

## Examining the Relationship Between the Level of Mindfulness and Job Anxiety among EFL Teachers in Iran

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### Abstract

Anxiety has increased in various jobs over recent years. Different people in various occupations experience this anxiety every day and the teaching profession is no exception. Teachers have an undeniable role in educating children in their scientific, social and emotional learning. However, addressing teachers' anxiety in the classroom and even beyond it remains an important challenge in the field of education. Different methods and techniques have been proposed to address teacher's anxiety in hand out of work environments. One of these methods is to raise the level of mental awareness or mindfulness of instructors due to their significant degree of occupational anxiety. This article examines the relationship between mindfulness and occupational anxiety among Iranian EFL teachers. The outcomes of this study illustrate that there is a meaningful relationship between the level of occupational stress and mindfulness. In fact, with an increasing level of mindfulness among educators, anxiety declines. Therefore, teachers can help to reduce stress by increasing their mental awareness.

**Keywords:** level of mindfulness; EFL teachers; job anxiety; behavior

### INTRODUCTION

Instructors play a vital role in creating a coherent classroom with learning-led activities. However, training can be stressful and classroom management can be difficult. Many teachers change their job, which is mainly due to burnout. Over the past decade, the registered transferred rates among teachers in public schools has increased (Ingersoll, 2001; NCES, 2011). For teachers who remain in their jobs, stress can be attributed to their ability to be accountable as well as impact on the classroom. Several sources have been mentioned for stress, including time demands, students' misconduct, workload and

organizational factors (Blase, 1986; Boyle, 1995). Teachers also face increasing pressure with accountability to standardized questions. These issues have a long history and are quite complex.

Teacher involvement seems necessary for effectively address and support educators in this atmosphere (Farber, 1991). The individual, social and economy costs associated with this exhaustion are very high when ignored. Burnout is associated with teacher's conception of anxiety and their capability to cope with demands (McCormick & Barnett, 2011). There are some significant elements connected to teaching engagement and less emotional tiredness and psychological turmoil which can be referred to as self-efficacy and communication with pupils and coworkers (Klassen, Perry, & Frenzel, 2012; Tuettemann & Punch, 1992).

Two permanent problems in education are burn out and teacher and anxiety. Anxiety level can be declined by increasing the sense of self-efficacy and ability to manage stress and providing resources to increase this feeling. stress can be reduced and managed to promote a healthy classroom environment. To increase the role of teacher's effectiveness in classrooms, teacher's maintenance as well as self-care tools can be used. To succeed in an educational institution and school as well as better learners learning some tools such as the ability of teachers to meet demands as well as their welfare can be used.

Less efforts have been made to cope with burnout and anxiety and increase the health of teachers in compare with students which most of these is school-based interventions are done for them. Teachers specific programs and their dimensions are different, as well as success achieved in different dimensions is also variable for them (Richardson & Rothstein, 2008). Nonetheless, instructors should own a program as a part of their professional training which runs systematically.

To focus and attention to emotions, there is an approach known as mindfulness training which is helpful to stress reduction (Bishop et al., 2004). Mindfulness-Based Stress Reduction (MBSR; Kabat-Zinn, 1990) is a renowned form of mindfulness training that has been illustrated to decline stress, anxiety and depression (Grossman, Niemann, Schmidt, & Walach, 2004; Hofmann, Sawyer, Witt, & Oh, 2010). There are frequent reports from mental health concerns among instructors (Kyriacou, 2001). By learning the techniques of mindfulness, instructors may benefit from learning these techniques. Given the other responsibilities that teachers have and must be accountable to them, instructors may not have enough time to take these trainings.

mindfulness is explained as being aware in the existing moment, deliberately, plus with no judgment (Kabat-Zinn, 1994). Mindfulness, in fact it is based on hundreds of years aged hypnotic customs as well as coached within a nonreligious method, is associated with enhanced stimulation inside mind areas accountable for managing focus plus uplifting efficient states such as sympathy alongside prosocial feelings (Davidson et al., 2003; Lutz, Greischar, Rawlings, Ricard, Lutz, Slagter, Dunne, Urry et al., 2004 Lutz, Slagter, Dunne, & Davidson, 2008).

Feelings, understanding as well as self-contemplation are generally continuous as well as unstable procedures which can be comprehended and also examined as abilities which

can be taught, like others individual abilities such as music, arithmetic or sports (Davidson & McEwen, 2012). Usage of MBSR inside office has revealed that 8 weeks of coaching for staff members of a biomedical organization led to considerably boosted related left-sided prior activation of the mind, a sample that is involving uplifting influence as well as wellness (see e.g., Tomarken, Davidson, Wheeler, & Kinney, 1992; Urry et al., 2004). The interference group also demonstrated better quality immune reaction to the flu vaccine as well as considerably diminished self-reports of tension (Davidson et al., 2003).

