



Indonesian Journal of Educational Research and Technology



Journal homepage: <http://ejournal.upi.edu/index.php/IJERT/>

Health Status and Job Performance of Physical Education Instructors in Higher Education Institutions

Vivencio L. Calixtro, Jr*

Sultan Kudarat State University, Tacurong City, 9800 Sultan Kudarat, the Philippines

*Correspondence: E-mail: valixtro@gmail.com

ABSTRACT

This study examined the health-related factors to the job performance of physical education (PE) instructors in HEIs of Region XII. It employed a descriptive correlational research design, which includes a survey questionnaire in collecting data from 100 PE instructors. As a result, PE instructors revealed that there is no significant relationship between job performance and physical health status. Also, there was no significant relationship between job performance and mental health status. Likewise, there was a significant relationship between job performance and emotional health status. Similarly, there was a significant relationship between job performance and social well-being status. However, there was no significant relationship between job performance and health status since some of the PE instructors are not aware of their health status. The study concluded that the majority of the PE instructors lacked proper self-awareness to sustain healthy wellbeing in teaching PE as a profession.

ARTICLE INFO

Article History:

Submitted/Received 27 Mar 2021

First revised 06 Apr 2021

Accepted 11 Apr 2021

First available online 11 Apr 2021

Publication date 01 Sep 2021

Keyword:

Health status,

Job performance

1. INTRODUCTION

Physical Education (PE) instructors encountered health-related conditions due to some reasons of detrimental practices which affect their job performance. Hence, engaging in different physical activities will contribute to effective and efficient PE teaching practices in which instructors are the role models to the PE students. The success and failure of educational activities highly depend on their performance (Amin *et al.*, 2013 ; Marshall & Hardman, 2000). This must be also supported by their ethics (Ahmad, 2021).

Mouloud *et al.* (2016) specified the job satisfaction of employees is associated with psychological and physical health. Engaging physical activity is associated with healthy lifestyles adding to most favorable health, fitness and wellness (Ohuruogu, 2016). However, teacher's stress is also a problem in schools because of its effects on job performance (Hanif *et al.*, 2011). Hence , optimistic health practices are needed (Ayres *et al.*, 2010). Further , health capacity must hold the four aspects of life (Vida *et al.*, 2014 ; Goerge *et al.*, 2017). Several studies have been conducted on health status of PE instructors in some universities and colleges . However, there was no specific study on health-related factors.

Therefore, this study aims to evaluate the health status and job performance of PE instructors in higher education institutions. An empirical investigation must be performed to look at the physical condition and health lifestyle with its relationship to the job performance of PE instructors.

2. METHOD

The survey method used a questionnaire adapted in gathering the data to examine the significant relationship between the health status and job performance and job performance of the PE instructors in HEIs Region XII. We utilized modified instruments. For the data analysis, after collecting the data, which were the distributed questionnaires and the borrowed documents on demographic profile of participants, health-related predictors, job performance, and the diversity quotient of PE instructors these were processed, presented, analyzed and interpreted parallel to the problem (Mulyawati & Ramadhan, 2021). The quantitative data was collected using survey questionnaires. Descriptive analysis was utilized using the frequency response distribution , which included the computation of mean. Descriptive Correlation Design (Stangor, 2011) and Pearson Product Moment Correlation Coefficient (Sedgwick, 2012) were utilized to explain the significant relationship between the health-related factors and job performance of PE instructors.

3. RESULTS AND DISCUSSION

3.1. Demographic Profile

The demographic profile is defined as statistical data about the characteristics of people particularly among PE instructors such as: (1) Age has been characterized in this study as the time span that a PE instructor has lived or thing has existed; (2) Gender is the constructed individuality of women and men among certainly the PE instructors; (3) Highest Educational Attainment has been described as the most elevated level of training and the achievement of the PE instructors; (4) Length of Teaching has been developed in PE instructor adequacy associated with great experiences; (5) Relationship Status has been defined either considerate or conjugal status; (6) Employment Status is the position of the PE instructors in the institution on the basis of the contract of work or duration of work of teaching done; (7) Body Mass Index- is an assessment derived from the mass (weight) and (height) of a PE instructors. The frequency and percentage are utilized and the results are shown in these **Table 1**.

Table 1. Demographic profile of the PE instructors.

Indicators	Frequency	Percentage
Age		
20-25	47	47%
26-30	22	22%
31-35	10	10%
36-40	6	6%
41-45	6	6%
46-50	3	3%
51-55	4	4%
56-60	2	2%
Gender		
Male	53	53%
Female	47	47%
Highest Educational Attainment		
Bachelor	67	67%
Master	30	30%
Doctorate Degree	3	3%
Length of Teaching		
1 to 5 years	66	66%
6 to 10 years	17	17%
11 to 15 years	3	3%
16 to 20 years	6	6%
21 to 25 years	5	5%
26 to 30 years	1	1%
31 to 35 years	2	2%
Relationship Status		
Single	63	63%
Married	32	32%
With a partner	4	4%
Widow	1	1%
Employment Status		
Permanent	50	50%
Temporary	2	2%
Contract of Service	48	48%
Body Mass Index		
Underweight	3	3%
Normal	62	62%
Overweight	23	23%
Obese	12	12%
Note: n = 100		

Major findings of the demographic profiles as follows: 47% of the participants were 20-25 years old; 53% was dominated by male respondents; 67% were Bachelor's degree holders; 66% has one (1) to five (5) year teaching experiences; 63% was single professionals; 50% of the PE instructors are with permanent employment status; and as to Body Mass Index, 62% of the PE instructors were normal.

