20 - EXISTENCE OF THE POSSIBILITY OF STRESS AMONG TEACHERS OF PHYSICAL EDUCATION SCHOOLS ELEMENTARY AND MIDDLE LEVEL NETWORK STATE CENTRAL DISTRICT OF THE CITY OF GOOD VIEW - RR

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1. INTRODUCTION

Perhaps at the beginning of the twentieth century , people thought that more than one hundred years ahead , life would be majestic , with many inventions and advancements in science and technology live more in peace and tranquility , we would have more time for leisure, for family , for idleness . Ledo mistake.

Modern life has never required both of us , the concern with the increasingly more competitive , the impending violence , chaotic traffic and a series of other situations end configured as stimuli increasingly aggressive people . All these events eventually becoming known pathologies of modern man , stands out among them stress , which prevents millions of people all over the world. According mackerel Jr ; LEGAL : JABLONSKI Jr (2004 , p16)

> […] Stress is the result of an adaptive process, a chain of reactions of the living in response to a factor that requires intensity and speed, behavioral modifications to ensure its integrity in interaction with the environment. The perception of the subject, ie, the interpretation given to a given situation is a key in triggering this process. Stress can be precipitated by negative emotional states, as well as positive. The ultimate goal is always to adapt to the environment […]

Treating about modern stress , this research aimed to detect the possible existence of stress among physical education teachers teach in schools of elementary and high schools located central district of Boa Vista, RR , explained well on relevant aspects related to subject hinting and pathological symptoms associated with stress .

2 . WHAT IS STRESS

Stress is a normal mechanism necessary and beneficial to the body , it causes the human being be more attentive and responsive in the face of danger or difficulty . McEwen and LASLEY (2003 p . 34) . Same situations as positive and beneficial , as is the case for example of professional advancement , unwanted marriages , birth of children, etc. . , Can produce stress.

In the adaptation of the body (and mind) to stressors , we must understand that even situations that require small changes or adaptations may generate a mild stress , varies from person to person , depending on the personal characteristics of reacting to stimuli .

In scientific terms , stress is the physiological response and behavior of an individual striving to adapt and adjust to internal and external stimuli . LIPP & Malagris (2001 , p14) . As the energy required for this adaptation is limited , if any persistent stressor stimulus , sooner or later the body goes into a stage of exhaustion .

Knowing that each person reacts differently to stimuli of life, they also have different thresholds for stress exhaustion. According to the emotional sensitivity of the person, therefore, according to the "vision " that each has of reality , the appreciation of the past or the future prospects , stress reactions may be more or less favored . A pessimistic representation of reality can favor these reactions, while the positive representations can decrease the stressors.

A “low dose “Stress is normal, physiological and desirable. This is an event essential for our health and productive capacity. The characteristics of positive stress are increased vitality, maintain enthusiasm, optimism , physical layout , interest, etc. .

On the other hand, pathological and exaggerated stress can have more damaging consequences , such as fatigue , irritability , lack of concentration , depression , pessimism , lowered immune resistance , moodiness DAVIS ; Eshelman & McKAY (1996 , p 32) .

From a personal standpoint, changes occur in our lives continually and always have to adapt to them. In these cases the stress acts as a survival mechanism and adaptation necessary to stimulate the body and improve your performance on the new circumstances.

3. SYMPTOMS OF STRESS

Stress Symptoms depend on the type of personality in question. This is very variable because the impact of stressful situations on different people. Another issue that deserves attention is the appearance of cumulative stressors, nor always the stress reaction that you see at the moment is due to the unique current stressor . Sometimes it can handle a cumulative effect of several other stressors earlier. Soratto & VASQUES - Menezes (2004, p. 65). Cite some stress symptoms such as:

> [...] Loss of mental concentration , forgetfulness, easy fatigue, weakness, malaise, physical exhaustion, apathy, demotivation, instability, lack of aggressiveness, tendency to discussions, depression, anxiety, heart palpitations, generalized pain, physical complaints without medical observation, altered breathing, wheezing and short extremities (hands and feet) cold and sweaty, tense and aching muscles, indigestion, gastritis, change in appetite .

