure, psychological pressure has made a negative impact on the health of teachers in Colleges and universities. Studies have found that about 61% of college teachers have different degrees of psychological barriers, The prevalence of mental disorders in the general population is about 20%, and the survival of teachers is worth to worrying. Xu Zhiqin's research also draws a conclusion that the professional pressure of teachers in colleges and universities is large, and the psychological pressure has seriously affected the physical and mental health of College teachers. Pan Xin, who mentioned in the text, a survey about the occupational pressure in university staff showed: around 286 people, 228 people feel too much pressure in long time, accounted for 80%; 214 people often feel fatigue, accounted for 75%; 131 people often suffer from insomnia, sleep worse accounted for 46%; 100 people with memory loss, accounting for 35%. Yin Ping's study shows that university teachers’ overall level of pressure is high, 63.6% of the teachers feel great stress, and feel less
pressure or no pressure accounted for only 8.7% of the total, is higher than the pressure of primary and middle school teachers.\[^3\]\] Wang Guofang has taken that the SCL-90 scale was used to investigate the mental health status of university teachers, and compared with the national norm in this paper. The results showed that the 4 factors of college teachers were significantly higher than the national norm in somatization, interpersonal relationship, depression and anxiety. So, it tells us that the whole psychological healthy level is a little lower.\[^4\]\] Chen Chaoran’s research results show that our university teachers have moderate working pressure at work on the whole; the two factors: the organizational structure and the occupation development are higher than the overall situation, in the medium; and the interpersonal relationship, social support, work load of three indicators score lower than the overall situation, there is slight pressure.\[^5\]\] Zong Xiaoxiao and Yang Hongfei come to the conclusion that the overall stress level of college teachers feel at least moderate intensity, University Teachers’ subjective well-being overall is not high, there are 21.36% teachers showed more moderate severity of anxiety symptoms, there are 15.45% teachers showed more moderate severity of depressive symptoms.\[^6\]\]

3. THE CAUSES OF THE OCCUPATIONAL STRESSES OF COLLEGE P.E TEACHERS IN GUIZHOU PROVINCE OF CHINA

Guizhou province in Western of China belongs to the economic less-developed provinces, compared with the developing areas, it exists that education is backward, the slow pace of economic development is not high, their social and economic status also are lower, occupation pressure is large, and the same as the University's P.E teacher.

3.1 Pressure from work

Generally speaking, college teachers belong to the high consumption group of mental work, in teaching and scientific research, not only to complete a certain amount of work, but also the quality of results. This kind of quality and quantity demands that the teachers in universities undertake the heavy workload. The physical education teachers in Colleges and universities have not only the consumption of mental work, but also the physical labor. In addition to completing the same teaching and scientific research work, they need to carry out extracurricular sports training and organize mass sports activities. Therefore, the physical education teachers' workload and interpersonal pressure are much higher than those of other professional teachers. In addition, the University P.E teachers have to face these pressures job opportunities, career development, learning, title professional.

3.2 Pressure from relationships

In addition to the workload, and how to deal with correctly all aspects of interpersonal relationships from the community is also one of the pressure faced by college P.E teachers. This is because the lifestyle and personality traits of college physical education teachers may also form interpersonal barriers in some extent. The scope of social communication of college teachers is relatively small, but also the lack of necessary time to expand their interpersonal scope. The evaluation and feedback from various aspects, as well as the lack of social support system, will make the college teachers experience stress. Even in schools also need to deal with all kinds of relationships, such as the relationship between the leadership and the relationship with colleagues, as well as the relationship between teachers and students, these relationships if not handled properly, it is easy to be wronged, misunderstood and thus have a greater pressure on the teacher himself, even in real life and work like interpersonal a similar relationship is difficult to handle.

3.3 The pressure from the evaluation mechanism

Nowadays, many schools have set up various competitions, awards, year-end assessment of teaching and scientific research achievements, has become the power of teachers' positive innovation, but also to the teachers to bring a social comparison pressure, such as Guizhou University of finance and economics second round of
professional and technical positions in the terms of appointment and duties requirements of professors and associate professors on the subject should have basic theory system of solid and rich teaching and scientific research experience, teaching achievements, theses and works or have reached a higher level of teaching and scientific research outstanding achievements. There are three kinds of responsibilities for teachers: teaching, teaching and scientific research. Each type of teaching and research responsibilities is not the same. Following table:

Table 1 The basic duty of teaching teachers

<table>
<thead>
<tr>
<th>Title content</th>
<th>Four Professor</th>
<th>Five associate professor</th>
<th>six associate professor</th>
<th>seven associate professor</th>
</tr>
</thead>
<tbody>
<tr>
<td>The annual teaching workload (class hours)</td>
<td>&gt;320</td>
<td>&gt;320</td>
<td>&gt;320</td>
<td>&gt;320</td>
</tr>
<tr>
<td>The annual amount of scientific research (Fraction)</td>
<td>&gt;35</td>
<td>&gt;25</td>
<td>&gt;20</td>
<td>&gt;15</td>
</tr>
</tbody>
</table>

Table 2 Basic duty of scientific research teachers

<table>
<thead>
<tr>
<th>Title content</th>
<th>Two Professor</th>
<th>Three Professor</th>
<th>Four Professor</th>
<th>Five associate professor</th>
<th>Six associate professor</th>
<th>Seven associate professor</th>
</tr>
</thead>
<tbody>
<tr>
<td>The annual teaching workload (class hours)</td>
<td>&gt;80</td>
<td>&gt;80</td>
<td>&gt;80</td>
<td>&gt;160</td>
<td>&gt;160</td>
<td>&gt;160</td>
</tr>
<tr>
<td>The annual amount of scientific research (Fraction)</td>
<td>&gt;150</td>
<td>&gt;100</td>
<td>&gt;80</td>
<td>&gt;70</td>
<td>&gt;60</td>
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</tbody>
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Table 3 The duty of teaching scientific research teachers

