Psychological Exhaustion and Its Relationship To Homework For Primary School Pupils

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Abstract: The homework is one of the most important basics of the educational process in the primary school, as the student have homework from school to home, which makes him feel tired and exhausted. Psychological theories and various psychology schools emphasized the importance of the psychological needs in education and teaching, as well as psychological and educational studies that emphasized the impact of exhaustion on mental and physical abilities and its effect on the internal and external psychological balance. The researcher prepared a scale of psychological exhaustion according to the statistical methods used in psychological and educational studies, and applied it to a sample of sixth-grade primary pupils in Baghdad Governorate. It consisted of 1090 male and female pupils. The research results confirmed the high level of psychological exhaustion in the lives of pupils, and the clear impact of homework on what pupils suffer from psychological exhaustion, the research results also found that there was no statistically significant difference between males and females in the level of exhaustion pupils, and the results of the study agreed with the results of previous international studies in this regard. The researcher reached to number of recommendations and proposals.

Keywords: Psychological Exhaustion, Relationship, Homework for Primary School Pupils, global technical revolution

How to cite this article: Al-Madhidi (2020): The addictive personality and its relationship to aggressive behavior of middle school students, Ann Trop Med & Public Health; 23(S11): SP231136. DOI: http://doi.org/10.36295/ASRO.2020.231136

Introduction:

The world witnessed during the twentieth and twenty-first century a global technical revolution, which began with the scientific revolution in the beginning of the twentieth century, which affected the curriculum, method of teaching, teacher and school building, also, its impact on psychological sciences was evident in theories related to learning and theories of personality and mental health, which took a wide range after the first and second world wars, the clear caring in building the human personality in general, and the school student in particular, started from the pupils of the early stages until the pupils of the advanced stages in colleges and postgraduate studies.

Psychological theories confirmed on the importance of caring the psychological needs in education and teaching, as these needs provide control over the areas of life and the accelerating requirements of science since the beginnings of the global scientific revolution (Al-Janabi, 1992, p. 5). However, the exhaustion on the student leads to feelings of annoyance, weakness and adds a burden to mental effort in addition to what he suffers from, and this leads the individual to feelings of distress and extreme emotions, and the situation may develop into a mental illness, God forbid (Al-Dulaimi, 2002, p. 22).

The psychological exhaustion on the student leads to an effect on the mental and sensory perception and the effect on the internal and external psychological balance, and this is what (Margaret.1994,p44) and (Berrios.1995,p145) studies have, and as these studies have confirmed that psychological exhaustion seriously affects thinking disorder, loss of ability to pay attention, anxiety and despair, all of these effect on human character building in general and the personality of the student in particular, as the primary school pupil is at the first stairs to build that character , where the matter leads to weakening that building and destroying it in one way or another.

This is due to the heavy homework that can be accomplished for the student inside the school, and to bring him back home to rest and review the simple priorities if he needs to.
Recommendations:

1. Conducting a similar study including all over Iraq and for all academic levels.

2. caring to giving the pupils comfort after the official working hours, the breaks and hiking after the official working day.

Suggestions:

1. Direct school administrations to care of not to overburden the student with their homework

2. Preparing educational notebooks to organize the student's time, which will be distributed free for all stages

Research Importance:

Exhaustion is one of the most important problems facing an primary school pupil, as it begins the first days of his school life, and he suffers from this statue throughout his school days. This sometimes leads to fatigue for the parents as well as their son's suffering from the daily duty, which may make the mother and the father to practice the task of education for the child, and they may also face the problem of finding a teacher to teach that child because of not finding the sufficient time to do so.

Educators in the United States of America have been alerted since the mid-twentieth century to this topic and confirmed the importance of relieving the student in this field and completing his homework at the school. In the study (Hewarth 1961) stressed the importance of the space given to the student to play, hike and rest after the official working hours. (Hewarth. 1961,p45).

As for the (Colin 1977 study), I found the importance of reducing the school homework given to the student while he was returning from school and following up on children's programs on television at that time and he confirmed on the program (Sesame Street) as one of the leading educational programs of his time. (Horowitz. 1980.pp25-37).

Harvey in 2001 confirmed on the importance of intermarriage between this and that is, home education and school education in particular, and that home education has reached the stage of e-learning, and educational programs have begun to be broadcast via Internet programs, and the school is trying to communicate between the home and them through the Internet. (Harvey. 2001.p269).

The importance of research comes from the importance of building a student’s personality in the primary school, as it is the first building for proper building, and we must take care of everything that affects the conditions of the correct scientific and proper psychological building for pupils from the primary school to the pupils at all educational levels.

Psychological exhaustion relates to several aspects of school life ... including the student's practical life, working hours, going and returning to and from school, as well as the crowding that takes place in the way of school and far away or near it of his place of residence, who drive him to the school? Student's social status? Student's financial status? ... and many other causes of psychological exhaustion.

