

\*

(96)

(36)

(1998)

:

%37.2

:

(2006

)

"

"

(24)

(25352)

(Kuchinsky, 2009)

\*

(National Union of Teachers (NUT), 2008)

2010/2/17

.2010/8/11

/

2011 ©

---

(2003 ) (Johnson et al., 2005)

(Kuchinsky, 2009; Johnson et al., 2005 : ) %50  
(Baker, 2004;  
%46 .NUT, 2008)  
.<sup>1</sup>(NCTAF, 2005)

)  
(1996

)  
(2003 2000

(Nelson, 1990)

---

<sup>1</sup> NCTAF = National Commission on Teaching and America's Future

)

.(2004 :

-

-

"

"

.(305 2005 )

(Hans Selye) .1

.2

"

.(Selye, 1983, p. 2) "

(Greenberg and Baron, 1993) :

-

.2009/2008

:

-

:

.2008/11/15 2008/9/20

-

)

(2004 ) .(15 2002 :

-

-

.(283 )

(2005 )

(1998) (McGrath, 1976)

(1) : (Stimuli)

(Response)

(2) .

(3) .

2005 )

(2004

:

:

(2005 )

(2005 1992 )

:

)

(2004 1992

(2004 )

(Cheng, 2008)  
(508)

:

(Zhang and Zhu, 2007)

(López,Bolaño, Mariño and Pol,

2010)

(133)

(1386)

%25

(Type A behavior)

(2004)

(Jin, Yeung, Tang and Lon,

(2008)

(538)

(261)

:

(2000)

:

(Stilger, Etzil and Lantz,

(2001)

(2003)

(406)

(Onifade and Odedeeyi, 2001) )

(115) (

(2003)

(Miller, Brownell and Smith,

1999)

(472)

(1576)

)

(

)

(

(2001)

(598)

(%20)

(%21)

(189)

(1999)

:

:

123) (256) ( ( 133  
(%45,8) (44) 2009/2008 (1995)  
(%37.5) (%54,2) (96)  
(52)

(1998) (40) (1990)  
(36) (300)

:  
.1  
.2  
.3  
.4  
.5  
.6

) (1987)

(  
(1 2 3 4 5)

(59) :  
 - 1)  
 2.61) (2.60  
 (3.40 -  
 .(5 - 3.41)  
 .(1998 )  
 : -  
 (59) .( )

0.58

.(1998 ) 0.79 : -

**(1)**

(a)		
0.78	6	
0.82	6	
0.81	6	
0.74	6	
0.80	6	
0.85	6	
<b>0.87</b>	<b>36</b>	

(Cronbach Alpha)

(0.85 - 0.74)

(Nunally and

Bernstein, 1994)

(SPSS)

(0.70)

.(1)

:

"

"

(2)

(2)

	1	0.482	4.18	
	2	0.499	3.83	
	3	0.503	3.33	
	4	0.436	3.20	
	5	0.514	3.16	
	6	0.572	3.09	
	-	<b>0.228</b>	<b>3.46</b>	

(3)

** 0.473	
0.079-	
0.012	
0.044	
** 0.488	
0.048-	

(0.01 ≥ α) \*\*

(4)

Sig.	F	ΔR <sup>2</sup>	R <sup>2</sup>	R	t	(β) Beta	
0.001	27.518	0.238	0.238	0.488	** 4.681	0.397	
		0.134	0.372	0.610	** 4.442	0.376	

(0.01 ≥ α) \*\*

(2)

(0.503)

(3.33)

(3.46)

(3.20)

.(0.228)

(0.436)

(3.16)

(4.18)

(0.514)

(0.482)

.(0.572)

(3.46)

(3.83)

(5)

	" "	(β)	
0.299	1.045-	0.086-	
0.143	1.476-	0.123-	
0.970	0.038-	0.003-	
0.983	0.021-	0.002-	

(4) (0.001 ≥ α) " :

(5)

( )

"

(Person r)

(β)

(5)

(5) (4) (3)

(3)

(0.01 ≥ α)

:

(0.488) (0.473)

(3.46)

)

(forward)

2003

2004

2003

Johnson et Cheng, 2008 NUT, 2008 Kuchinsky, 2009

( )

(al., 2005

(4)

(4)

(β)

(4.18)

(0.397)

(2000)

%23.8

(.0.01 ≥ α)

(2004)

(2003)

(Stilger et al., 2001)

%13.4

(0.376 = β)

(2003)

(Cheng, 2008)

(93 2)

" "

%37.2

27.518 =

(1999) (Miller et al., 1999)  
(2004) (1990)  
(2003) (3.83 = )

(1990) (Onifade and Odedeeyi, 2001)  
(Jin et al., (2000) (1999)  
(Onifade and Odedeeyi, 2001) 2008)  
(Miller et al., 1999)

(2003) (1999)  
(Miller et al., 1999) (1990)  
(2003)

)

.(1996

%37.2

(Jin et

(1990)

(1999)

%23.8

(Onifade and Odedeeyi,

al., 2008)

.(Miller et al., 1999)

2001)

%50

%46

.(NUT, 2008)

.(NCTAF, 2005)

.(2004)

%95

(2003)

(2000)

.1

(Stilger et al., 2001)

