



# The Effect of Positive Psychological Intervention Program on the Emotion, Self-esteem and Happiness of University Faculty members in Physical Education

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## ❖ Introduction

- College assistants in modern society are under severe stress due to excessive workload, organizational relationships and the vast scope of work.
- While many discussions on poor working conditions and stress are already under way at overseas universities, there is a lack of ways to cope with the negative psychological experiences and stresses of assistant teachers at domestic universities, with the prior research on them being very insufficient.
- Among them, due to the nature of assistant teachers working at universities affiliated with sports, there are more practical classes in sports-related sports than in other departments, so there is a lot of outside activities and a high understanding of the contents of the classes is required, which inevitably adds to the burden.
- It is thought that for college assistants who experience such psychological difficulties and are exposed to negative situations, coping/management with a focus on positive psychological experience and growth will be needed first rather than focusing on negative psychology.

## ❖ Methods

1) **Participant:** Four assistant teachers at D University's College of Physical Education.

Participant	Gender	Age	Academic background	Major	Type of service	Period of service
A	Female	25	In graduate school	Lifelong pedagogy	Practice	3 months
B	Female	25	Graduation from a university	Korean literature	Administration	3 months
C	Female	25	Graduation from a university	Digital Content Cultural Studies	Practice	1 year 3 months
D	Male	27	In graduate school	Physical education	Practice	4 months

2) **Measuring instrument:** (1) Quantitative Data: Korean Positive Affect and Negative Affect Schedule by Watson, D, et al, (1988), Rosenberg Self Esteem Scale by Rosenberg, M. (1965), Happiness Measures by Fordyce, M. W. (1972). (2) Qualitative Data: Open questionnaire

## ❖ Results

1) **Positive Psychological intervention Program:** The eighth Positive Psychological Intervention Program was developed based on the program development procedure by compiling prior research, expert opinions, and open questionnaire data of research participants.

Session	Intervention type	Details
1	The positivity in our lives	Pre-inspection/ Positive Psychological Intervention Program Description/ Completing the Involvement Pledge/ Open Questionnaire Completion/ To learn the meaning of help
2	To thank	Appreciation in the Order/ Writing a thank-you note/ Three Good Things to Remember
3	Savoring	Search for positive psychology significance (present)/ Recalling positive moments (past)/ Draw the best of me (future)/ The moment of kindness
4	Focus on strengths	Thinking about my strengths/ VIA Strength Inspection/ Intermediate inspection
5	Coping	How do I cope?/ Coping with the stress of strength/ Problem-based response
6	To forgive	Understanding what to forgive/ Writing a letter of forgiveness
7	To strive for your goals	Pathways thinking(brainstorming)/ Goals thinking(SMART technique)
8	True happiness is	Finishing the Positive Psychological Intervention Program and Feedback/ Happiness Practice Testament/ Evaluation of Positive Psychological Intervention Program/ Open Questionnaire Completion/ Post-inspection

- ✓ Subject of practice: (1) Think about someone or situation you were grateful for, (2) To visit audit/ Writing an Audit Diary, (3) What is my MANITO? (Giving kindness to coworkers), (4) To polish your strengths, (5) Five days to deal with strong or problems, (6) Create benefits for your assistant, (7) Leads thinking(Writing a goal diary), (8) Choose the intervention you want and practice it in the future

### 2) Quantitative Data

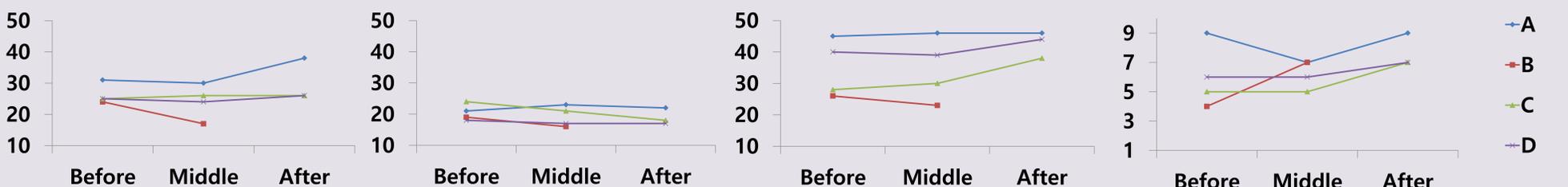


Table 1. Positive Emotions

Table 2. Negative Emotions

Table 3. Self-esteem

Table 4. Happiness

### 3) Qualitative Data

- ✓ Based on the qualitative data using the interview, all of the subjects said they wanted to rejoin the program or recommend it to other college assistants, and there was a change in their thoughts on happiness through the program. Among the programs, the intervention of "focus on strengths" and "to focus on goals" was helpful, and the intervention of "forgiveness" and "thank you" was difficult because they did not usually do well, but through this participation, he said he felt the need to develop a habit of expressing his feelings in the future.

## ❖ Discussion

- ✓ The introduction of Positive Psychological Intervention Programs in the work curriculum and environment is expected to reduce high stress and improve the quality of life.
  - This study is meaningful in that it targets ordinary people working in sports, not in sports, such as athletes, rehabilitation or leaders.
  - The affirmative psychological intervention program developed in this study can be used to reduce the negative emotions of members of the organization, raise positive emotions, and raise happiness and self-esteem.
  - In order to improve the effectiveness or efficiency of organizations (college assistant, athletic unit, sports team) it is necessary to introduce a positive psychology intervention program.
  - This study has limitations in statistical checks due to the small number of participants in the study. Therefore, in future follow-up studies, it is necessary to check the effectiveness of the positive psychology intervention program statistically by increasing the number of participants.

## ❖ References

- Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. *Journal of Personality and Social Psychology*, 54(6), 1063-1070.
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