

# Psychological combustion and its relationship to self-disclosure in primary school teachers

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*Abstract: To achieve the objectives of the research, the researcher adopted the measure of psychological combustion of (Al-Hatmi, 2014) and the building of the self-disclosure measure according to the theory of social penetration of (Altman \* Taylor, 1973), and applied the two measures to the sample of the research consisting of (400) teachers of the Directorate of Education of the Eastern Parties of Baghdad, after they were selected in the random class way, and determine the number of teachers and teachers proportionally. After examining the study data statistically using (T-test for one sample, T-test for two independent samples, Pearson correlation coefficient, Alpha Kronbach equation, and adultery test), the research found the following results: the research sample members had a high psychological combustion level compared to On the theoretical average of the scale, the research sample members have a high level of self-disclosure compared to the theoretical average of the scale, there are no statistically significant differences in the correlation between psychological combustion and self-disclosure according to the Gender variable (male and female), there is a relationship with A statistical indication between psychological combustion and self-disclosure and in the light of these results the research came up with a set of recommendations and suggestions.*

**Keywords:** Psychological combustion, self-disclosure, primary school teachers

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## 1. Introduction

Psychological combustion is one of the most important phenomena that appear in the field of education and the education profession is one of these fields, as the teacher is one of the workers most in this field subject to psychological combustion, because the teaching profession suffers from many and multiple pressures that lead mostly to psychological burning, in addition to What the teacher faces at the present time are many difficulties, including the lack of security and safety and the deterioration of social, economic and psychological conditions, which made the practice of education difficult and a way to reach a kind of frustration and lack of feeling satisfied with the profession as well as the negative view of society towards workers in the field of education, all of this would Effecting negatively on the performance level of teachers (Al-Harraqi: 2009: 89), and the result of the study (Interview and Al-Rashdan, 1997) indicated that teachers are more vulnerable to psychological burnout as a result of multiple pressures, which negatively affects their performance towards their students and towards work in general. Which leads some to leave the profession and switch to other jobs, and this is what happened in the past period when a section of teachers left their profession and turned to self-employment as a result of lack of economic and social support Another chapter had a role in that, and the level of psychological pressure to which the teacher is exposed varies according to their performance. The sincere and committed people are more vulnerable to psychological burning as the final outcome or the tragic stage of psychological pressure, due to the fact that they are under internal pressure to give, and at the same time they face conditions Outside of their will, this reduces the giving, which impedes them from achieving their goals with a high degree of success (Interview and Al-Rashdan: 19972 :), and psychological combustion is one of the main obstacles for every process of change and development, as well as exceeding the impact on the potential and driving energy, and this exposes the individual to internal exhaustion and sense Fusion and inability, and this is what made psychologists interested in enabling the human being to benefit from his potential energy in effecting change and reaching to achieve his own and professional goals and get rid of them constantly so that these

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problems do not accumulate and increase on him, which may lead to a state of exhaustion and psychological burning (Bacho: 2017: 13 ).

The results of the studies conducted on a group of those who were exposed to pressures and problems at work indicated that the people who disclosed themselves and revealed their emotions and negative thoughts, enabled them to deal with these pressures and problems and confront them, and at the same time they showed immunity to different negative situations, being The disclosure of feelings and thoughts in both the negative and positive aspects is a sound option to deal with the circumstances instead of surrendering to them (Pravin: 315: 2010), as human relations are a prerequisite for any institution in society, especially educational institutions and a necessary condition for the success of the institution in achieving its goals, and since social relations It is a group of psychosocial interactions that arise from the individual's mixing with others. The nature of these interactions compels the individual to enter into relationships with others and exchange ideas, feelings, opinions, and attitudes with them through self-disclosure (Kafafi: 125: 2003), and at the same time, self-disclosure is considered From complex concepts, our negative experiences with others lead us to think that knowing others about our feelings, thoughts, and our desires within us is uncomfortable and dangerous for us at the same time. (Ant: 201625 :), and one of the most important problems that individuals face when disclosing their feelings, ideas, attitudes or hidden when they are in their social surroundings is the quality, quantity and content of this disclosure, because the extent of the development of their social relationships in the family or work depends on the quality, quantity and content of self-disclosure (Khaled: 2017399 :), and also the disclosure of self entails several risks, including the social threat and the negative evaluation of the person who discloses himself, and this in turn pushes many individuals to avoid disclosing themselves in social situations, especially when there are personal characteristics such as feeling lonely And social anxiety (Muhammad 2016: 141 :).