Mindfulness instruction heightens consideration through being aware of the thing of notice if it is the inhale, some other physical feelings, exterior stimulus, ideas or perhaps feelings. Instruction could raise the capability to maintain involvement of self-regulatory neuronal tracks inside prefrontal cortex leading to enhanced continual consideration as well as emotion legislation (Lutz, Slatger, Dunne, & Davidson, 2008) plus modifications in practical connections of brain systems involving attentional concentration and also intellectual understanding of sensorial experience.

Within mindfulness, notice may be implemented flexibly in a choice of a thin, concentrated form otherwise generally, to include a variety of stimulus. From all of these procedures a higher understanding of sensorial encounters might occur. Working out focus additionally allows the planned growing about uplifting attributes by using particular procedures created to improve sympathy as well as prosocial behaviours. This type of psychological working out is actually involving improved procedure within cortical segments accountable for concern as well as empathy (Lutz, Brefczynski-Lewis, Johnstone, & Davidson, 2008). Mindfulness could make people little sensitive towards unfavorable experiences plus more inclined to discover uplifting experiences, creating a waterfall involving mental as well as physical advantages.

Techniques towards dealing with stress treatments might run with a variety of degrees through focusing on both the concentration of anxiety at the office, impressions or even evaluations regarding aggravating circumstances, as well as methods for dealing with anxiety (Richardson & Rothstein, 2008). Mindfulness will probably pursue aforementioned two facets, which, impressions about anxiety plus dealing with anxiety. Mindfulness does not exclusively act upon the prospective of anxiety, although a move about notion as well as reaction to stresses might perhaps affect the quality of this stressor on its own. In this regard, mindfulness stocks commonalities together with other techniques which have been proven to work to decrease office anxiety, such as intellectual re-framing, additionally it includes separate distinctions. While a primary element of intellectual attitudinal techniques entails substituting "maladaptive beliefs" using beneficial, uplifting values, a vital distinction with mindfulness would be that that involves watching as well as observing with no responding to or deliberately changing straight knowledge of the second (Segal, Williams, & Teasdale, 2002). Particular procedures may create specifically to create a recognition for plus knowledge of our mutuality with all the globe. A conscious manner of anxiety might incorporate observing human body feelings, paying attention to ideas, plus behavior associated with anxiety plus exercising self-compassion.

## Uses of mindfulness for educators

Mindfulness happens to be suggested like a kind of professional improvement to handle the requirements training and lots of applications are available that provide this particular education, although, there exists a requirement for additional demanding scientific analysis in this field (Roeser et al., 2012). The programs of mindfulness of class instructors are merely starting to become investigated, using reasonably couple of researches checking out the consequences of mindfulness practicing for educators. There isn't any opinion still regarding the proposed structure of this type of education. Researchers have applied a variety of ways to mindfulness education, fluctuating with regards to the depth plus different procedures trained (information found in courses), duration of classes, as well as total period of teaching. Within the qualitative written material, Napoli (2004) carried out a research using three instructors who stated enhanced capability to regulate dispute plus stress and enhanced efficiency within the class after mindfulness instruction.

Mostly of the experimental researches within the written material utilizing a trial from schoolroom educators utilized a five-week "standardized meditation" instruction that integrated regular training courses as well as a suggested dosage of a couple of each day twenty-minute place plus college training sessions (Anderson, Levinson, Barker, & Kiewra, 1999). The consistent mind-calming exercise incorporated motto, paying attention to inhale, as well as team training. The trial contained primary, middle, plus high-school instructors arbitrarily allotted to an interference (n=45) or control group (n=46). Results of instruction had been evaluated at pre-, post-, and one-month follow up upon steps of tension, burnout, as well as anxiety. Outcomes displayed enhancements at condition plus attribute stress and anxiety, lower psychological fatigue (an element of burnout), plus decreased anxiety in post-test, and fewer depersonalization (one other element of burnout) in one-month check in. Benefits with this research were the addition of the control group plus one-month follow-up evaluation.

Restrictions had been depending just upon self-report procedures, a comparatively brief exercise duration, with no measuring of mindfulness (like a proposed crucial element of change). The motto exercise found in their particular research has not been section of MBSR exercises.