(2003)

.2

(Cheng, 2008)

%13.4

.3

%37.2

.4  
 .5 .1  
 .6 .2  
 .3

:" 2003  
 (2)16 ."  
 .32-1 1987  
 1990  
 2005 1995  
 :  
 2000 2004  
 ) :  
 :(.303-281 (2) 31  
 : " 2003  
 .31-29  
 1992 .89-61 3 "  
 .95-69 75 2001  
 1999  
 -  
 .227-195 15  
 2006 2000  
 (2) 33 : :  
 : .378-355 .319-280 (2) 17  
 : 1998 1996  
 :  
 - 23 :  
 : 2004 .148-131 (1)  
 :  
 2002  
 Baker, M. 2004. *Is teaching the most stressful job?*  
 Retrieved January 15, 2009, from [http://news.bbc.co.uk/2/hi/uk\\_news/education/3573075.stm](http://news.bbc.co.uk/2/hi/uk_news/education/3573075.stm)  
 1998 : 1

- Factors that predict teachers staying in, leaving or transferring from the special education classroom. *Exceptional Children*, 65 (2): 201-218.
- National Commission on Teaching and America's Future (NCTAF), (2005). *Cost of teacher turnover today*. Retrieved January 15, 2009, from [http://www.nctaf.org/resources/demonstration\\_projects/turnover/index.htm](http://www.nctaf.org/resources/demonstration_projects/turnover/index.htm)
- National Union of Teachers (NUT). 2008. *Teacher stress in context*. Retrieved January 15, 2009, from <http://www.teachers.org.uk/resources/word/TEACHER-STRESS.doc>
- Nelson, J. 1990. *Critical issues in education*. New York: McGraw Hill Inc.
- Nunnally, J. C. and Bernstein, I. H. 1994. *Psychometric theory* (3<sup>rd</sup> ed). New York: McGraw-Hill.
- Onifade, A. and Odedeyi, O. 2001. Occupational stress factors among Nigerian physical education leaders. *Journal of the International Council for Health, Physical Education and Recreation*, 37 (3): 6-10.
- Selye, H. 1983. The stress concept today: Past, present, and future. In C. L. Cooper (Ed.), *Stress research* (pp. 1-20). New York: John Wiley and Sons.
- Stilger, V. G., Etzel, E. F. and Lantz, C. 2001. Life-stress sources and symptoms of collegiate student athletic trainers. *Journal of Athletic Training*, 36 (4): 401-407.
- Zhang, Q. and Zhu, W. 2007. Teacher stress, burnout, and social support in Chinese secondary education. *Human Communication*, 10 (4): 487-496.
- Cheng, M. 2008. *Job stress, self-efficacy, burnout, and intention to leave among kindergarten teachers in Taiwan*. Unpublished doctoral dissertation, Lynn University, Florida, USA.
- Greenberg, J. and Baron, R. 1993. *Behavior in organizations: Understanding and managing the human side of work* (4<sup>th</sup> ed.). Boston: Allyn and Bacon.
- Jin, P., Yeung, A., Tang, T. and Low, R. 2008. Identifying teachers at risk in Hong Kong: Psychosomatic symptoms and sources of stress. *Journal of Psychosomatic Journal*, 65 (4): 357-362.
- Johnson, S. et al. 2005. The experience of work-related stress across occupations. *Journal of Managerial Psychology*, 20 (2): 178-187.
- Kuchinsky, C. 2009. *The most stressful jobs in America*. Retrieved January 15, 2009, from [www.Associatedcontent.com/article/92667/the\\_most\\_stressful\\_jobs\\_in\\_america.html](http://www.Associatedcontent.com/article/92667/the_most_stressful_jobs_in_america.html)
- López, J. M., Bolaño, C. C., Mariño, M. J. and Pol, E. V. 2010. Exploring stress, burnout, and job dissatisfaction in secondary school teachers. *International Journal of Psychology and Psychological Therapy*, 10 (1): 107-123.
- McGrath, J. E. 1976. Stress and behavior in organizations. In M. Dunnette (Ed.), *Handbook of industrial organizational psychology* (pp. 1351-1395). Chicago: Rand McNally Co., Inc.
- Miller, D. M., Brownell, M. T. and Smith, S. W. 1999.

## **Sources of Job Stress among Physical Education Teachers at Zarqa Governorate and their Intention to Leave the Profession**

*Ziad L. Altahayneh and Mahmoud Hatamleh\**

### **ABSTRACT**

The purpose of this study was to investigate the efficacy of a rational - emotive counseling program in reducing tension and improving logical thinking among students. The sample of the study consisted of (446) female students distributed in 12 Tenth grade sections in 6 schools in Amman, two sections in each school were randomly selected and randomly assigned to experimental and control groups. Students responded to the instruments of the study: Rational and Irrational Thinking Scale; and Anxiety Inventory before and after applying the educational program. ANCOVA revealed significant differences between experimental and control groups in five out of six schools. Logical thinking has improved for the experimental groups, and level of tension reduced.

**Keywords:** Job stress, Stress sources, A teacher.

---

\* Faculty of Physical Education and Sport Sciences, The Hashemite University, Jordan. Received on 17/2/2010 and Accepted for Publication on 11/8/2010.