### **The importance of research**

Psychological combustion is among the phenomena worthy of attention among researchers, as a result of the effects resulting from this phenomenon, which may have repercussions on individuals. Undoubtedly, the current working conditions in many professions cause a feeling of pressure in many individuals and that results in psychological burning, as there are some professions It is more targeted and brings to these pressures, including the teaching profession (Bacho: 10: 2017), and modern psychological studies tend to focus on the mental health of teachers in general, if the phenomenon of psychological combustion of education workers has received a prominent interest, especially in recent years (Al-Haraki: 200988), and among the variables that have become the focus of attention of researchers in studying the phenomenon of psychological combustion is the confrontational strategy that the teacher seeks to resist the psychological pressure that he is exposed to, given that there are individuals who have a greater ability to resist psychological pressures and have more resistance methods and strategies Some kind of others in facing the stressful situation and therefore they are less vulnerable to psychological burning, they usually try to face the pressure in a variety of ways (Qasim: 2000: 290), and indicated the result of the study (Pronost & tap , 1996) that individuals who suffer from high levels of psychological burners use strategies based on emotion, while individuals who suffer from low levels of psychological burners use strategies based on the problem, and therefore the psychological pressures that the teacher is constantly exposed to are a phenomenon worthy of attention for what they have Of the gravity and impact on many aspects of his life, and the complications, burdens, and psychological and physical problems caused by accumulating psychological pressures or associated with them, (Naima: (10-8: 2013), in addition to the importance of studying the suffering experienced by our schools and the suffering experienced by the teacher without There is no doubt that it is large and painstaking, especially as he lives in a state of autism and sympathy with his students in the conditions that Iraq is going through. Its causes are useful for the purpose of guiding and directing those who are exposed to it with a view to overcoming it, and in order to determine the appropriate methods for dealing with it and mitigating it (Abdel-Latif and Kazem: 2007: 340).

Self-disclosure helps in the growth and development of social relationships, just as individuals with high disclosure are characterized by high social willingness, high social skills, and interaction with others (ant: 201617 :), and self-disclosure is a manifestation of mental health, as it avoids the individual incompatibility with others and many From frustration, individuals who are more self-disclosing are more satisfied with themselves, more confident and positive than people with low disclosure (Zarzis: 2007: 7) Because allowing the same individual to be exposed to at least another person is very important for a healthy personality and to reduce the related pressures In the family or work and the various problems of life (Abdulsattar 2011: 105 :), self-disclosure is an important social skill to increase social interaction that arises between individuals, and self-disclosure is concerned with studying social relations, and how individuals differ in the way they reveal ideas and feelings in these relationships, Which helps to correct the behavior of individuals to achieve similarities

between them, which in turn facilitates the process of performing duties and duties (El-Shennawi 1994: 65 :), and self-disclosure is a key factor in self-development. Reaching a healthy person free from anxiety, stress and stress, and forming healthy social relationships with others (Mudita & Suman: 2012: 59), and self-disclosure is an effective tool to reduce mental disorders, because of its great role in emotional venting for what the individual suffers, And that when others share his fears, sorrows, joys, and hopes, as he avoids many psychological problems and a feeling of loneliness and isolation (Al-Omari and Jaradat 2014: 297 :), and also the importance of self-disclosure is evident in the fact that there are a number of functions that he performs, including expressing the individual about himself, and ratification Social, clarification, development of social relationships, and social control (Ant: 19: 2016).

#### **Research objectives:**

The current research aims to identify:

1. Psychological combustion in primary school teachers.
2. Self-disclosure among primary school teachers.
3. The significance of statistical differences in the correlation between psychological combustion and self-disclosure according to the Gender variable (male-female).
4. The direction and strength of the relationship between psychological combustion and self-disclosure in primary school teachers.

#### **Research limits:**

The current research is determined by primary school teachers for the education of the eastern parts of Baghdad, which belongs to the Directorate of Education of Baghdad Al-Rusafa II, for the academic year (2019-2020) of both Genders (male and female).

#### **Defining terms:**

##### **First - Psychological Burning: - Known by each of ...**

1- Freudenberger (1974: - The individual suffers from weakness and weakness, or exhausts and exhausts: 1974: 159) (freudenberger.

2- Webster dictionary: - Exhaustion of physical and emotional strength and motivation as a result of repeated pressures and frustrations (Webster dictionary).

3- Al-Hatimi (2014): The last stage of school work stress, and it appears in the form of emotional responses indicating the teacher's awareness of weak love and neglect of work, increased desire to leave school, lessening its usefulness, and the subsequent feeling of inability to perform his work at the required level, and ill His relationship with his students and those working with him, and the weak interest in them, in addition to evaluating himself in a negative way regarding his work with the students (Al-Hatimi: 2014: 7-6).

