

Designing a model for improving reflective practice in physical education teachers

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Abstract

The purpose of the current research is to design a model for improving reflective practice in physical education teachers in Iran. The research community consists of scientific experts from universities and managers and physical education teachers of Kermanshah province. A semi-structured interview was conducted with twelve members of the research community using the purposeful snowball sampling method. Then, the text of the interviews were analyzed using the method of content analysis. In this research, in order to make the findings reliable, the process of coding, analysis, written and visual display of data was described regularly and accurately. Based on the findings, the benefits of reflective practice include increasing self-confidence to perform tasks, increasing motivation to progress, increasing performance motivation, increasing creativity and innovation, increasing health and well-being, creating space for fun and optimism, improving relationships and cooperation, strengthening discipline and responsibility. Stress management and increased job satisfaction and increased team cohesion. Disadvantages include dependence on external incentives, increase in stress and psychological pressure, increase in harmful competition, increase in wrong investment, increase in social pressures, unstable performance improvement, decrease in the ability to manage stress and communication, decrease in attention to moral and social principles, decrease in honesty and transparency. Also, strategies for improving stress and pressure management skills, counseling and psychological support, promoting a culture of positive reflection, creating practical opportunities for practice, mindfulness exercises and emphasizing time spacing to improve reflective performance were identified.

Keywords: performance, reflection, teacher, physical education, Iran

1. INTRODUCTION

Shortcomings in educational systems and insufficient attention to this crucial component may lead physical education teachers not only to overlook the importance of reflective behavior but also to neglect taking necessary steps to cultivate and enhance this skill. This issue can result in a decline in educational standards and the emergence of obstacles in building positive and constructive relationships with teachers. This research aims to delve into a more detailed examination by identifying and analyzing various factors that significantly affect the reflective behavior of teachers. Among these factors, the exploration of the benefits of reflective behavior, such as improved problem-solving abilities, strengthened cognitive skills, and enhanced capabilities of conscious decision-making, is of paramount importance. Additionally, potential disadvantages of neglecting this type of behavior, including hasty decision-making and ineffective teaching methods, will also be scrutinized. To address these challenges and elevate the qualitative level of education in physical education, various strategies are proposed. What we seek in this research is the creation of a comprehensive set of guidelines, principles, and practical tactics for teachers to help them effectively cultivate their reflective behavior. This is not only crucial for their personal development but can also

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contribute to improving the quality of education nationally and potentially foster excellence in the field of physical education.

2. Methodology

The objective of the current research is to design a model for improving reflective performance in physical education teachers in Iran. The research community consists of academic experts from universities, as well as administrators and physical education teachers in Kermanshah province. Using purposive sampling with twelve members of the research community, semi-structured interviews were conducted. Subsequently, content analysis was performed on the interview texts. In this study, in order to establish the credibility of the findings, the processes of coding, analysis, textual representation, and visual display of data were systematically and precisely described.

3. Results

Based on the findings, the benefits of reflective performance include increased self-confidence in task execution, enhanced motivation for progress, increased performance motivation, heightened creativity and innovation, improved health and well-being, creation of space for entertainment and optimism, enhanced relationships and collaboration, strengthened discipline and responsibility, stress management, increased job satisfaction, and improved team cohesion. The drawbacks encompass dependence on external incentives, heightened psychological stress and pressure, detrimental competition escalation, improper investment increase, intensified social pressures, unstable performance improvement, reduced stress management and communication abilities, diminished attention to ethical and social principles, and decreased honesty and transparency. Additionally, strategies for enhancing stress and pressure management skills, psychological counseling and support, promotion of positive reflection culture, creation of practical opportunities for practice, mindfulness exercises, and emphasis on time distancing for reflective performance improvement were identified.

4. Discussion and Conclusion

Based on the findings, reflective performance emerges as an effective strategy for personal and organizational improvement. The advantages of this type of performance include increased self-confidence, motivation for progress, performance motivation, creativity and innovation, health and well-being, entertainment and optimism, improved relationships and collaboration, strengthened discipline and responsibility, stress management, increased job satisfaction, and improved team cohesion. However, weaknesses have also been identified, such as dependence on external incentives, increased psychological stress and pressure, detrimental competition, improper investment, social pressures, unstable performance, weak stress management and communication, and a decrease in ethical principles and transparency. To enhance reflective performance, strategies such as improving stress and pressure management skills, psychological counseling and support, promoting a positive reflection culture, providing practical opportunities for practice, mindfulness exercises, and emphasizing time distancing are recommended. These measures can lead to significant improvements in individuals and organizations, contributing to better and more adaptive performance in the environment.

5. References

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