



## ORIGINAL ARTICLE

## The Relationship between Physical Activity and Job Burnout of Education Teachers in Mazandaran Province

Ali asghar Barzegar\*, Saeed Fazlifar

Department of Physical Education and Sport Science, Amol Branch, Islamic Azad University, Mazandaran, Iran

## KEY WORDS

Job burnout;  
Physical activity ;  
Physical education other  
Relations;  
Teachers;  
Mazandaran province

## ABSTRACT

In this study purpose of this research was to determine the relationship between physical activity and job burnout of education teachers in Mazandaran province. The current research method is descriptive and correlational and field data collection and practical in terms of using the results. The statistical population includes all non-physical education teachers in Mazandaran province, whose number is 39,243, and the statistical sample size of this research, based on Morgan's table, includes 384 education teachers in the province. In order to determine the validity and to ensure the feasibility of the questionnaires, we consulted with sports management professors and the reliability of the questionnaire of physical activity and analysis of job loss was reported as 0.74 and 0.83, respectively.

The results of the research showed that there is a significant negative relationship between physical activity and emotional exhaustion, depersonalization in education teachers of Mazandaran province, and there is no significant relationship between physical activity and the sense of individual success of education teachers in Mazandaran province. Also, the variable of physical activity can be predicted. (22) is the percentage of the rate of attrition. Therefore, considering the importance of physical activity in physical and mental health, as a result, it is recommended to promote the culture of sports and regular physical activity to prevent inactivity and reduce teacher attrition.

### Introduction

Empowerment, as a new way of creating motivation, has become one of the hottest topics in management today. In the era of competitive superiority of learning organizations, researchers and managers have shown increasing interest in empowerment and management measures based on it (Haji Karimi, 2014). On the other hand, tension in the work environment is common and many people therefore, a group of organizational behavior experts have described psychological stress as a common disease of the century that can lead to job burnout in the long run, so job burnout is one of the major unavoidable consequences of work stress that Self-seeking brings physical exhaustion, changes in behavior and job performance (Becker, van der Zee, Leving and Dollard, 2006). Education is one of the important

pillars of the progress of countries, because the foundations and roots of education and training of creative, educated and responsible manpower who steer the development and progress of the society are laid in this institution from the beginning. In education, the most important role is with human resources, and the teacher is one of the most important factors in the growth and development of the quality and content of education. (Khorosh *et al.*, 2018). Also, physical activity is known as one of the most important human needs. Today's advanced life with the consequences of its inactivity makes the necessity of physical activity more and more certain, which is related to mental health and well-being, in addition to creating physical fitness and developing movement skills. It prevents the occurrence of many

\*Corresponding author: Email address: [alibarzegar26@gmail.com](mailto:alibarzegar26@gmail.com)

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physical and mental diseases (Aghayi, 2019). Therefore, organizations should have regular and comprehensive sports programs for their employees and in addition to supervising the correct implementation of this program; they should create the necessary motivation to participate in sports activities. They believe that job burnout is a direct result of failure to achieve very big personal and professional goals (Bruynee *et al.*, 2021).

### **Literature review**

Conceptual definition of job burnout: Job burnout is a type of professional risk that is associated with a decrease in the amount of physical and mental energy in employees (Aldossari, 2021). The term job burnout is a term that has gained more acceptances among the various Persian words that have been proposed for this word. Among the other suggested equivalents, there are the following: He mentioned excessive work fatigue and burnout, exhaustion, and psychological erosion.

One of the most important challenges for managers in organizations today is the lack of sufficient use of intellectual resources, mental power and potential capacities of human resources. In most organizations, employees' abilities are not used optimally, and managers are not able to use their potential capacities. In other words, although people have the ability to show creativity and initiative and perform more activities, but in the organizational environment, for some reasons, these abilities are not used optimally. Organization improvement and transformation management thinkers have introduced the empowerment of human resources as a strategy that affects the performance and improvement of human resources and they believe that the empowerment of human resources is one of the attitudes of the new era that is used by organizations today and is actually a response to It is a vital need of contemporary management. (Dennis Kenilao, 2013: 3). On the other hand, one of the best methods of empowering employees in organizations is how to deal with job burnout analysis and a method by

which employees can be made to move and be physically active.