A red light can be interpreted by a person as an object useful to discipline the traffic, while for someone else it may mean a source of irritation. Moreover, the same person can perceive and react differently to the same situations at different times, depending on the general emotional state.

4 . METHODOLOGY

The research method used was quantitative, using a questionnaire, which is based on positivist paradigm, where rationality reigns absolute. Among the big names this functionalist approach which may be temporally three major authors,

Democritus, Descartes and Newton. These scientists have contributed significantly to the scientific thought reached a high degree of linearity.

The positivist thought initially influenced research in the natural and exact sciences, and where objectivity, it may seem, it is proper to this field of knowledge. As stated by Alves (1996, p. 94):

> "[...] called exact sciences, the ingredients are guaranteed quality and uniformity. It is not that science is accurate. What happens is that there are variations [...]"

5. DATA ANALYSIS AND DISCURSÃO

According to the survey results, all the teachers surveyed are aware of what is stress , 70 % say they are not stressed, while another 30 % say they are stressed , 70 % say they are not suffering from pathological anxiety and 80% do not suffer from insomnia.

Regarding the possibility of job stress, we have the following results: 60 % felt devalued, 70 % do not have the basic materials for the realization of a good class, 100 % has a good relationship with the school staff, 70 % approve workload; also 70 % are satisfied with their pay, 100 % sounds pleased with his work.

Calculated by simple arithmetic average of the percentage resulting questionnaire attesting to favor (symptoms) of stress in a relationship with a total of 18 questions (considering that the first two questions is not evaluative character but informative) , we have: four hundred and twenty (420%) divided by a total of eighteen (18) equal to twenty- three percent (23%).

Likewise performing the calculation for the percentage of the questionnaire does not favor nor attests to the possible existence of stress are: thousand three hundred thirty percent (1330 %) divided by a total of eighteen (18) questions equal to seventy -four percent (74%).

We conclude therefore that exists among the possibility of stress among physical education teachers who teach in schools of elementary and high schools in the central district of the city of Boa Vista - RR, which is a percentage of twenty- three percent (23%), favor this possibility.

6. CONCLUSION

Like all professionals in the world are susceptible to stress at work, in our state and more precisely in our city would not be different. This ill-fated destiny is a consequence of the envisioned modernity, the world much faster.

The excess of stimuli to which we are subjected constantly becomes than the ability of our body is able to assimilate them, as a result has become a modern society in which the incidence of stress has never been greater. This same mechanism is reproduced in labor relations of the individual causing a major cause of absenteeism.

According to this perspective held research presented in the work in order to meet a portion of the Physical Education Teachers and examine whether there is the possibility of stress between them. On a scale of 0 to 100, it was found a percentage of 23.3 % chance stress between the teachers.

Based on this calculation, the symptoms presented by them and the situations that can cause stress. This potential at the moment, not worrying, however, cannot rule out its possible descent for larger values which becomes surely calamitante.

Whereas this research was focused on teachers in schools located in the center, a large field was not used in the development and implementation of the work situation that must new developments and discoveries, new research .

This issue should be explored further to its contextual nature, evaluative, enlightening their actions. It is of real interest to the scientific community who knows the context in which it infers the physical education professional , whether in the political, social, physical or mental revolved around how this monograph .

