



Investigating the Relationship between Physical Activity and Burnout in Staff of Misan University of Iraq

Poster Presentation

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Abstract

Introduction: Various scientific interventions have been proposed with the aim of managing burnout and stress. One of the suggested interventions to reduce stress and increase happiness is regular exercise. The aim of this study was to investigate the relationship between physical activity and burnout of Misan University staff in Iraq.

Methods: This research was a correlational descriptive study that was conducted in the field in terms of applied purpose and in terms of data collection method. The statistical population of this study included all the staff of Misan University of Iraq (faculty members and official staff) in 2021, which numbered about 3500 people. The statistical sample size was estimated to be 346 people using Morgan table. Finally, 340 questionnaires were returned correctly using cluster sampling method and available through online questionnaire distribution. To measure the research variables, three questionnaires of demographic information, Beck standard physical activity questionnaire and Maslach and Jackson (2001) burnout questionnaire were used. The validity of the questionnaire was confirmed by 9 professors of sports management and their reliability in a pilot study was 0.87 and 0.88, respectively. To analyze the data, descriptive statistics methods including tables and graphs and inferential statistics (multiple regression) were used at a significance level of 0.05.

Results: The results showed that physical activity had an inverse effect on all components of burnout in Misan University staff (emotional burnout, depersonalization and personal dysfunction). All three work-related physical activity, exercise, and leisure variables were significant predictors of burnout. The regression equation obtained was as follows:

$$\text{Burnout} = 0.33 (\text{Leisure}) - 0.29 (\text{Sports}) - 0.12 (\text{Work}) + 0.65$$

Conclusion: Therefore, it is suggested that structured and regular sports programs and the necessary motivational arrangements for staff participation in sports be considered by the welfare organization of Misan University in Iraq. Therefore, exercise can reduce job stress and burnout of university staff and, consequently, increase their efficiency, effectiveness and productivity.

Keywords

Physical activity; exercise; Leisure; burnout; Misan University of Iraq

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