Theoretical definition: The researcher adopted the definition of Al-Hatami ((2014) because he relied on the Al-Hatami scale (2014) in the current study.

As for the procedural definition of psychological combustion: the total score obtained by the respondent (teacher, teacher) on the paragraphs of the psychological combustion scale that the researcher adopted for this purpose.

Second: Self-disclosure was known to each of:

1- Gordard (1971) Jourard, ) : The process of self-disclosure and demonstration so that others can identify it (Jourard: 1971: 73).

2- Altman & Taylor (1973) : Disclosure of private and semi-secret things related to ourselves (Altlor & Taylor: 1973: 84).

3- Al-Dabbagh (2013): The process in which an individual reveals information about himself, to another person, and in which he reveals his feelings, opinions, thoughts, and desires towards different themes and situations in life (Al-Dabbagh 2013: 12 :).

Theoretical definition: The researcher adopted the definition of Altman & Taylor (1973) for self-disclosure because it relied on Altman and Tyler theory for building a measure of self-disclosure.

Either the procedural definition of self-disclosure: the total score obtained by the respondent (teacher, teacher) on the paragraphs of the scale of self-disclosure.

#### **Theoretical frames:**

**The concept of psychological combustion:** The concept of psychological combustion is a relatively recent concept, as freudenberger, 1974) The first to introduce this term is a reference to the physical and emotional responses to the pressures

of work experienced by human workers (1974:160:freudenberger), and thus this widespread concept became one of the characteristics of contemporary society where Mas showed Maslash that this dangerous phenomenon affects the people of difficult professions, causing them the inability and inability to perform their work at the required level (Al-Dhafiri and Al-Quryati:2010 177): But Arab researchers differed in the translation of the English term ( Burnout), researchers in the field of social service use the term occupational fatigue, while psychologists prefer the term psychological combustion and there are other terms used to express the concept of psychological combustion, including exhaustion, exhaustion and attrition (Smile: 2014:36-27).

**Causes of psychological combustion:**There are factors that play a big role in the occurrence of the phenomenon of psychological combustion related to three aspects are...

1- Individual aspect - there is agreement among most researchers that the most sincere and committed employee in his work is more vulnerable to psychological combustion than others, in addition to the employee with a strong motivation to succeed in his profession, and psychological combustion occurs here as a result of the increased requirements of work on the energy of the individual (Radwan:54:2002).

2- The lack of social support from the persons with whom the employee deals plays an important role in the possibility of psychological combustion (tabala32:2000:

In addition to social changes and the nature of social, cultural and cultural development in society that help to create some marginal institutions that are not well supported by society, they become more vulnerable to psychological combustion (Khadija:12-11:2017).

3- The most important aspect of the positive and negative aspect of the profession, because this aspect of the important role of the working individual's life and the basic needs provided to the individual such as health, housing and psychological needs such as appreciation, self-esteem and independence (Ibtisam: 45:2014).

**Symptoms of psychological burning:** The symptoms of psychological burning can be categorized into ...

1- Physical symptoms - these are fatigue, physical pain, muscle cramping, individual distancing from others, high blood pressure, heart disease and mental health.

2- Mental symptoms - include poor decision-making skills, flaws in information processing, time problems, and excessive thinking about work (Bani Ahmad: 2007: 15).

3- Psychosomatic symptoms - emotional - are lack of vigor, anger, rapid boredom, lack of self-confidence, feelings of guilt, tension, and depression (Al-Hatimi: 14: 2014).

4- Social symptoms - or the so-called job marriage, i.e. giving the employee all his time to work at the expense of himself and his social environment, as well as social withdrawal, low effectiveness, ridicule, grumbling, stress at home and social isolation (Ibtisam: 49: 2014).

5- Spiritual Symptoms - When psychological burning reaches its climax, the ego becomes threatened by everything, physical symptoms become regular and self-confidence is low, and effectiveness in the need to change and escape from reality is the main idea that controls the individual (Bani Ahmed: 2007 17 : ) .

**Psychological Combustion Department:** Confronting it: Psychological combustion can be faced by using interconnected techniques such as ..

1- Attention class - as it is preferable to stay away from colleagues and their problems.

2- Spending time with the client but at the same time keeping the relationship with him intimate.

3- The duality of the mental state - that is, the person maintains a distance between work and personal status.

4- Resting - psychological exit from the conditions that generate pressure (Abdel-Latif and Kazim: 2007: 343).