Quinn and Spertizer believe that, despite the fact that empowerment can give the organization a competitive advantage, and despite the fact that many managers accept the fact that empowerment is desirable, most organizations have difficulties in implementing it (Karoubi and Matani, 2018: 11).

The operational definition of job burnout: from the questionnaire of job burnout, which includes three scales: emotional exhaustion, depersonalization, personal failure, in the form of a seven-point Likert scale A group of researchers, believing in structural and organizational factors as the main cause of attrition, have proposed structural reform, participation, job security, and social support as basic solutions to modify or prevent attrition. Another group of individual personality traits they know the important factor of exhaustion and they have proposed education, change of attitude and creation of positive habits such as healthy and active leisure time and engaging in physical activity and sports as a solution, and the third group with a comprehensive attitude has considered the combination of these two views. (Maslach *et al.*, 2021). The research of recent years shows that one of the serious problems of managers in organizations and companies in Barzag as well as educational institutions is the depletion of human resources and the subsequent decrease in individual and financial efficiency, since teachers as the most important resources of human resources for education and training They are considered as one of the most important effective factors in the growth and development of the quality and content of education and they play the main role in the development and creation of the thinking, culture and dynamism of the young generation, it is possible not to pay attention to the factors that threaten their physical and mental health. endangers the health of the individual and the society and causes crisis and unfortunate consequences such as the academic decline of members and as a result, the decline in education and learning efficiency of students and the

lack of cultivation of thought and culture, the lack of progress and lagging behind the modern and advanced industry, and finally the lack of success in the construction and development of the country, therefore, paying attention to the real needs plays an essential role in providing personal and social health (Iskanderirad, 2014). The results of recent decades of research related to the economic, psychological and social functions of physical activity and sports have made some managers in different organizations, aware of the many benefits of sports programs in the workplace, implement physical fitness programs and recreational and sports activities. For their employees. Because there is a general agreement that physical activity is related to mental health. Therefore, in addition to creating physical fitness and developing movement skills, physical activity prevents the occurrence of many physical and mental diseases such as cardiovascular diseases, blood pressure, obesity, arthritis, anxiety, depression, etc. (Afonso *et al.*, 2021). Certainly, according to the opinions of researchers regarding the causes of burnout and the ways to prevent and treat it in different jobs, the teachers of Mazandaran province, as a significant part of the scientific community of the country, are not immune from this widespread complication of the organization, and it is necessary to understand their problems in The field of physical and mental health in the work environment, while examining job pressure factors, studied the appropriate solutions that can prevent their physical and mental exhaustion. Therefore, this research tries to explain the relationship between physical activities and the level of job burnout of teachers in Mazandaran province. Therefore, this research seeks to find out whether there is a relationship between physical activity and job burnout of teachers in the province. Is there a connection to Mazandaran? Psychological and occupational pressures and their consequences are considered one of the most critical issues of professional life in today's complex world. Job pressures on organizational forces bring huge costs to the organization and may be harmful and

malignant and cause many side effects and make human effort and efforts to be shaky and cause inefficiency and productivity and optimal use of opportunities and ultimately the effectiveness of organizations (Gewin *et al.*, 2021). This intense psychological pressure caused by the nature, type or inappropriate condition of work creates a state in the members of the organization called burnout (Saadat, 2015).

In other words, exhaustion is a state of physical, mental and intellectual fatigue that occurs as a result of long-term conflict in emotionally exhausting situations. This phenomenon starts and grows from the intense and mutual influence of work and people, which is not unusual, because it is common in various jobs such as advocacy, public benefit work, matters related to physical and mental health, employees of commercial organizations. And social is possible (Bayes, 2021).

