

A Study on the Psychological Exhaustion and Job Stress of Childcare Center Teachers (Centered Around the City of Ulsan)

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Abstract. The purpose of this study was to analyze the effects of job satisfaction and stress of the childcare center teachers on their psychological exhaustion. For this study, the data was collected by a questionnaire survey given to 230 childcare center teachers in the city of Ulsan from October 5th, 2014 to December 20th, 2014. SPSS WIN 21.0 and Amos 210 programs were used for data analysis and t-test, one-way analysis of variance, correlation analysis, confirmatory factor analysis, and structural equation were conducted and the actual proof analysis was verified at the significance level of 5%. The result of the analysis showed that the teacher efficacy had a negative effect on psychological exhaustion and that stress related to had a positive effect on psychological exhaustion. The implication of this study is expected to become measures for the improvement of working conditions and welfare of childcare center teachers.

Keywords: Childcare center teacher, Psychological exhaustion, Stress Coping Strategies

1. Introduction

1.1. Necessity of Study

The childcare center teachers, who are the main agents of childcare, are under psychological exhaustion due to excess physical and psychological stress from the job. It has been shown that there are differences in the levels of stress of teachers despite working under same conditions and the level of psychological exhaustion from it showed to differ[3] (Jong-Cheol Im, 1990). Accordingly, it is predicted that there could be a negative effect on the childcare of young children enrolling into childcare centers depending on their teachers. Psychological exhaustion of the teachers has a negative effect on the attitude for the job[4]. The condition and the level of the

psychological exhaustion of the therapists for each type of problems of a child was shown to create a significant difference when examining the reaction type and content of the children for each step of the play therapy[5]. The result showed that as the exhaustion felt by childcare teachers increased and as the self-resilience increased, the level of exhaustion decreases[6]. Accordingly, this study seeks to study the effects of job, stress, and psychological exhaustion of the childcare center teachers.

1.2 Emerging Issues

The specific study issues are as follows.

Issue 1 What significant negative effects does efficacy of childcare center teachers have on the psychological exhaustion?

Issue 2 What significant positive effects does the job stress of childcare center teachers have on the psychological exhaustion?

2. Study Methods

2.1 Socio-demographic Characteristics

For this study, the questionnaires of the Local Community Health Inspection[8] were corrected and supplemented for the socio-demographic characteristics of childcare center teachers.

2.2 Job Stress

For the measure tool for the stress of childcare center workers. the tool for job stress factors developed by Clark(1980) and corrected by D'Arienzo(1981)[9] adapted by Gi-Tae Kwon(1990)[10] was used. For the criterion, the 5-point Likert criterion was used.

2.3 Psychological Exhaustion

In order to measure the psychological exhaustion of the childcare center workers, the questionnaires that Jeong-Yi Yoo(2002)[12] adapted of the MBI developed by Maslach and Jackson(1986)[11] were reorganized to fit this study.

2.4 Data Processing and Analysis

For this study, the Varimax Rotation Method[13] was used. For the extraction of factors, the principal component analysis was used.

3. Study Results

3.1 Factor Analysis of the Psychological Exhaustion Criterion

3 factors were derived through the factor analysis of psychological exhaustion. Names were used for the 3 factors that emerged in the central concepts that show characteristics.

3.2 Psychological Exhaustion Following General Conditions

Chart 1. Psychological Exhaustion Following General Conditions

		Psychological Exhaustion		F/t	p	Scheffe's
		Average	Standard Deviation			
Age	20-29	2.75	.41	.175	.913	
	30-39	2.73	.30			
	40-49	2.74	.29			
	Over 50	2.80	.37			
Education Level	High School Graduation	2.73	.23	218	.884	
	2-year College Graduation	2.74	.36			
	Bachelor's Degree	2.77	.34			
Size of School	Under 3 classes	2.75	.40	2.179	.091	
	4-5 classes	2.70	.30			
	6-7 classes	2.83	.33			
	Over 8 classes	2.72	.36			
Experience	Under 2 years	2.69	.36	2.367*	.050	b,c>a,d,e
	3-5 years	2.80	.33			
	6-8 years	2.83	.31			
	9-10 years	2.68	.32			
	Over 11 years	2.67	.32			
Salary	Under 1.2 million won	2.70	.28	.355	.840	
	1.21-1.4 million won	2.78	.32			
	1.41-1.6 million won	2.75	.35			
	1.61-1.8 million won	2.74	.40			
	1.81 million won	2.75	.34			
	Total	2.75	.34			

* p<.05

Scheffe's test: a>b

It was shown that the psychological exhaustion following general terms was relatively higher if experiences were longer. The hypothesis of positive correlation between job stress and psychological exhaustion of childcare center teachers was selected.

4. Discussion of Conclusion

4.1 Reliability analysis of the survey tools

This study examined the effects of job satisfaction and job stress related to childcare center teachers on their psychological exhaustion. The summary and the discussion of the study results are as follows.

The job stress of the childcare center workers will have a significant positive(+) effect on the psychological exhaustion. This means that the connection between job stress and exhaustion in the process of job stress influencing exhaustion in can be eased [14]. Such results reveal that the higher the job stress of childcare center teachers, the higher their psychological exhaustion.

The following is proposed based on the above study results.

Psychological exhaustion was shown to be high in the case where the job stress of childcare center teachers was high. This result is expected to become the data for the measures for policies to relieve the job stress of childcare center workers. There is a need for future political studies on the psychological exhaustion factors from the analysis of job satisfaction and job stress of childcare center teachers.

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