A current research concentrated on mind-calming exercise coupled with feeling regulation practicing for women educators (Kemeny et al., 2012). Self-reports had been accumulated around three evaluation guidelines (standard, post-test, five-month follow up) plus empirical activities had been applied in standard as well as post-test (final n=76). Teaching occurred more than an 8-week duration, grouped in 4 all day sessions/4-night classes (forty-two hrs.). Instructors within the interference team as opposed to the control group revealed better attribute impact plus enhanced mindfulness, displayed increased capability to realize other people' feelings, plus higher level of sensitivity towards compassion-related terms within a attitudinal endeavor, as well as quantity of training was associated with lower physiological reactivity (indexed in hypertension) up to a science lab anxiety task (Kemeny et al., 2012). This interference mixed psycho education along with mind-calming exercise within a time-intensive structure.

## THIS STUDY

Mindfulness could have a crucial role on decreasing level of anxiety. The level of this relationship hasn't been identified clearly up to now. In fact, little studies have examined this approach. A few of the present written material delivers a qualitative lens towards this issue. A key focus of this existing research is to find the amount of relationship between level of mindfulness and the level of anxiety due to teachers' proposition. Actually, the presence study seeks to find out if there is a direct relationship between the EFL teachers' anxiety and their mindfulness level.

## METHOD

to collect information about this research, two different questioners were used in this study. The first one was Five Facet Mindfulness Questionnaire (FFMQ) which is included 39 items. The second one was OSIPOW job stress questionnaire which consists of 60 items. E-questioners were prepared using Google, and provided to over 400 English language teachers in this test throughout Iran. Participants responses were analyzed using SPSS version 25 software.

Mindfulness had been evaluated making use of the Five-Facet Mindfulness Scale, a 39-item self-report scale (FFMQ; Baer et al., 2008). The FFMQ measures five components of mindfulness that everyone might have or perhaps comprehend with mindfulness instruction. Included in this are (a) observing, (b) describing, (c) acting with awareness, (d) nonjudging, and (e) nonreactivity. The FFMQ has sufficient psychometric qualities such as effective construct plus predictive validity plus appropriate inner reliability for every five subscales with Cronbach's  $\alpha$ s between .75 and .91 (Baer et al., 2006).

## RESULTS

There are many occupations where people are getting burned out quickly in our society. teaching profession is one example of a profession where there's just the increasing number of demands placed on teachers. The rewards are meager and the constraints seem to increase the year-by-year and that's a profession where there's been a lot of burnout teachers leave the profession prematurely. There are some problems with absenteeism, health-related decreases in productivity and so forth. This is an area where the application mindfulness may be particularly important and interesting.

**Table 1.** Correlations

		stress	mindfulness
stress	Pearson Correlation	1	-.744
	Sig. (2-tailed)		.035
	N	400	400
mindfulness	Pearson Correlation	-.744	1
	Sig. (2-tailed)	.035	
	N	400	400

The results of the Pearson correlation coefficient test for calculating the relationship between job anxiety and mindfulness showed a negative and meaningful relationship between these variables ( $r=-0/74$ ,  $P=0/035$ ).

## DISCUSSION AND CONCLUSION

The results of this study indicate that with increasing mindfulness, anxiety will be reduced. Therefore, it is possible to persuade instructors to learn mindfulness as an important factor for controlling stress and burnout by informing them of the benefits of mental awareness. Obviously, informing teachers will have a significant role in educating students more effectively and reducing their stress.

There had been a number of studies which investigated the application of simple training in mindfulness on the well-being of teachers and their ability to remain present in the classroom not fly off the handle and to cope more effectively with demands that are being placed on them. The research seems to indicate that on the simple forms of mindfulness training can help promote a certain kind of emotional balance lead to decreased stress that they perceive greater ability to remain present in the classroom for their students less likely to respond to other students in with anger or in other ways that may not be helpful. So, this is an area though which is just beginning in terms of research and much more needs to be done particularly to examine the impact of this kind of training and teachers on the children themselves. We know very little about that from a scientific perspective at this point in time.

Potential future studies must analyze this kind of education in a bigger nationwide test of instructors to duplicate results. Furthermore, examining a mixed method to instructor as well as pupil education can offer guarantee as a way to advertise a healthy and balanced classroom atmosphere.

Mindfulness-based methods for youngsters plus teenagers are starting to be investigated with preliminary proof recommending possibility of these techniques (Black, Milam, Davidson et al., 2012). Additional efforts are additionally necessary to measure the long-term effect of coaching with follow-up evaluations in the long run. Similarly focus on cultivating durability of procedures as well as the conventional interference time period can be essential to be able to enhance results. Just like actual physical wellness is bolstered by routine workouts, the advantages of mindfulness for psychological state are going to develop from constant exercise. Determining linkages between specified methods as well as results of interest is an additional opportunity for upcoming research and discovering specific qualities predictive of reaction to interference. Mindfulness-based procedures provide guarantee like a device for improving educating quality, which could, consequently, improve uplifting pupil results plus institution triumph.

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