It is also a type of professional risk that is associated with a decrease in the amount of physical and mental energy in employees (Fadaei and Demir, 2010). Since it has a negative effect on employees, their family, friends, and those around them and on society in general, it can reduce the quality of life of employees both at work and at their place of residence. Over time, job burnout can lead to increasing problems at home and withdrawal from family and friends. Depletion is the reduction of energy and finally the complete discharge of energy. Exhaustion, exhaustion, and helplessness are against the excessive demand that both a person may impose on himself and may be imposed on a person from the outside, as a result of which the person's energy and adaptive mechanisms and internal resources and forces are depleted This phenomenon is an emotional state that affects a person with increasing pressure and finally affects his motivation, attitude and behavior (Jun *et al.*, 2021).

Today, the growth of organizations is to the extent that they have called organizational society, the activities of each person are carried out in the form of organizations, and without organizations, people's

lives will remain lame. These organizations have been created as man-made institutions to achieve the goals that prove their validity and legitimacy. Achieving goals and satisfying people's needs is the key to the survival of organizations, the effort to continue the life of organizations involves the consumption of many material and human capitals, sometimes organizations are so oriented towards the realization of their goals that they forget people and this forgetting of capitals. There are many losses ahead. In examining the relationship between a person's health and work activities, working conditions are usually considered more than organizations; the reason for this is that according to technical, economic and social considerations, the application of research methods to change organizations is more difficult than their application in the field of work. Researches have shown that two personality traits are significantly effective in the occurrence of psychological and analytical pressures resulting from it/

A: The behavior of different personalities of type A and B. Type A are people who increase the effects of various psychological pressures at work. These people eat, walk and talk faster than others. They are competitive and aggressive and constantly feel pressured by time. Type B people care less about time, have fun and can relax without feeling guilty for not using time or fear of falling behind. (Saatchi, 2016). A research conducted in 1980 by Chesney comparing men and women showed that men are more in group A and the prevalence of diseases is significantly more common among working women members of group A than housewives of the same group, group A tends to leave their jobs show more responsibility and pressure (Qarache Daghi and Shariatzadeh, 2013).

B: The second personal characteristic that is related to burnout is the concept of control reference. Some people believe that people themselves are responsible for the incidents and events of their lives, they are called people with internal control reference (documents), and some people believe that their life

is controlled by others and external forces, which are called people with external control reference, people. With an internal control reference, in response to the problems and hardships caused by work, they deal with more trust against the source of pressure, but people with an external control reference can show less resistance and tolerance and consider themselves powerless. (Shah, 2021).

Elsewhere, Hein Jung Kim *et al.* (2007) have stated five personality traits that can predict burnout as follows: 1- extroversion 2- adaptability 3- work conscientiousness and 4- having a mental disorder 5- Be ready to accept the experience.

1- Extroversion; It shows individual characteristics such as being cheerful, sociable, bold, talkative and active. According to the conducted research, extroversion in the hotel business environment has an inverse and significant relationship with the two dimensions of burnout, i.e. (fatigue and pessimism) and has a positive and significant relationship with individual success.

2- It shows the compatibility of individual differences such as being friendly, friendly, kind, and sympathizing in social interactions, which prevents interpersonal conflicts with other people. Although agreeableness seems similar to extroversion, they are two completely different traits. Jensen-Kampbell and Krasino (2001) have stated that extroversion discusses social influence while instrumentalism discusses maintaining stable relationships with others (Jensen-Kampbell *et al.*, 2001).

### ***Depression and anxiety***

To collect data, the job burnout questionnaire, which consists of 22 items, was used to measure the level of burnout of teachers. The scoring of the questionnaire is in the form of a 7-point Likert scale, which is considered for the options "never", "very little", "low", "moderate", "often", "a lot" and "very much". The questionnaire has 3 components (Khorosh *et al.*, 2018).

In order to evaluate physical activity, the Beck (2000) questionnaire was used, which has 16

questions and 3 measures of leisure time, workplace and sports in a Likert scale.

In this research, two descriptive and inferential methods have been used to analyze the data obtained from the questionnaire. Descriptive statistics for the graph to describe the data visually, central indices such as the mean to determine the average values of test scores and dispersion index such as the standard deviation to determine the variation.

The scores will be compared to the average. In inferential statistics, the KS statistical technique will be used to determine the normality of the data. Considering the significant level of Smirnov's Kalmograph test, Spearman's correlation coefficient is used to test the hypotheses. In addition, simple regression will be used to predict the status of the criterion variable from the previous variables. In addition, all statistical operations have been performed using Spss20 software and the results of the study are presented below.