**Avoid:** - Through the intervention procedures that are directed to teachers through pressure management programs, as it can help them to control the feelings of psychological burning they suffer from and control what they may encounter from these feelings, as well as by looking at how others have acted in the face of these Stress can provide a good model for an individual to overcome feelings of psychological burning, and support groups also provide them with the opportunity to meet with colleagues to discuss problems they encounter in an informal way, as these groups reduce feelings of loneliness and provide participation in feelings of pain and promote a sense of belonging (Tyler: 2008: 508 ).

**Reducing it:** - There are several models used to reduce work pressure, manage psychological combustion, and reduce the exacerbation of its symptoms on the individual. These include (Gordon, 1994), (Black & Steers, 1994), (Furz & gale,

1996), (Humphries, 1995), and a model. (Wood, et al, 2001), (Hellriegel et al, 2001) and Nelson, 2003 models. These models include strategies that focus on the problem and about emotion, as well as strategies to reduce emotion (Naima: 80-71: 2013).

**Treatment:** - After the symptoms of depression emerge and a clear picture of the causes that helped the individual's exposure to psychological burning, an appropriate treatment method can be identified with the individual's specificities. Despite this and the variety of treatment methods, most studies agreed that the cognitive style is one of the best methods to help The individual is responsible for bringing about change at the level of himself and his work environment, as well as what this method includes in such techniques as strengthening psychological rigidity, emotional vaccination, mental reprogramming and relaxation (Askar: 35: 2000).

#### **Theories and models explained psychological combustion:**

##### **Cognitive appraisal modal**

This theory is attributed to Lazarus & Kohen. In this theory, the researchers distinguish between two types of evaluation ...

Initial assessment - it is the individual's awareness of the stressful situation causing psychological burning.

- Secondary evaluation - It refers to the methods that the individual uses to face pressure, as the individual's sense of threat depends on his assessment of the size of the threat and the threat that the pressure includes, so if the evaluation is positive, that is, the risk is not great, then he can use the mechanisms of confrontation and resistance successfully, and in the case of The evaluation was negative, meaning that the stressful situation includes a severe danger, because the mechanisms of resistance fail to face pressure, and this results in the loss of self-esteem, self-confidence, anger and fear (Kafafi: 2012: 466).

##### **Schwab, et al, model of psychological burning**

This model refers to identifying the manifestations of psychological combustion shown by the individual during his interaction with members of society, through what appears to him through his behavior, and the model limits the sources of psychological combustion to the teacher in two aspects ...

1- Personal factors and variables related to the teacher - such as the teacher's expectations towards his professional role in addition to the personal variables of the teacher such as gender, age, educational level and years of experience

2 - Factors related to the profession (factors related to the school) - such as lack of participation in decision-making, social support, conflict and role ambiguity.

The model also indicated the manifestations and dimensions of combustion, such as dulling feelings, emotional exhaustion, and lack of personal achievement, and the model pointed to some forms of behavior that denotes psychological combustion such as increased absence rate, fatigue for the least effort and low professional competence, and the matter may even lead to leaving the profession (Ghobashi and Qaisi: 2015: 11).

##### **Self-disclosure:**

Archer & Burleson (1980) emphasized that social psychologists should give up the privilege of pioneering the concept of self-disclosure in favor of the scientist Sidney Jourard, because of his experience and knowledge of this concept, since he went to study it in (1957) (Archer & Burleson: 1980: 184), and in the beginnings of the concept of self-disclosure had many names, Rickers & Ovsiankina & Kusmin, 1958 used the term social accessibility to express the concept of self-disclosure. As for Polansky, she used the term Verabal Accessibility to describe the concept of self-disclosure (Cozby: 1973: 73), while Sidney Jourard (1970) was the first to initiate the term self-disclosure. In this format, this term became popular, after Gordard came under criticism for his first designation: Real-self communication (Derlerga & Berg: 1987: 251), and in 1966 (Gordard published his first book on disclosure. On the subject, he provided a theoretical and medical explanation in it It protects the behavior of self-disclosure so that we can predict and control it, and this book won the approval and interest of many researchers (Jourard & landsman: 1980: 40).

##### **Self-disclosure functions:**

Emotional catharsis - the process of self-disclosure is accompanied by a feeling of relief and calm, because much of the personal information, opinions and attitudes the individual needs to empty it for many reasons (Derlega & Berg: 1987: 219).

- Creating the impression - We often need to attract the attention of others towards us, to look friendly and with a high level of respect and appreciation for ourselves, and to be clear and honest by talking about the details of our lives, including our past and our experiences, to improve our image in front of others (Shaffer, et al: 1982: 497).

Self-clarification - each person needs to ascertain and evaluate himself, his opinions, values, beliefs, and behavior in general, by talking to another person to obtain this assessment (Corsini: 1987: 57).

