

The Investigation and Analysis on Women PE Teachers' Health in Colleges and Universities

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Abstract: *purpose* to understand the Women PE teachers' health condition, to offer the theory evidence for improving the Women PE teachers' health condition, Promote the PE education work of college. *Methods:* questionnaire method, mathematics statistics, Documentary analysis. *Results:* We find that the Women PE teachers' health condition overall is not optimistic, which is shown in the symptoms of sub-health, body adverse reaction, occupational disease, sports injury, etc. *Conclusion:* Intensifying Publicity and Education, population of health, psychology counseling, to establish a health care mechanism, Teaching Reform, teaching environment, improve the Female PE teachers' health condition.

Introduction

As a PE teachers must have a good fitness, strong body and have plentiful energy. PE teachers' work has a certain particularity, is not only a physical labor, but also is the mental labor. Their work environment is relatively poor, often working under the sun and rain. more interaction with students, to complete the teaching material content in sports for the implementation of education function. Only a strong physical and strong body can ensure complete teaching tasks of various kinds of sports. And teachers should keep on learning new knowledge, lesson preparation, Have a class and extracurricular counseling, organizations of all kinds of competitions, complete the research, it must be good physical strength and energy to do. But professional characteristics and the physiological characteristics of women themselves that they bear a greater work pressure and psychological pressure. Also affect the health of their own, thus affecting the work of school PE, and even affect the entire social sports work [1].

In addition to women teachers bear the same pressure in career, faces competition degree, job title and job competition, on the one hand need has a dedicated, enterprising and pioneering spirit teachers; On the other hand, they take on the traditional female fertility to cultivate children, do housework and take care of her husband, take care of family, to be a gentle and virtuous wife and mother. As intellectual women at the same time, high sense of responsibility and strong self-esteem made many women teachers have strong dedication to work and higher self expectation, eager to use good to exhibit our value in the work and excellent performance, winning respect in society. They Suffering from physical pain and temper1 the research object and methods, Mental confusion and bewilderment, All these affect their health.

Object and Methods

The research object

48 Women PE teachers of Some College in Gansu, the average age of 32.5 years.

The Research Methods

Questionnaire Investigation

Send out questionnaires 50, 48 effective questionnaires were taken back; effective recovery rate was 96%.

Data Statistics

Analysis of the questionnaire and medical report.

Literature

Consult relevant literature and the results of part of teachers' physical examination in 2010 and 2011.

The Results and Analysis

The Teacher Body Health

The women PE Teachers Self assessment, feeling "very good" (20.8%), feel "not good" and "often sick" account for 31.3%, feel the "general" accounted for 47.9%.

Table 1 shows the survey of 48 women PE teachers in colleges, there are skin disease 18 (37.5%), Include dark spots, dermatitis and skin eczema. Because they basked in the sun too much; 15 suffer from diseases of the digestive system (31.3%), acute or chronic gastroenteritis, peptic ulcer incidence is higher, cholecystitis, cholelith disease, fatty liver and other diseases are relatively rare [2]; Suffering from respiratory diseases each year more than 2 times of 32 (66.7%), the number of above respiratory tract infection, acute or chronic pharyngitis, acute or chronic bronchitis is given priority to; Obese and overweight people 30 (62.5%), high blood pressure or a master 8 (16.7%). Due to the professional characteristics, more than 90% of the teachers suffered heavy damage, more than 70% of the teachers have residual chronic injuries or damage. 79.2% of female teachers has a chronic disease of department of gynaecology.

