



## Predicting the quality of work life based on the dimensions of social vitality of physical education teachers in the corona pandemic

*Poster Presentation*

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### Abstract

**Introduction:** Physical education teachers have always had their own problems due to teaching physical education in both practical and theoretical forms. They can increase the quality of teaching and lead to the formation of positive behavioral consequences, including improving the quality of work life in these teachers; therefore, the present study was conducted with the aim of predicting the quality of work life based on the dimensions of social vitality of physical education teachers in coronary pandemic conditions.

**Methods:** The research method was correlational prediction. People decreased. Data collection tools included Walton (1973) Quality of Work Life Questionnaire and Oxford Social Vitality Questionnaire (1989).

**Results:** The sample consisted of 29 to 50 years (mean age 37 years), 10 to 25 years of work experience (mean 22 years), bachelor's degree (44%), master's degree (27%) and doctorate (8%). Social vitality  $57.54 \pm 10.74$ ; dimensions of social vitality (life satisfaction  $25 \pm 5.06$ , self-satisfaction  $9.40 \pm 2.78$ , self-esteem  $10.09 \pm 1.57$ , positive energy  $5.90 \pm 1.77$  and positive mood  $7.13 \pm 1.39$ ) were obtained. The results showed that there is a direct and significant relationship between life satisfaction and quality of work life ( $r = 0.493$ ), between self-esteem and quality of work life ( $r = 0.461$ ). Also, stepwise regression results showed that only life satisfaction can predict 24% of the quality of work life of physical education teachers in the corona pandemic.

**Conclusion:** Considering that life satisfaction is an internal concept and perception of living conditions, it is suggested that principals provide appropriate conditions for physical education teachers in the corona pandemic to increase the level of life satisfaction and consequently their quality of life.

### Keywords

Keywords: quality of work life; social vitality; physical education teachers