### **Materials and Methods**

According to the nature of this research, the current research method is descriptive and correlational, and it is practical in terms of using the results. The statistical population of this research includes all non-physical education teachers of Mazandaran province. The sample of the research is 40,823 teachers in Mazandaran province, of which 1,580 are physical education teachers. The sampling method is random cluster sampling, which is based on According to the sample size; the west (Chalus and Vanushehr), the center (Babolsar and Faridunknar) and the east (Sari, district 1 and 2) were selected as samples. Finally, according to the volume and sampling method, questionnaires were distributed. 34 questionnaires were removed due to distortion and finally 350 questionnaires were used in statistical analysis. To collect data, the standard job burnout questionnaire, which consists of 22 items, was used to measure the level of burnout of teachers. In order to evaluate physical activity, Beck standard questionnaire (2000) was used, which has 16 questions and 3 dimensions of

leisure time, workplace and sports in a Likert scale.

### **Results**

In this research, two descriptive and inferential methods were used to analyze the data obtained from the questionnaires. Descriptive statistics were used to visually describe the data, central indices such as the mean to determine the average values of test scores and dispersion index such as the standard deviation were used to determine the changes in the distribution of scores compared to the mean. In inferential statistics, the KS statistical technique was used to determine the normality of the data. Considering the significant level of Smirnov's Kalmograph test, Spearman's correlation coefficient was used to test the hypotheses. In addition, simple regression will be used to predict the status of the criterion variable from the previous variables. In addition, all statistical operations have been performed using Spss22 software.

#### *Description of demographic data*

Based on descriptive statistics: out of 350 teachers, (49%) are men and (51%) are women as non-physical education teachers in Mazandaran province. And also regarding the respondents, 4 people (1%) are less than 25 years old, 83 people (24%) are between 25 and 35 years old, 162 people (46%) are between 36 and 45 years old, and 101 people (29%) are ) are over 45 years old. In relation to the educational status of teachers, 7 (2%) teachers have a diploma, 72 (21%) have a post-graduate degree, 215 (61%) have a bachelor's degree, 44 (13%) have a post-graduate degree, and 12 (12%) have a post-graduate degree. (3%) have a doctorate degree. Out of 350 teachers, (95%) are married and (5%) are single as non-physical education teachers in Mazandaran province. And finally, in connection with the service history of teachers, 40 people (12%) of non-physical education teachers in the province have less than 5 years, 36 people (10%) between 5 and 10 years, and 43 people (12%) between 10 and 15 years. 55 people (16%) have between 15 and 20 years of service and 176

people (50%) have more than 20 years of service.

**Testing hypotheses**

Considering the results of the Kolmogorov-Smirnov test and the non-normality of the data distribution, Spearman's correlation test was used to check the correlation and simple regression was used for prediction.

**The main hypothesis**

Zero hypothesis (H0): There is no significant relationship between physical activity and job burnout of teachers in Mazandaran province.

The results of the Table1 show that between physical activity and job burnout analysis of teachers in Mazandaran province at a significance level of 0.01, the correlation value is -0.468 and the P value is equal to 0.000. Therefore, the null hypothesis is rejected and the research hypothesis is confirmed. In other words, there is a significant relationship between physical activity and job burnout of teachers in Mazandaran province. The relationship between physical activity and job burnout in this study is negative. Therefore, with the increase in physical activity of teachers in Mazandaran province, burnout will also decrease in them.

**Table 1.** Correlation between physical activity and job burnout

| Predictive variable criterion. | Variable criterion. | Number of variables | Significance level | Correlation coefficient | Determination coefficient R <sup>2</sup> | Conclusion                 |
|--------------------------------|---------------------|---------------------|--------------------|-------------------------|--|----------------------------|
| Physical activity              | job burnout         | 350                 | 0.000              | -0.468                  | 0.219                                    | Reject the null hypothesis |

**The first hypothesis**

Zero hypothesis (H0): There is no significant relationship between physical activity and emotional fatigue of teachers in Mazandaran province.