- Self-support - the function of self-support may be similar to self-explanation in terms of the information disclosed, but they differ in the results. In self-explanation we are looking for clarification of this information to evaluate it, but in self-support we are looking for people to share this information, so that this information can be entrenched with its concepts and beliefs in ourselves and obtain what is called self-enhancement.

- Strengthening and maintaining relationships

- Social control - that the individual's self-disclosure enables him to control the position in which he is, and his control over other people by choosing the appropriate information that he discloses, so the individual's disclosure of his values, beliefs, preferences and personal limits to his interaction with others, enables him to achieve control over the behavior of others interacted with him (Abu Sari: 1993:46 :).

### **Improving physical condition**

Achieving self-awareness - When we talk with another person and our voice is heard, we hear this person and we hear ourselves, and this in turn increases our feeling and our interaction with the event and the state we are going through, and this interaction with the situation we have the ability to come out with judgments and solutions, the fact that self-awareness needs to express our opinions and beliefs loudly and with confidence (Al-Zubaidi 2016:20 :).

### **Factors affecting self-disclosure:**

There are many factors that affect self-disclosure in terms of its degree, type, quantity and depth, which are ...

1. Individual Differences - Individuals differ in their disclosure according to their different personal characteristics, some of them disclose everything to members of his family and friends, and some of them prefer to disclose to strangers and individuals who are far away from him, and from them, the clear social who discloses a lot of information, and some of them include a few words (Al-Zubaidi 2016: 23 :).

2. The size of the audience - some people disclose themselves to large groups of people, others in front of small groups, and this factor relates to individual differences as well. The nature of personality determines whether a person discloses himself to large or small groups.

3. Parity - means parity between negative and positive self-disclosure, as self-disclosure is affected in the absence of this parity (Abdul Sattar: 2011:131 :).

4. Recipient - The way we disclose about ourselves differs according to our association and closeness to the recipient, so if the recipient is one of the closest and dearest friends, our method of clarifying and beautifying the parts of what we disclose will differ, and some researchers have drawn attention to a strange pattern of self-disclosure. Disclosure of the stranger who we know we will never meet again (Al-Zubaidi 2016: 23 :).

5. Topic - The topic that we disclose has a major impact on the size of self-disclosure. In embarrassing topics, disclosure is little, unlike natural issues that do not cause embarrassment.

6. Gender - Studies differ in determining the effect of Gender on self-disclosure, as most of these studies indicate that females are more disclosed than males, and some indicate their equal self-disclosure, and this difference is due to the different environments of these studies (DeVito: 1993: 55 ) However, by returning to the innate nature and sexual stereotyping of men, we find that they tend to appear strongly in front of others, because they are more powerful and tolerate pressure from females, so they are expected to disclose their fears and emotions less than women (Abdul Sattar: 2011:131 :).

Theories and models explain the concept of self-disclosure:

First - Social penetration Theory:

The theory of social penetration indicates that with the development of human relationships, the disclosure of the self between individuals in these relationships moves from the superficial levels to the deep levels in which the relationship is more intimate, this theory was formulated by the worlds Altman & Taylor (1973) to understand The development of human relations, where Altman and Tyler noted that human relations at different levels, some of which are transient and some are intimate and intimate, (Ayres: 1979: 194) and social penetration theory emphasizes that the development of human relations occurs through the disclosure of oneself, including This disclosure of personal motivations, desires, feelings, ideas and experiences we reveal to the other party, as this theory is based on several assumptions, including ...

1. Human relations develop in an organized and systematic way. In the first meetings, people present their external image only, and as the relationship progresses and grows, they deal with more profound topics such as opinions, beliefs, and private ideas.
2. These relationships can be predicted. The systematic and orderly development of these relationships enables us to predict them, although it is difficult and even impossible to foresee an accurate path for the development of human relations. However, Altman says it seems that people have sensitive control mechanisms that enable them From programming their personal relationships carefully.
3. Self-disclosure is the key to the development of human relationships, because this disclosure enables individuals to know each other, and this disclosure plays a large role in the growth and development of the relationship, just as individuals gradually discover each other is necessary in the process of social penetration.
4. The process of self-disclosure is subject to deterioration and dissolution, in the event that there is no balance in disclosure by the two parties or there is a party in the relationship that discloses itself more than the other, then the fate of the relationship is deterioration and expiration ((West: 2013: 150

Second - Johari Window Model (1969):

The Johari Window Model (1969) is a technique used to help people understand their relationships with others and with themselves, as well as a useful way to explain the process of self-disclosure, as an interactive process in which the individual releases information about himself, and gets feedback and evaluation of this information (Abu Asaad: 2009:114 :), and the essence of the human essence window was divided into four areas in a window-like shape, and these areas are ...

