

Evaluation of Physical Education Teachers in Way of Alexithymia

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KEYWORDS Gender. Professional Seniority. Toronto Alexithymia Scale. Teachers. Physical Education

ABSTRACT The present study endeavored to examine the alexithymia levels of physical education teachers and interpret the findings in terms of gender and professional seniority. This research is conducted as a kind of survey model and included 98 physical education teachers. Toronto Alexithymia Scale and personal information forms are used as data collection tools. To analyze the level of alexithymia of the teachers by gender and professional seniority t-test, one way variance analysis techniques, and descriptive statistics (number, percentage, arithmetic average) are used. The analysis figured out that physical education teachers have medium level of alexithymia. However, any meaningful difference in terms of gender and professional seniority variable was not observed. Further, working conditions, personal traits, age average and professional seniority of teachers affect the level of alexithymia.