The results of the above Table2 show that between physical activity and emotional fatigue of Mazandaran education teachers at a significance level of 0.01, the correlation value is -0.352 and the P value is equal to 0.000. Therefore, the null hypothesis is rejected and the research hypothesis is confirmed.

In other words, there is a significant relationship between physical activity and emotional fatigue of Mazandaran province teachers. The direction of the relationship between physical activity and emotional fatigue in this study is negative. Therefore, by increasing the physical activity of the teachers of Mazandaran province, their emotional fatigue decreases.

**Table2.** Correlation between physical activity and emotional fatigue

| Predictive variable criterion. | Variable criterion. | Number of variables | Significance level | Correlation coefficient | Determination coefficient R <sup>2</sup> | Conclusion                 |
|--------------------------------|---------------------|---------------------|--------------------|-------------------------|--|----------------------------|
| Physical activity              | Emotional fatigue   | 350                 | 0.000              | -0.352                  | 0.123                                    | Reject the null hypothesis |

The most common criterion for interpreting the magnitude of the correlation coefficient is the coefficient of determination. The coefficient of determination indicates a ratio of the total variance of a variable that can be explained by the variance of another variable.

$$r = \text{and } 0.352 - r^2 = 12.3\%$$

Therefore, physical activity can describe 12.3% of changes in teachers' emotional fatigue. In other words, it showed the coefficient of determination. That the physical activity variable (0.123) shows the variance in the emotional fatigue of education teachers in Mazandaran province.

The research results show that the relationship

between physical activity and job burnout of education teachers in Mazandaran province is statistically significant. Therefore, the research hypothesis is confirmed, in other words, there is a significant and negative relationship between physical activity and job burnout of teachers in Mazandaran province.

- The results of the research showed that there is a significant and negative relationship between physical activity and emotional exhaustion, depersonalization in education teachers of Mazandaran province.
- There is no significant relationship between physical activity and the sense of individual success of education teachers in Mazandaran province.
- The results of the regression research showed that according to the coefficient of determination, it can be said that 22% of changes in the dependent variable (displacement analysis) are predicted by physical activity.

A 22-item questionnaire was used to measure the job loss analysis, scoring is a 7-point Likert scale for the options "never", "very little", "low", "moderate", "often", "much". And "very much" are considered as points 0,1,2,3,4,5,6. . It should be noted that items number 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13 and 14 are scored in reverse. In order to evaluate physical activity, the Beck (2000) questionnaire, which has 16 questions and 3 dimensions of leisure, workplace and sports, was used in the Likert scale. Sports management professors were consulted to determine validity and to ensure the ability to implement the questionnaires. The reliability of the physical activity questionnaire and job burnout analysis was reported

as (0.74) and (0.83) respectively. The statistical method used in this research was carried out at two levels, descriptive and inferential statistics. In order to analyze the data in descriptive statistics, frequency, frequency percentage, valid percentage, cumulative percentage, average, standard deviation, minimum, maximum, graph drawing were used. Also, in the inferential statistics section, to determine the normality of data distribution, the Kolmogorov-Smirnov test, Spearman's correlation coefficient, and simple regression were used to determine the predictability of the criterion variable. All statistical analysis was done using SPSS software.

**The second hypothesis**

Hypothesis zero (H0): There is no significant relationship between physical activity and depersonalization of education teachers in Mazandaran province.

The results of the above table3 show that between physical activity and depersonalization of education teachers in Mazandaran province at a significance level of 0.01, the correlation value is -0.339 and the P value is equal to 0.000. Therefore, the null hypothesis is rejected and the research hypothesis is confirmed. In other words, there is a significant relationship between physical activity and depersonalization of education teachers in Mazandaran province. The direction of the relationship between physical activity and depersonalization in this study is negative. Therefore, by increasing the physical activity of education teachers in Mazandaran province, personality disorder will also decrease in them.