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<thead>
<tr>
<th>Title content</th>
<th>Two Professor</th>
<th>Three Professor</th>
<th>Four Professor</th>
<th>Five associate professor</th>
<th>Six associate professor</th>
<th>Seven associate professor</th>
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<tbody>
<tr>
<td>The annual teaching workload (class hours)</td>
<td>&gt;200</td>
<td>&gt;200</td>
<td>&gt;200</td>
<td>&gt;240</td>
<td>&gt;240</td>
<td>&gt;240</td>
</tr>
<tr>
<td>The annual amount of scientific research (Fraction)</td>
<td>&gt;90</td>
<td>&gt;70</td>
<td>&gt;50</td>
<td>&gt;40</td>
<td>&gt;30</td>
<td>&gt;20</td>
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</tbody>
</table>

Table 4 The basic duties of lecturers and assistants

<table>
<thead>
<tr>
<th>Title content</th>
<th>Eight level instructor</th>
<th>Nine level instructor</th>
<th>Ten level instructor</th>
<th>11 , 12 assistant</th>
</tr>
</thead>
<tbody>
<tr>
<td>The annual teaching workload (class hours)</td>
<td>&gt;400</td>
<td>&gt;400</td>
<td>&gt;400</td>
<td>&gt;400</td>
</tr>
<tr>
<td>The annual amount of scientific research (Fraction)</td>
<td>&gt;10</td>
<td>&gt;8</td>
<td>&gt;5</td>
<td>No requirement</td>
</tr>
</tbody>
</table>

However, it is difficult to send articles through the normal channels, especially the core journals. In China will breed intermediary countless, they play "money - service" role in the press and publication between the submission, engaged in this gray market of "thriving and prosperous". At present, the article on the issue of physical education is a provincial Journal for 600 - 1200 yuan, a core journal for the 20000-40000 yuan. And the standard of scientific research in various universities in China is also basically the same, that is, a provincial Journal for 5 points, a core journal for the 20 points, a dual core...
journals for the score of 50. Therefore, the school is keen on quantitative management, developed a strict and detailed examination and assessment of various rules and regulations, which seriously hindered the teacher's hands and enthusiasm, which also brings the teachers antagonism on the pressure.

3.4 Economic pressures

The income of university teachers is mainly from wages and hours, but the P.E teachers for class income is always less than other professional teachers, mainly reflected in the calculation of the above teaching workload, usually less two weeks of class number. Therefore, the low income of PE teachers in Colleges and universities often makes it difficult to meet the needs of self-esteem, which also will inevitably bring some pressure on life.

3.5 Reasons for school management

In order to improve the quality of education and comprehensive strength, colleges and universities have put forward higher and higher requirement for the teachers, and also introduced more supervision and incentive mechanism. In teaching, some schools supervise the elective system, there are often random lectures on scientific research inspectors; teachers are required to publish the application issues, and the corresponding incentives; promotion is increasingly reflected competition mechanism. At the same time, there are some defects in the management system of the school, such as the confusion of the procedure. Therefore, in addition to social factors, the school's management policy is one of the reasons for the pressure of college teachers. The specific performance requirements of the school teaching research is more and more higher, the titles of teachers have become more demanding, to make quantitative evaluation and implementation of competition mechanism of teachers and doctors and so on, these have greatly increased the pressure on teachers.

3.6 Personal reasons for teachers

Individual teachers on the teaching reform of the course do not adapt, lack of coping mechanism, and coordination ability is weak, the lack of entertainment and social activities, and personality has a tendency to force and the pursuit of perfection, these are the cause of the high pressure of university teachers’ experience.

4 RECOMMENDATIONS

(1) The formation of P.E teachers should be in the assessment of physical education teachers' education teaching ability as the main line, using these standards as a basic: professional knowledge, professional ethics, professional training, professional autonomy, professional development, professional organization of teachers'. [7]

(2) University administrators should be consistent the standard teaching workload calculation teaching workload for P.E teachers with and other professional teachers, that is to say, the PE teachers in class fees and remuneration standards over the workload and teachers of other disciplines to ensure equal treatment, equal pay for equal work, fairness and justice.

(3) The physical education teachers to participate in the competition on behalf of the school led research results are included in the integral, integral standard specific to the actual race level to determine.

(4) PE teachers should seriously study, study business, and actively participate in the teaching reform; delve into the teaching syllabus and textbooks, make good teaching work plan; careful preparation, to teach physical education, improve teaching quality; to organize the various sports activities, seriously organize the implementation of sunshine sports project, ensure to carry out every day students extracurricular activities 1 hours. Each school should strictly examine the teaching quality and attitude of P. E. teachers.

All in all, the school should create a more harmonious and orderly work and academic atmosphere, strengthen the college P.E Teachers' mental health guidance, at the same time,
teachers themselves should have more positive and effective coping strategies, to better adapt to the new situation of the work requirements, improve the quality of life and satisfaction. Sports is the main part of school morality, intelligence and physique, and physical education teachers is an important implementation of College Physical Education and implementation and an important member of the teachers and the backbone of the school sports work and also the school to carry out the "school sports work" of the specific implementation, they have the characteristics of outdoor work, work very hard. And each school should fully respect the work of physical education teachers, in accordance with the "Regulations" provisions, effectively solve the workload and labor remuneration as their occupation, in order to reduce the pressure of their enthusiasm, improve their work, to better serve the education of College sports.

References