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ABSTRACT

Valuing the teacher in their educational activity, set up a new vista for discursion stress in the life of the teacher, encouraging new research, inform the academic population, with the ultimate goal of this compound, contribute to the knowledge of an installment teachers who teaches Physical Education and as a result know aspects of your health, the reaction of this stress-related professional and meet the teacher within the school . The theme called: “the possibility of existence of stress among physical education teachers who teach in schools of primary and secondary levels located in Centro neighborhood of Boa Vista - RR " , covers the universal idea and genre defining characteristic of monographic . The problem situation is to analyze whether there are possibilities of teachers included in range of research present and indicative symptoms to stress. For the configuration of the monograph began the first literature search , selecting documents that fit the needs and character of the research , soon after , as a second step , we elaborated a questionnaire was applied in the research field . In designing the questionnaire, previously held an informal interview with some teachers' academics students Full Degree in Physical Education in order to discover the possible stressors within the school. Analyzing the results obtained in the field survey, it was observed that all the teachers surveyed are unaware of what is stress. They say they do not feel physical fatigue or mental. Just as everyone maintains a grating friendly with other school staff, and 100 % of the teachers surveyed are satisfied with their work. According to the results of research there is a possibility of the occurrence of 23.3% stress between teachers interviewed a relatively high percentage with respect to the sample.

KEYWORDS: Stress. Physical Education. Work. Health.

EXISTENCE DE LA POSSIBILITÉ DE STRESS CHEZ LES ENSEIGNANTS DES ÉCOLES D'ÉDUCATION PHYSIQUE ÉLÉMENTAIRES ET INTERMÉDIAIRES NIVEAU DU RÉSEAU ÉTAT CENTRAL DISTRICT DE LA VILLE DE BONNE VUE - RR

RÉSUMÉ

Valoriser les enseignants dans leur activité éducative, mis en place une nouvelle perspective pour le stress de discursion dans la vie de l'enseignant, encourager de nouvelles recherches, d'informer la population scolaire, dans le but ultime de ce composé, de contribuer à la connaissance d'un enseignant tempérament qui enseigne éducation physique et à la suite connaissent les aspects de votre santé, la réaction de cette professionnelle liée au stress et rencontrent l'enseignant dans l'école. Le thème appelé : «la possibilité de l'existence de stress chez les enseignants d'éducation physique qui enseignent dans les écoles de niveaux primaire et secondaire situés dans le quartier de Centro de Boa Vista - RR ", couvre l'idée universelle et genre caractéristique de monographique. La situation de problème d'analyser s'il existe des possibilités d' enseignants inclus dans la gamme de la recherche actuelle et symptômes évocateurs de stress. Pour la configuration de la monographie a commencé la première recherche documentaire, la sélection de documents qui répondent aux besoins et le caractère de la recherche, peu de temps après, dans un deuxième étape, nous avons élaboré un questionnaire a été appliquée dans le domaine de la recherche. dans la conception du questionnaire, occupait auparavant un entretien informel avec des universitaires de certains enseignants étudiants diplôme complet en éducation physique afin de découvrir les facteurs de stress possibles au sein de l'école. l'analyse des résultats obtenus dans l'enquête de terrain, il a été observé que tous les enseignants interrogés ne sont pas conscients de ce qu'est le stress. Ils disent qu'ils ne se sentent pas la fatigue physique ou mentale. tout comme chacun entretient un réseau amical avec d'autres employés de l'école, et 100 % des enseignants interrogés sont satisfaits de leur travail . Selon les résultats de la recherche il ya une possibilité de la survenance de 23,3% entre le stress des enseignants interrogés un pourcentage relativement élevé par rapport à l'échantillon.

MOTS-CLÉS: Stress. L'éducation physique. Travailler. Santé.