Table 1 the health of teachers

Disease types	The proportion
Skin disease	37.5%
Overweight	62.5%
Chronic pharyngitis	73 %
Gastrointestinal diseases	31.3%
High blood pressure	16.7%
Disease of gynaecology	79.2%
Myopia, amblyopia	83.3%
Sports injury	95.8%
Sequelae of sports injury	72.9%

Teachers' Work Intensity

Table 2 Teachers Work Intensity

Job content	Working strength
The average teaching	16 classes/week
Prepares a lesson	3 classes/week
Sunshine time	4 hours/day
The theory of preparing time	3 classes/week
Extracurricular activities and counselling	3 classes/week
Per capita scientific research task	5 Paper/year

Teachers' Work Pressure and Life Pressure

Table 3 Teachers' work pressure and life pressure of different age

	Under 30	30-40	Above 40
Feeling a lot of pressure on the job	78%	85%	45%
Feeling a lot of pressure on the life	60%	80%	38%

Table 3 shows that women aged 30 to 40 teacher's subjective feeling stressed the highest proportion, the actual work and life burden is heavier. This age group of teachers is the core of the school sports teaching scientific research strength, to assume the main task for teaching and scientific research work, while 75% of scientific research tasks, teachers should not be completed in the life, they bear the main household chores, should be filial to care for the elderly, and children education. They are under a lot of work and life pressure, this will also affect their health in different degrees. Compared to older women over 40 most physical education teachers have stable families, housing and certain material base, years of sports teaching work so that they have accumulated rich experience in teaching, in the aspect of sports scientific research, most teachers have been fruitful, the relationship between colleagues is more stable, social factors impact on their small, working environment relatively loose [3]. By contrast much smaller pressure.

Results and Discussion

The Results

Female PE teachers in colleges and universities in overall health is not optimistic. Professional characteristics that most teachers have different degrees of injury, pharyngitis, dermatitis and other occupational disease [4]. Over 35 teachers are overweight or obese, individual signs have high blood pressure, blood fat.

Female PE teachers in colleges and universities career pressure, psychological burden. Under the age of 40 young and middle-aged PE teachers is the key of the university sports departments' training target and demand they are trying to raise the level of record of formal schooling and. In addition, the fierce competition makes the relationship of the people has changed, the relationship between the colleague become indifference, subtle [5]. In work under pressure and at the same time, they also assume such as housing, matter accumulation, children education, family relation factors such as pressure, there is no doubt in the back of the middle-aged and young female sports teachers heavy psychological burden.

Professional characteristics and personal habits that some teachers are unhealthy lifestyle, such as sports sometimes excessive, excessive fatigue, sometimes it is lack of scientific exercise; Overeating binge drinking, stay up late, etc[5].

Discussion

To strengthen the health screening and health knowledge propaganda, advocate is good for your health behavior to effectively alleviate psychological pressure of PE teachers in young and middle-aged women, that they are better able to work and study, the school should take positive measures to strengthen young teachers' mental health education and social adaptation education, such as giving young and middle-aged teachers more care, help them solve difficult life, improve working conditions, encourage the innovation of teaching.

Increasing the chances of the young teachers to learn communication, more communication and understanding between teachers, and to make their efforts to deal with various intricate relationships, establish good colleagues and the relationship between teachers and students, to create a good working atmosphere. That they get more reward comes directly from the teaching process; Give young teachers more autonomy;

The health security system, establish and improve the physical education teachers in Gansu province colleges and universities teachers health census activities generally 1 to 2 years, the

content of the census is comprehensive, but depends on whether to participate in the teachers themselves, schools did not play a role of supervision, causes some teachers fail to understand their health, delay treatment. So school to teachers' health survey activities to implement effective regulation, and continue to strengthen and improve the health survey content and intensify propaganda of health knowledge, advocate healthy eating concept, encourage teachers to participate in sports leisure activities are beneficial to health of body and mind, develop good study habits and sleep habits, this is of great significance to effectively improve the quality of physical education teaching work.

Strengthen the modern means of education, reducing their physical overdraft. Education teaching method diversification, by members of the original model to the modern transformation, such as all kinds of view, the multimedia teaching. On reform and innovation in teaching, increasing leisure, fitness sports course, reduce the athletics course, physical education to realize the sustainable development.

To improve the teaching environment, expand the interior teaching field, adjust the time in class, give teachers increase the necessary labor protection, such as headset, sunscreen in summer and winter coat in winter.

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