1. The open area (open) - this region includes the information that each person knows about himself and others about him, and this information is known to a degree that cannot be hidden, at the same time the disclosure of this information is not subject to the individual for threat, but the amount of this information is determined by the type Relationship, for example, the family knows a lot of this information and friends to a lesser degree, and it includes the present and past of the individual such as the general appearance and the job.
2. The hidden area (secrets) - This region includes information that an individual knows about himself, and that others do not know about him, and the individual hides this information for certain reasons that motivate him. This may be moral reasons, social etiquette, or fear of criticizing others or to preserve his social image, and he employs disclosure. Self in this area to reduce its area and increase the area of the open area.
3. Blind spot - This region includes information that the individual does not know about himself but is known to others, such as the repetition of a specific behavior or an involuntary movement that the individual often makes when he is in a certain situation (for example, many of us shake his shoulders when he talks about an uncertain topic Of his health), as this information or movements may appear in intense emotional movements and slips of the tongue.
4. The unknown region (unconscious) - this region is also called the abandoned region, as it includes the dimensions of the individual's personality that have not been discovered yet, and this region includes information that the individual does not know about himself and others do not know about him at the present time, but this information begins to appear gradually When an individual falls into specific situations, it is possible through training, social interaction, and information exchange to discover this area and learn more about it (Seiler, et al: 2006: 64).

#### **Research methodology and procedures:**

##### **First - Research Methodology:**

The researcher has adopted the relational, descriptive approach, which is concerned with describing the phenomenon under study with a precise description and defining it qualitatively and quantitatively, to reach a deeper understanding of the phenomenon (Dawood and Abdel Rahman: 1990: 1990).

##### **Second - the research community:**

The research community means a group of individuals or data that the researcher wishes to study (Al-Naimi: 27: 2014), and the current research community is determined by primary school teachers to educate the outskirts of eastern Baghdad for the academic year 2019-2020, whose number is (3547) teachers, with a rate of (1310) Teachers formed (37%) of the research community and (2237) teachers formed (63%) of the research community, divided into (146) schools, and Table (1) shows that.

**Table (1): Research population broken down by school and gender\***

Total	Number of parameters	Number of teachers	Number of schools	side	The Directorate	T
3547	2237	1310	146	-	Directorate of Education on the outskirts of eastern Baghdad	3

### Research sample:

A partial group of the community, bearing the same characteristics of the original community to which it belongs (Fleifel and Hamdan:14:2011), the researcher chose his sample from the schools of the eastern outskirts of Baghdad, and the sample schools were selected in the random way, and the number of teachers and teachers was determined proportionally, where the number of members of the sample (400) teachers formed a percentage (11.27%) From the research community, by (148) teachers accounted for (37%) From the research sample and (252) teachers formed a percentage (63%) From the research sample, enrolled in (25) schools and table (2) explains this.

### Research tools

#### 1. Psychological combustion scale

After reviewing the literature and studies related to psychological combustion, the researcher relied on the al-Hatmi 2014 scale, consisting of (27) paragraphs distributed over three areas:

- a) The field of emotional stress(12) paragraphs.
- b) Feelings for pupils sag 8 paragraphs.
- c) Lack of sense of personal achievement7 paragraphs.

The scale is answered in the light of a five-year gradient (strongly ok, OK, unsure, disagreeable, not strongly agreeable) and all paragraphs are corrected in a positive direction, offset by weights (5, 4, 3, 2, 1).

**Table (2):** Distribution of the research sample by school and gender

Total	Number of parameters	Number of teachers	The school	T
10	-	10	Light of the righteous	1
9	9	-	The martyr Firas	2
8	-	8	Splendor	3
20	13	7	Good works	4
18	9	9	The third chest	5
18	9	9	parents	6
10	-	10	Ambassador	7
15th	0	15th	The Sacred Valley	8
15th	5	10	Pod	9
20	20	-	Ala	10
30	30	-	The woman	11
10	-	10	Altruism	12
6	-	6	The Lost	13
5	-	5	Floating around	14
18	-	18	Sinter	15th
25	25	-	Useful	16
16	16	-	Decorate the bow	17
15th	-	15th	The Sacred Valley	18
8	8	-	Lights	19
18	18	-	The golden age	20
30	30	-	Withstand	21
15th	15th	-	Abu Trapp	22
20	20	-	Birth of the Prophet	23

25	25	-	Dazzling	24
16	-	16	Al-Murtada	25
400	252	148	25	Total

**2- A measure of self-disclosure**

To measure self-disclosure, a tool is required to measure this variable. After examining the previous studies and literature, the researcher did not find, within the limits of previous studies and literature, a suitable tool for the sample and goals of the research, which called the researcher to build a measure of self-disclosure. The researcher adopted the following procedures In building the scale ...