**Table 3.** Correlation between physical activity and depersonalization

| Predictive variable criterion. | Variable criterion. | Number of variables | Significance level | Correlation coefficient | Determination coefficient R <sup>2</sup> | Conclusion                 |
|--------------------------------|---------------------|---------------------|--------------------|-------------------------|--|----------------------------|
| Physical activity              | Depersonalization   | 350                 | 0.000              | -0.339                  | 0.114                                    | Reject the null hypothesis |

The most common criterion for interpreting the magnitude of the correlation coefficient is the coefficient of determination. The coefficient of determination indicates a ratio of the total variance of

a variable that can be explained by the variance of another variable.  $r =$  and  $0.339 - r^2 = 11.4\%$  Therefore, physical activity can describe 11.4% of teachers' personality changes. In other words, the

coefficient of determination showed that the variable of physical activity (0.114) shows the variance in the transformation of the personality of education teachers in Mazandaran province.

Therefore, physical activity can describe 12.3% of changes in teachers' emotional fatigue. In other words, it showed the coefficient of determination. That the physical activity variable (0.123) shows the variance in the emotional fatigue of education teachers in Mazandaran province. The results of Table 2 show that between physical activity and depersonalization of education teachers in Mazandaran province at a significance level of 0.01, the correlation value is -0.339 and the P value is equal to 0.000. Therefore, the null hypothesis is rejected and the research hypothesis is confirmed. In other words, there is a significant relationship between physical activity and depersonalization of education teachers in Mazandaran province. The direction of the relationship between physical activity and depersonalization in this study is negative. Therefore, with the increase in physical activity of education teachers in Mazandaran province, personality disorder also decreases in them. The most common criterion for interpreting the magnitude of the correlation coefficient is the coefficient of determination. The coefficient of determination indicates a ratio of the total variance of a variable that can be explained by the variance of another variable.  $r = -0.339$  and  $r^2 = 11.4\%$ . Therefore, physical activity can describe 11.4% of teachers' personality changes. In other words, the coefficient of determination showed that the variable of physical activity (0.114) shows the variance in the transformation of the personality of education teachers in Mazandaran province.

## Discussion

The inferential results of the research showed that there is a significant and negative relationship between physical activity and job burnout of teachers in Mazandaran province. That is, by increasing the amount of physical activity, the amount of

absenteeism of teachers decreases. The effects of job burnout appear in the form of physical symptoms (headaches, digestive disorders), psychological symptoms (depression, anger) and behavioral symptoms (lack of work, absenteeism). One of the effects of exercise is dealing with pressures and stresses. There are ways to reduce mental pressure with the help of exercise; most of them show that exercise and physical activities can reduce mental pressure. Sadeghpour *et al.* (2013) in a research entitled the effect of exercise on the health of patients announced that exercise is an important help in creating a sense of well-being and also increasing the tolerance of life's psychological pressures, and also Rahim Ramzaninejad *et al.* (2018) in their research There are modifier variables in every organization that affect the rate of job loss analysis in that organization. Variables such as organizational culture, job satisfaction, organizational commitment, emotional intelligence, self-efficacy of people, ambiguity in job descriptions, high workload, hard work, and high activity, organizational health, quality of work life, and even the prevailing organizational climate can be found in any organization. It acts as a modifying variable and changes the level of job loss analysis and each of its dimensions. Mortazavi *et al.* The average scores obtained from the public health questionnaire after the intervention in the intervention group decreased significantly compared to before. The results of the present study are in agreement with the research of Khorvaresh *et al.* Academic Board of Islamic Azad Universities of Four Countries Region" The results showed that there is a significant inverse relationship between the total score of physical activity and the component of exercise with the analysis of functional deviation and between the component of leisure time and the total score of the analysis of deviation. Also, the results of Hakakzadeh's research (2013) that there is no significant difference between the job burnout of male physical education teachers and the class weight of the author of burnout do not match. (Rostaminia, 1389). Empowerment, as a new way of creating