Barker believes that stress has a significant impact on the student's attention deficit and exhaustion, so if he have these the reasons mentioned, these will lead to an increase in the psychological and consequently physical exhaustion of the student. (Barker. 2015.p76)

This is confirmed by the physiological theories in the study of human behavior as we see the human behavior is related to the nervous system, so the person unity, the integrity of his personality and organization of the person is the natural state that he lives with his physical health, any defect in that health leads to a mental health and a defect in the integrity of the personality (Hall and Lindsey, 1969, p. 346)

Skinner believes that the results of school exhaustion appear in academic achievement, and tries to link the stressful education process with the results obtained by the teacher from the student's results, and sees that exhaustion is a reason for diligence. (Ghada, 1985, p. 79)

(Pandora) believes that stress enhances the student’s scientific competence, despite the difficult circumstances that lead to fatigue and tired. Rather, it may lead to negative aspects of the person. (Mustafa, 2007, p. 267)
The new Freudians consider that exhaustion may have positive aspects in the student's psyche, as it helps the student to overcome many damages that the student may suffer if we leave him a great free time.

Psychosocial theory considers that one of the reasons is leaving the pupils the school is the stress they suffer from because the school exhaustion, and that some of them cannot resist the reality of school during many years of their educational life. (Khairallah, 1986, p. 195)

The recent theories, including (Behrens 2007), have emphasized the necessity of thinking about finding alternatives to exhaustion in education, hence in the second decade of the twentieth scientific revolution that led to thinking of ending this through using the community learning and learning through the communication means and finding seminars that take place in the home by easy and comfortable way of the student. This has led to reduced dropout in education and helped pupils to stay (Buckeye, 2008, p. 254).


Defining terms:

Psychological exhaustion:

- (El-Helou 1995) knew as: problems or events which face the individual and confuse him as a result of his threat or his identification and required to make an additional effort to return to the balance (El-Helou, 1995, p. 16)
- Al-Hashemi: 2006: is a group of influences and events that burden the individual and keep him away from the state of equilibrium that a person seeks (Al-Hashemi, 2006, p. 17).
- Hassan 2010: The state of feeling of tired or physically and mentally bored negatively affecting a person's life and the performance of his work (Hassan, 2010, p. 3).
- the researcher knows it: as the psychological and physical influences that make the individual known for stress and fatigue because of his accumulation of it.

As for the procedural definition: it is the total score obtained by the respondent on the scale of psychological exhaustion prepared by the researcher.

HomeWorks:

The researcher knows it: It is all the information that the teacher asks the student to complete at home and follow it up with the given material to the student inside the school.

Research population:

The research community is considered primary school pupils in the city of Baghdad with its directorates, and the researcher has taken from this community a sample chosen by the scientific methods used in psychological and educational studies (Ouda, 2015, p. 75).

The research sample:

The sample of the research was randomly chosen, by dividing the directorates of education in Al-Karkh and Al-Rusafa, and the two directorates of Baghdad-Al-Karkh first and the second Al-Rusafa were chosen to conduct the research on them. The final sample reached (1125) male and female pupils. (35) of them were excluded because they were not answered accurately on the research scale, and thus the research sample consisted of (1090) male and (529) female. According to (Table 1):

<table>
<thead>
<tr>
<th>S</th>
<th>Al-Karkh Education Directorate 1</th>
<th>Male</th>
<th>Female</th>
<th>Al-Rusafa Education Directorate 2</th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Al Rusfu School</td>
<td>15</td>
<td>20</td>
<td>Tripoli</td>
<td>15</td>
<td>20</td>
<td>70</td>
</tr>
<tr>
<td>2</td>
<td>Al HarirySchool</td>
<td>16</td>
<td>20</td>
<td>Al Warda Al Bydaa</td>
<td>16</td>
<td>20</td>
<td>72</td>
</tr>
<tr>
<td>3</td>
<td>Al Zahraa School</td>
<td>15</td>
<td>20</td>
<td>Al Kameet</td>
<td>15</td>
<td>20</td>
<td>70</td>
</tr>
<tr>
<td>4</td>
<td>Khaled Ibn El Waled School</td>
<td>15</td>
<td>20</td>
<td>Al Taa’men</td>
<td>20</td>
<td>20</td>
<td>75</td>
</tr>
</tbody>
</table>

The measuring instrument for psychological exhaustion was built by looking at the previous literature on this topic, and a number of scientific standards and how to build them were also examined, and an exploratory question was directed to a sample of teachers and parents as well as the basic sample that is the stage pupils Primary, The sixth primary school (the researcher believes that this stage causes stress due to the ministerial exams for the sixth primary pupils). The researcher has used the appropriate statistical means to choose the sample and scales to build the standards in terms of honesty, consistency and discrimination according to the scientific sources approved in the psychological and educational statistics (Al-Aqili, 1990, pp. 125-165). After obtaining the answers, the paragraphs were formulated, as the number of paragraphs of the scale reached (31) paragraphs. The answers were determined by three alternatives that were largely agreeable, somewhat agree, and disagree.