- **Determine the theory of self-disclosure**

The researcher relied on the social penetration theory for Altman & Taylor (1973).

- **Defining the concept to be measured (self-disclosure)**

Altman & Taylor (1973) defined the concept of self-disclosure (“the disclosure of private and semi-secret private matters related to ourselves” (Altman & Taylor: 1973: 84).

- **Formulation of scale paragraphs**

It is assumed that the paragraphs of psychological measures are formulated clearly and easily understood, their sentences are short and non-complex and contain only one idea to move away from the rhythm of the respondent in hesitation and confusion (Al-Kharabsheh 2007: 148 :). In order to formulate the appropriate paragraphs to measure self-disclosure, the researcher reviewed a set of Previous studies and metrics in order to benefit from its paragraphs or from the ideas contained in its paragraphs, to reformulate them in a way that is compatible with the current research community and the concept and theory adopted by the researcher, and from these standards a scale (Dhiab, 2005) and a scale (Zarzis, 2007) and a scale (Shaya, 2011) and a scale (Al-Zubaidi, 2016)

- **Preparing alternatives to the answer**

The researcher has adopted five alternatives to the answer: (I always talk about it, I talk about it often, I talk about it sometimes, I talk about it rarely, I never talk about it).

Fifth: Statistical means:

A number of statistical methods have been used to process the current research data using the Statistical Package for the Humanities (SPSS) program, and the researcher has used the following statistical methods ...

- 1 T-Test One –sample Case
- 2 T-Test Two Independent Samples
- 3- Person Correlation Coefficient
- 4- The Fakronbach Formula (Gronbach – Alpha Formula)
- 5- T-test

**Presentation, interpretation and discussion of results:**

**The first goal: psychological burn for primary school teachers.**

To verify this, the psychological combustion scale was applied to the research sample of (400) male and female teachers, as they obtained a mean average of (149,237) degrees and a standard deviation of (16.993) degrees, and when comparing the mean we achieved with the hypothetical average of the scale of (81) Degree between the arithmetic mean and the hypothetical mean. To verify whether the difference is statistically significant, use the T-test for one sample, as the calculated T value reached (45.003) degrees, which is greater than the tabular value of (1.96) at the level of significance (0.05) and degree Freedom (399), in favor of the arithmetic mean for the sample and table (3) explains this:

**Table (3) :T-test results for one sample to indicate the differences between the arithmetic mean and the hypothetical mean of the measure of psychological burning**

Significance level	Tabular	Calculated	Degree of freedom	Hypothetical mean	standard deviation	SMA	Sample volume	variable
0.05	1.96	45.003	399	1 8	16.993	149.237	400	Compatibility Psychological

This result indicates that the research sample has a high level of psychological combustion, and the researcher explains this result, because of the teachers' sense of lack of achievement, due to the conditions the country is going through that have cast its perversion on the educational process, in addition to the many problems inside schools, such as the increase in the number of students and the lack of The number of teachers and the school buildings presented and their lack of many educational, scientific and entertainment means that are important for the teacher and the student, in addition to the low society view of the teacher, and his social and economic problems and the absence of moral support by government institutions for him, and the researcher indicates that this result has negative and dangerous effects on the educational process The teacher and the student, and the education profession in particular, indicate the lack of motivation of the teacher and the absence of his feeling of happiness in the performance of his mission and noble mission, which may lead him to leave the teaching profession.

**The second goal: to identify the self-disclosure of primary school teachers.**

To verify this goal, the measure of self-disclosure was applied to the research sample of (400) male and female teachers, as they obtained a mean average of (156.132) degrees and a standard deviation of (43.493) degrees, and when the mathematical average achieved with the hypothetical average of the adult scale ( 144) degrees, and to confirm whether the difference is statistically significant, the researcher used the T-Test One – Sample Case (T) test, as the calculated T value reached (5.579) degrees, which is greater than the tabular T value of (1.96) at the level of significance ( 0.05) degree of freedom (399) and table (4) illustrates this.

