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## Burnout and emotional intelligence: A relationship study of female physical education trainee teachers

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### Abstract

Intention of this disquisition was to explore if a relationship exists or not between emotional intelligence and burnout by examine a sample of 32 womanish physical education trainee preceptors. Burnout was measured by the Maslach burnout force Scale, Emotional intelligence was measured by the N.S. Schutte emotional intelligence Scale. The correlation was reckoned, 0.05 situations. Examinations set up that burnout pattern and emotional intelligence have a strong negative association( $r = -0.834$ ), according to exploration results. Emotional intelligence had a significant donation on burnout of womanish physical education trainee preceptors. Emotional intelligence and burnout set up negatively identified. Burnout was equally related to overall emotional intelligence situations. A series of retrogression analyses revealed that emotional control, emotional recognition and expression, and understanding of feelings were significant predictors of burnout.

**Keywords:** Burnout, emotional intelligence, teacher, education, trainee

### Introduction

Maslach's first exploration on burnout was conducted in 1976. Collapse was first described by Maslach and Jackson as a condition characterized by emotional prostration, depersonalization, and particular achievement. They explored that burnout is redounded from "labeling exploratory factor- anatomized particulars collected to reflect the range of gests associated with the miracle of collapse or burnout". Further stated that current theme set up in the former studies on collapse and they defined collapse as "problematic relationship between the person and the work terrain, which is frequently described in terms of imbalance or misfit". According to this burnout model, there are three major causes that contribute to collapse, they're 1) Mental fatigue, which is defined as a sensation of being mentally trespassed and exhausted; 2) Depersonalization, which is defined as the conformation of pessimistic feelings and actions toward bone's profession; and 3) Reduced particular accomplishment, which is defined as a diminished sense of satisfaction and achievement, as well as a tendency to negatively assess one's own performance.

Several checks have shown that emotional intelligence is important in people's lives. Emotional intelligence was shown to be helpful in managing with emotional stress. Trainee schoolteacher's emotional maturity is deteriorating as a result of collapse. Trainee schoolteacher's faces numerous challenges in his/ her life personally, professionally, socially, psychologically and other mores. It's veritably common for him to feel loneliness, lack of provocation, collapse, emotional stress, and indecorous feeling. All these factors not only suffer their professional life but also particular life.

Balanced and well anticipated geste from a trainee preceptors exhaust further internal and physical energy of a schoolteacher performing they start to feel internal stress and burnout or collapse. People who are emotionally intelligent are able of balancing emotional demands. As the fathers of emotional intelligence, Salovey and Mayer represented emotional intelligence as "the subset of social intelligence that involves the capability to cover one's own and others' passions and feelings, to distinguish among them and to use that information to guide one's thinking and conduct". In 1995 publication of the book "Emotional Intelligence" by Goleman, took the credit of making this neophyte miracle popular in the world. Veritably snappily conception of emotional intelligence becomes the center magnet of the academicians, experimenters and stakeholders.

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Emotional intelligence is defined as “capability to cover one’s own and other people’s feelings, to distinguish between different emotional and label them meetly and to use emotional information to guide thinking and geste”. Trainee preceptors could be motivated towards their profession by developing emotional chops. It also helps them intelligence among womanish physical education pupil preceptors or trainee preceptors to fight with stress. The study is done to assess collapse, emotional intelligence among womanish physical education pupil preceptors or trainee preceptors.

**Purpose of the Study**

Main purpose of the study is to assess collapse (burnout) and emotional intelligence among physical education trainee preceptors and their relationship. furnishing information regarding characteristics of emotion, intelligence, stress of the womanish physical education trainee preceptors, may be helpful to the preceptors to determine the cerebral status and to preparing training literacy schedules for develop emotional, intellectual stability.

**Methodology**

**Research design**

In terms of the current disquisition’s analysis style, it was a descriptive study. Quantitative exploration is the process of developing and testing statistical models, hypothetical’s, and compliances about marvels.

**Selection of the Subjects**

Thirty two pupil preceptors were chosen as the study's sample, with fair representation of group as stated in the objects. The check included 32 women, age order of 21 to 25. Subjects were named from Hooghly district.

**Statistical Procedure**

Burnout was measured by the Maslach Burnout inventory Scale, Emotional intelligence was measured by the N.S. Schutte Emotional intelligence Scale. The correlation was computed, 0.05 levels.

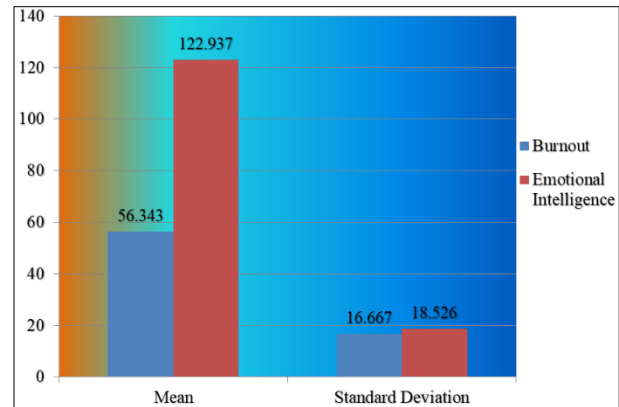
**Results**

**Table 1:** Relationship of Burnout and Emotional intelligence on Female Physical Education Trainee Teachers

N	Variables	Mean	Standard Deviation	Calculated “r”	Tabulated “r”
32	Burnout	56.343	16.667	-0.834*	0.349
	Emotional Intelligence	122.937	18.526		

0.05 level of confidence

This study discovered a negative relationship between burnout and emotional intelligence of womanish physical education trainee preceptors as seen in table 1. According to table 1, the association between emotional intelligence and burnout among Hooghly district trainee preceptors is ‘r’ -0.834, at the.05 position of significance, there's a strong negatively identified between burnout and emotional intelligence of trainee preceptors.



**Fig 1:** Shows the Mean Value and Standard Deviation of Burnout and Emotional Intelligence

**Discussion and Conclusion**

The results of this exploration indicate that there's a negative and significant relationship between emotional intelligence and burnout pattern in trainee, it means those trainee preceptors who enjoy of advanced emotional intelligence, are less suffering from burnout pattern, those who enjoy of lower emotional intelligence, are suffering further from burnout pattern. Emotional intelligence, is the social knowledge or the capability to distinguish others feelings and agitations that plays the most important part in clarifying burnout pattern. It's realized that the burnout situations drop as the emotional intelligence situations of trainee preceptors increases. Emotional intelligence for trainee preceptors on controlling and mitigation the effect of burnout in their professional life.

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