Research results:

The first goal: to build a scale of psychological exhaustion among primary school pupils.

The researcher followed the scientific and methodological procedures in building the scale, and the goal was achieved through scientific procedures in determining honesty, discrimination and consistency in accordance with the statistical procedures adopted in psychological and educational studies.

The second goal:

Identify psychological exhaustion among primary school pupils, and to achieve this goal, the T-test was chosen for one sample on the research sample, and the goal results were as found in Table No. (2).

<table>
<thead>
<tr>
<th>Sample</th>
<th>Arithmetic Mean</th>
<th>Standard Deviation</th>
<th>Freedom Degree</th>
<th>Mean Hypothesis</th>
<th>T Value</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>1090</td>
<td>81.56</td>
<td>5.62</td>
<td>1087</td>
<td>62</td>
<td>Calculated</td>
<td>Tabular</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>114.72</td>
<td>1.96</td>
</tr>
</tbody>
</table>

Notes from the table above. The Arithmetic mean for the sample (81.56) and the standard deviation (5.62), while the hypothetical mean for the community (62) and the calculated T value (114.72) is greater than the tabular value mentioned in the table, at the significance level (0.05) and the degree of freedom 1088, and since the calculated T value is higher than the tabular value, it is clear here that there is no doubt that there is a high level of psychological exhaustion in the lives of pupils and this confirms the current research problem, and what I went to in The relationship of school exhaustion with schoolwork among primary school pupils.

The results of this study are consistent with the results of the study (Hewarth 1961), which confirmed on the necessity of giving the pupils the opportunity to play, walk and rest.

The third goal:
Identify the level of psychological exhaustion among primary school pupils.

<table>
<thead>
<tr>
<th>S</th>
<th>Sex</th>
<th>Persons Number</th>
<th>Arithmetic Mean</th>
<th>Standard Deviation</th>
<th>The T Value</th>
<th>Freedom Degree</th>
<th>Significance Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Male</td>
<td>561</td>
<td>81.59</td>
<td>5.67</td>
<td>Calculated</td>
<td>Tabular</td>
<td>1087</td>
</tr>
<tr>
<td>2</td>
<td>Female</td>
<td>529</td>
<td>81.59</td>
<td>5.57</td>
<td>0.23</td>
<td>1.96</td>
<td></td>
</tr>
</tbody>
</table>

The show results in the previous table indicates to there are no statistically significant differences in exhaustion in homework between males and females, and this is what the researcher confirmed in the current research problem, as the problems that pupils suffer are the same between males and females, and homework are characterized by the burden of the student twice as much as he can.

Here, this result is consistent with the results of the (Harvey 2001) study and the importance of pairing between home and electronic education in order not to overburden pupils with homework.

Fourth goal: To identify psychological exhaustion among primary school pupils according to the gender variable

<table>
<thead>
<tr>
<th>S</th>
<th>Sex</th>
<th>Number</th>
<th>Arithmetic Mean</th>
<th>Standard Deviation</th>
<th>T Value</th>
<th>Freedom Degree</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Male</td>
<td>561</td>
<td>82.02</td>
<td>5.67</td>
<td>Calculated Tabular</td>
<td>1087</td>
<td>0.05</td>
</tr>
<tr>
<td>2</td>
<td>Female</td>
<td>529</td>
<td>82.01</td>
<td>5.54</td>
<td>0.23</td>
<td>1.96</td>
<td></td>
</tr>
</tbody>
</table>

When looking at the table, we see that the Arithmetic mean for the male (82.02) has a standard deviation of (5.67) for the male sample of (561), while the mean for the female (82.01) for a sample of (529) and a standard deviation of (5.54) has reached the T value Calculated (0.23) and is less than the tabular of (1.96) at (0.05) and with a degree of freedom (1087), this result indicates that there is no statistically significant difference for the exhaustion experienced by males and females in homework and this proves that there is equal exhaustion between males and females in the homework assigned to them.

And this we can count from the axioms as the pupils are of equal age, and they bear equal pressure and an equal homework, so the researcher sees the importance of thinking by reviewing the curriculum and way.

Recommendations:
1. Conducting a similar study including all parts of Iraq and for all academic levels.
2. Paying attention to giving the pupils comfort after the official working hours, and the areas for recreation and hiking after the official working day.
3. Paying attention to e-learning and trying to find a link for the student during work hours or in case of emergency absence, he will resort to it after the official working hours.

Suggestions:
1. The school administrations take care not to overburden the student with their daily duties.
2. Preparing educational notebooks to organize the student's time, which will be distributed free for all levels.
3. Preparing training programs for teachers that teach them to shorten the academic subject and thus reduce time and effort.
4. Organizing courses for teachers on how to deal with electronic programming systems and directing them to use them with pupils by establishing links or school pages for each stage of the study.

References

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