3.2. Health Status

Health Status is the condition of PE instructor particularly in physical, mental, emotional, and social well-being. It has been characterized as the basic event conditions or in family acquired ones. Henceforth, it is the ability to recuperate and bob again from disease and

different issues. In this factor, great health includes hereditary qualities, nature, connections and training (Cardinal *et al.*, 2012; Conn *et al.*, 2011). Along these lines, a solid adjusted eating routine , ordinary exercise , restorative and dental check -ups , wellbeing directing , and adapting methodologies would all be able to help a PE instructor's health (Table 2).

As results, it revealed that the PE instructors had very good health status. This means that the PE instructors often preferred social well-being status since they believe that being socially fit can build and form harmonious relationship with their family, friends, love ones and other people. In addition, illustrated that health is a resource for everyday life, not the object of living, and is a positive concept emphasizing social and personal resources as well as physical capabilities. Further, she cited that the concept of health and healthy does not only imply mere absence of disease or infirmity by a state of complete physical, mental, and social wellbeing, hence, it is a concept emphasizing the eight aspect of wellbeing in PE instructor's life (McKenzie & Lounsbery, 2013; Putri, 2021; Vedovato & Monteiro, 2014).

3.3. Job Performance

The Job Performance has been illustrated that motivation and performance are incredibly significant parts in terms of union victory and realization. Thus, if modifies what happens in or outside environment then it is obligatory for an organization to accept that change since it may inspire to increase a competitive advantage. However, it includes in the study the sub-meaning of Job Performance which is the commitment, knowledge of the subject matter, teaching the independent learning, and management learning in order to determine the extent of the Job Performance of the PE instructors. The weighted mean was used and the outcomes appeared in the Table 3. The result shown the PE instructors had outstanding Job Performance. This means that the PE instructors are always doing their teaching performance in terms of management learning, commitment, knowledge of the subject matter, and teaching for independent learning. It simply exemplifies that the PE instructors are well-managed, well-prepared, and well-organized.

3.4. Relationship Between Health Status and Job Performance of PE Instructors in HEIS Region XII

Determining the relationship between job performance and health status of the PE instructors, the researcher used the p-value and alpha level of significance α 0.05. This is employed to determine the relationship of job performance and health status. The correlations of the variables are presented in the table that talk about the manner of the PE instructors in managing job performance and health status (Alfrey *et al.*, 2012; Allami *et al.*, 2017). These results of the study have been supported with the analysis as it interprets the findings . Table 4 shown correlation between job performance and health status pf PE instructors . The results revealed the relationship between the job performance and health status is not significant since the since the p-value (0.621) is greater than the alpha level of significance α 0.05. The result implies that the health status does not affect to their job performance . This indicates that some of the PE instructors are not aware to health status which can distress to their job performance.

Table 2. Extent of health status of the PE instructors.

Indicators	Mean	Description
Social Well-being Status	4.00	Very Good
Physical Health Status	3.42	Very Good
Emotional Health status	3.38	Good
Mental Health Status	3.15	Good
Grand Mean	3.49	Very Good

Table 3. Extent of job performance of the PE instructors.

Indicators	Mean	Description
1. Management Learning	4.62	Outstanding
2. Commitment	4.57	Outstanding
3. Teaching for Independent Learning	4.57	Outstanding
4. Knowledge of subject matter	4.41	Outstanding
Grand Mean	4.54	Outstanding

Table 4. Correlation between job performance and health status of PE instructors.

Variables	Computed (r)	p-value	Decision	Interpretation
Job Performance and Health Status	0.051	0.621	Failed to reject Ho	Not Significant

level of significance α 0.05

4. CONCLUSION

Based on the findings, the researcher concluded that the PE instructors were fresh graduates, inexperienced, energetic, dynamic, and health conscious. Therefore, outstanding job performance contributed to effective and efficient PE teaching practices since they served as role models to the PE students. Additionally, the study inferred the PE instructors constantly maintained their healthy lifestyles. They enthusiastically sustained total fitness in life. These were reflected on the entire indulgence to work and to perform daily tasks professionally without any health-related ailment.

5. ACKNOWLEDGEMENTS

We humbly express gratitude to Dr. Lopez, Dr. Inocian, Dr. Pañares, Dr. Mejarito, and Dr. Protacio who had also enriched experiences in pursuing a lifetime achievement.

6. AUTHORS' NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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