**The table( 4 ) : T-test results for one sample to indicate the differences between the arithmetic average and the hypothetical mean of the scale of self-disclosure**

Significance level	T value		* Hypothesis	Degree of freedom	standard deviation	Arithmetic mean	the sample	variable
	Schedule *	Calculated						
0.05	1.96	5.579	144	399	43.493	156.132	400	-Self disclosure

**\*The tabular T value is equal to (1.96) at the significance level (0.05), and with a degree of freedom (399).**

This result indicates that the research sample has more self-disclosure than the hypothetical mean of the scale, and this result coincides with what Altman & Taylor (1973) indicated that self-disclosure ranges from individuals to superficial disclosure of simple information And a phenomenon to disclose more secret and deep information that helps individuals trust each other, and the social penetration theory emphasizes that the development of human relations depends on the amount of self-disclosure between the parties to this relationship, and this development in relationships is what the theory called Penetration of Relationships, and that the increase in self-disclosure aims to build relationships full of trust and confidence (Altman & Taylor: 1973: 60).

This result explains that there is a large convergence between the members of the research sample, as the increase in self-disclosure is linked to the increase in affinity and understanding between the members of the group in addition to the desire to disclose the self (Abu Sari: 1993: 224), this desire, which was imposed by many things that are shared in Individuals of the sample, including the teaching profession, and the individuals (students) who interact with them, in addition to the close academic level and advanced age level that enables individuals to build and develop positive relationships that prevail in trust, as well as enabling them to choose a subject, nature and amount of acceptable disclosures, in addition to the research sample (teachers) One of the educated and conscious groups in society, and this, in turn, increases their ability to disclose themselves and their many experiences in their lives.

Goal 3: The indication of statistical differences in the correlation between psychological combustion and self-disclosure according to the sex variable (male-female).

There are no statistically significant differences in the correlation between psychological combustion and self-disclosure according to the sex variable (female males), the calculated Z-value (1.012) and is smaller than the table value (1.96) at a level of indication (0.05), which means that the relationship is not affected by sex (male/female) and table (5) shows this:

**Table( 5 ) The Z-value of the difference in the relationship between psychological burning and self-disclosure according to the gender variable**

level indication 0.05	Z Tabled	the value Calculated	Correlation coefficient	the number	Type	the number
Un indicative	1.96	1.012	0.195	190	Male	400
			0.095	210	Female	

The researcher believes that the absence of the differences between males and females in the correlative relationship between psychological burnout and self-disclosure explains that what is imposed by the stressful situation that causes psychological burnout has negative effects on his consideration being equal between males and females, and at the same time, self-disclosure is considered as One of the characteristics of the human personality that the individual uses to get rid of the pressures and their effects, as well as what explains this result, is the great convergence and many common denominators between the members of the research sample such as age, job, and the people who interact with them within the framework of work, and even the social, economic and scientific level, this convergence and common denominators work To eliminate many differences between the members of the research sample, especially with regard to the relationship between the two variables.

**Fourth Objective: The direction and strength of the relationship between psychological burning and self-disclosure among primary school teachers.**

In order to know the direction and strength of the relationship between psychological combustion and self-disclosure, the researcher used the Person Correlation Coefficient to measure the correlation between social undermining and self-disclosure for the sample of the research number (400) male and female teachers, and the value of the correlation coefficient between the two variables ( 0.722) It is a good correlation coefficient when compared to the critical value of the correlation coefficients of (0.098) degrees at the significance level (0.05) with a degree of freedom (398) and Table (6) shows that.

**Table (6) : The value of the Pearson correlation coefficient between psychological combustion and self-disclosure**

Calculated value of correlation coefficient	Critical value of correlation coefficients	Significance level	Degree of Freedom
0.722	0.098	0.05	398

We note the existence of a correlative relationship with a statistically significant sign between psychological combustion and self-disclosure, that is, the more psychological combustion increases, the more self-disclosure, the researcher explains this result that the teaching profession is one of the professions that surround it with many challenges as a result of the knowledge and technological revolution and social changes, in addition to It lives many of its practitioners with the pressures that lead them to psychological combustion, and they need to relieve these pressures through self-disclosure because of the advantages it provides such as emotional emptying and improvement of the physical condition and the participation of others their concerns, in addition to facing the challenges of the education profession and its changes through what disclosure provides About the self from the exchange of experiences and information.

#### **Recommendations:**

- 1- The necessity of providing support, support and immunity for teachers by government institutions and working to improve the society's view of them.
- 2- Working to strengthen social and professional relations and ties between El Alamein and the school administration to understand their problems and try to solve them as much as possible.
- 3- Employing social values and sound religious foundations within educational institutions, in order to benefit from these values and foundations in spreading the culture of dialogue and accepting others.

#### **Future Study**

- 1- Conducting a study on psychological burning and its relationship to acquired disability in the category of workers in the private sector.
- 2- Conducting a study on self-disclosure on social media.
- 3- Conducting a comparative study between teachers and teachers to identify the level of both psychological combustion and self-disclosure.

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