motivation, has become one of the hottest topics management today. In the era of competitive superiority of learning organizations, researchers and managers have shown increasing interest in empowerment and management actions based on it (Haji Karimi, 2014). On the other hand, tension in the work environment is a common thing and many people face it, so a group of organizational behavior experts have described psychological pressure as a common disease of the century, which can lead to job burnout in the long run, so the analysis Job burnout is one of the major unavoidable consequences of work stress, which brings physical exhaustion, changes in behavior and job performance (Becker, Van Der Zee, Leving and Dollard, 2006). Also, exercise, as a multidimensional tool with wide and valuable effects, is one of the methods that people can use to overcome physical, psychological and social pressures. Research shows that people who exercise regularly suffer from cardiovascular and vascular problems less than others and endure less nervous pressure. These people have more self-confidence and are more optimistic about life and suffer from depression less. Performing sports activities also as a stimulus causes many body structures and reactions to change. It should be noted that an organization will be able to progress and evolve when it has healthy, valuable and well-meaning people. As much as a person has intelligence, skills and human perfections, he can benefit from the health and strength of his body to use those capabilities and ultimately benefit his organization from all that knowledge and perfection. The results of recent decades of research related to the economic, psychological, and social functions of physical activity and sports have made some managers in different organizations, aware of the many benefits of sports programs in the workplace, implement physical fitness programs and activities. Provide entertainment and sports for their employees. Therefore, the current research has measured the relationship between two factors, i.e. levels of physical activity and burnout of education teachers in

Mazandaran province as one of the effective and well-known organizations in the society, which is a dynamic and purposeful system and is exposed to new challenges. And makes an assessment. Organizational resources such as HR practices and healthy leadership may help employees to regulate their short-term fatigue. Similarly, key personal resources may help employees to recognize and regulate their fatigue in an effective way (Bakker & Vries., 2020).

Our data suggests negative changes in health behaviors are associated with increased psychological distress in A. Effective health promotion strategies directed at adopting or maintain positive health-related behaviors such as targeted social media messaging and balanced media reporting should be used to reduce the acute and chronic increases in psychological distress during unprecedented times. According to the findings of the research about the lack of connection between activity and the lack of personal success of physical education teachers, it can be concluded that personal success is probably not very effective in the working conditions of teachers, which means that in the working conditions of teachers, individual success as a The goal is not important and teachers can easily perform the required teaching skills and have no motivation to make their skills more specialized and complicated due to the lack of need for them in schools and the lack of impact of these skills on their career development. Therefore, they do not see the need to do physical activity and exercise for personal success. The results of the research showed that between physical activity and emotional exhaustion, depersonalization in education teachers. There is a significant and negative relationship with education in Mazandaran province. Only between physical activity and sense of individual success of education teachers in Mazandaran Province You don't exist.

Based on the findings of the present research, it is determined that the level of absenteeism of more than half of the society under investigation is higher than the standard and almost most of them have poor

mobility in terms of physical activity. The low average of physical activity showed that this can confirm the fact that the samples of this research, that is, the teachers of Mazandaran province, had a low level of physical activity, the existence of a linear and inverse correlation between physical activity and the analysis of job loss shows the effect of physical activity. And exercise is in the prevention or reduction of absenteeism. It is a matter that should be seriously considered by the employees and managers of the education and training organization. But their way of looking at the importance and necessity of performing their duties and physical activity or their type of job and lack of activity has caused a decrease in their physical activity, which can cause irreparable damage to teachers and the education body. Therefore, there is a significant negative relationship between physical activity and job burnout, which indicates that burnout can be reduced and prevented by increasing physical activity, which can create high vitality and productivity in teachers, of course, other educational factors are necessary. Managerial, economic, welfare, physical and environmental, cultural and factors of updating teachers' information should be considered at the same time. Also, considering that the highest amount of job burnout in teachers was due to emotional exhaustion, therefore programs should be made to reduce emotional exhaustion of teachers, as a result of which, it seems necessary to make a double effort to promote the culture of physical activity and regular exercise in order to avoid institutionalization. Avoid inactivity. Therefore, the results of the current research are a review of the physical activity status of education teachers in Mazandaran province, which will provide the possibility of optimal planning to maintain and improve the health of education teachers in the province, who are actually the human resources of this group. The role of education and training in the field of manpower training and the development of the category of research and research in society, many organizations, especially scientific centers, will benefit from the results of this research

### Conflict of interests

No conflict.

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