EXISTENCIA DE LA POSIBILIDAD DE TENSIÓN ENTRE MAESTROS DE ESCUELAS PRIMARIAS DE EDUCACIÓN FÍSICA Y MEDIO NIVEL DE RED ESTADO CENTRAL DEL DISTRITO DE LA CIUDAD DE BUENA VISTA - RR

RESUMEN

La valoración del profesor en su actividad educativa , crear un nuevo panorama para el estrés discursivo en la vida del maestro , alentando nuevas investigaciones, informar a la población escolar , con el objetivo final de este compuesto , contribuir al conocimiento de un docente que enseña a plazos Educación Física y, en consecuencia conocen aspectos de su salud , la reacción de este profesional relacionada con el estrés y conoce a la maestra en la escuela. El tema llamado : "la posibilidad de la existencia de tensión entre los maestros de educación física que enseñan en las escuelas de enseñanza primaria y secundaria ubicados en el barrio de Centro de Boa Vista - RR " , abarca la idea universal y el género de las características definitorias de la monográfica , la situación problema. analizar si existe la posibilidad de maestros incluidos en el rango de la investigación presente y síntomas indicativos de estrés. para la configuración de la monografía se inició la primera búsqueda bibliográfica , la selección de los documentos que se ajustan a las necesidades y el carácter de la investigación, poco después , en una segunda paso , elaboramos un cuestionario se aplicó en el campo de la investigación . en el diseño del cuestionario , que se celebró previamente una entrevista informal con académicos de algunos profesores estudiantes de grado completo en Educación Física con el fin de descubrir los posibles factores de estrés dentro de la escuela . Analizando los resultados obtenidos en el estudio de campo , se observó que todos los profesores encuestados no son conscientes de lo que es el estrés. ellos dicen que no sienten fatiga física o mental. Así como todo el mundo mantiene una rejilla de amistad con otro personal de la escuela , y el 100 % de los profesores encuestados son satisfecho con su trabajo . de acuerdo con los resultados de la investigación existe la posibilidad de la aparición de 23,3 % estrés entre maestros entrevistado a un porcentaje relativamente alto con respecto a la muestra .

PALABRAS CLAVE: Estrés. Educación Física . Trabaja . Salud .

A POSSIBILIDADE DE EXISTÊNCIA DE ESTRESSE ENTRE OS PROFESSORES DE EDUCAÇÃO FÍSICA DAS ESCOLAS DE NÍVEL FUNDAMENTAL E MÉDIO DA REDE ESTADUAL DO BAIRRO CENTRAL DA CIDADE DE BOA VISTA-RR

RESUMO

Valorizar o professor em sua atividade educacional, configurar um novo panorama para a discussão do estresse na vida do professor, incitar novas pesquisas, informar a população acadêmica, com o objetivo maior deste composto, contribuir para o conhecimento de um parcelado professorado que leciona Educação Física e em decorrência conhecer aspectos de sua saúde, a reação deste relacionada ao estresse profissional e conhecer o professor dentro da escola. O tema denominado: “a possibilidade de existência do estresse entre os professores de Educação Física que lecionam nas escolas de níveis fundamental e médio situadas no bairro Centro de Boa Vista-RR”, abrange a ideia universal e a delimitação característica do

gênero monográfico. A situação problema é analisar se há possibilidades dos professores incluídos no raio de ação da pesquisa apresentam indicativos e sintomas ao estresse. Para a configuração da monografia iniciou-se primeiramente a pesquisa bibliográfica, selecionando os documentos que se encaixavam nas exigências e caráter da pesquisa, logo após, como segundo passo, elaborou-se um questionário onde fora aplicado na pesquisa de campo. Na elaboração do questionário, realizou-se previamente uma entrevista informal com alguns professores acadêmicos do Curso de Licenciatura Plena em Educação Física visando descobrir os possíveis estressores dentro da escola. Analisando os resultados constatados na pesquisa de campo, observou-se que todos os professores pesquisados têm conhecimento do que é o estresse. Estes dizem não sentir cansaço físico nem mental. Da mesma forma que todos mantém uma ralação amistosa com os outros funcionários da escola, e os 100% dos professores entrevistados estão satisfeitos com seu trabalho. De acordo com os resultados da pesquisa existe a possibilidade de 23,3% da ocorrência de estresse entre os professores entrevistados, um percentual relativamente alto com relação à amostra.

PALAVRAS-CHAVE: Estresse. Educação Física. Trabalhar. Saúde.