

## ORIGINAL ARTICLE

# Comparison of the Burnout Levels of National Athletes According to Their Demographic Characteristics

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## ABSTRACT

**Background:** There are many factors that affect the performance of athletes, burnout is one of them.

**Aim** This study aims to compare the burnout levels of national athletes according to various variables..

**Methods:** The sample of the study consists of 432 athletes who voluntarily participated in the study. "Sport-Specific Multidimensional Perfectionism Scale" was used as a data collection tool in the study. SPSS 20 package program was used to analyze the data in this study. The "Kolmogorov-Smirnov" test was used to determine that the data had a normal distribution, and the "Anova-Homogeneity of variance" test was used to determine its homogeneity, and it was determined that the data had a homogeneous and normal distribution. Descriptive statistics, Independent samples t-test and one-way analysis of variance were used in the analysis of the data.

**Results:** At the end of the comparison of the scores according to the gender variable, a statistically significant difference was found in the dimension of Emotional-Physical Exhaustion ( $p < 0.05$ ). in other dimensions, no statistically significant difference was determined ( $p > 0.05$ ).

**Conclusion:** At the end of the statistical analysis, in the decreasing sense of accomplishment, It was determined that the female athletes had a high score in the emotional physical exhaustion dimension, and the male athletes had a high score in the depersonalization dimension.

**Keywords:** National, Athlete, Burnout.

## INTRODUCTION

The word burnout is defined in the dictionary as "the state of failure and depletion of energy and other internal resources of power as a result of successive strong requests". This situation, which is sometimes associated with physiological diseases, is a concept used to express the psychological and physiological decrease in energy over time after stressful situations arising from negative work.<sup>1</sup>

Burnout, which appears as a negative concept, is a chronic reaction that occurs against the stress and pressure that people face in their daily life, business life or private life. In particular, the problems faced by the person in business life are the failure and hopelessness that the person sees in himself on the server.<sup>2</sup> Burnout has also been defined as the individual's psychological disengagement, depersonalization, and low sense of personal accomplishment in response to intense stress resulting from the inability to meet or suppress internal needs.<sup>3</sup>

In addition to the prolongation of the recovery period after exercise, there are many psychological factors that negatively affect the performance of athletes<sup>4-9</sup>. Anxiety, stress, and burnout are among the factors that negatively affect the performance of athletes<sup>10,11</sup>. Negative psychological factors such as anxiety and stress affect the burnout levels of athletes.

The concept of "burnout", which was introduced by Freudenberger in the 1970, emerged as a result of the changes that her intense work pressure had created in herself and others. Freudenberger (1974) evaluated burnout, which he saw as a psycho-social structure, as a process that affects one's productivity<sup>12</sup>. In the following years, the concept of burnout, which was defined by Maslach and Jackson (1981) as a physical and mental dimensional syndrome that includes the physical exhaustion, long-lasting fatigue, feelings of helplessness and hopelessness, and the negative attitudes of the individual towards his work, life and other people. On the other hand, the concept of burnout started to be studied in the field of sports psychology by Raedeke and Smith<sup>13</sup>.

Burnout is a long-term physical, mental and behavioral dysfunction that because of working under constant stress in individuals working in jobs with high expectations<sup>14</sup>. In terms of sports, burnout is defined as physical, emotional and social withdrawal from previously enjoyed sports activities<sup>15</sup>. This withdrawal can be grouped as emotional and physical fatigue, a decrease in the sense of achievement and a decrease in the value given to sports. According to another definition, burnout is a

condition that arises as a result of chronic stress, motivational orientations and changes in the athlete caused by the perceived or real imbalances between what is expected from the athlete physically, psychologically and socially and the reaction capacity of the athlete<sup>16</sup>. In many studies focusing on burnout, the concept of burnout has drawn more attention than overtraining or exhaustion<sup>17</sup>. The main features of burnout are physical and emotional weakness, low personal achievement, low self-esteem and loss of personality<sup>13</sup>. On the other hand, burnout in sports is used differently from quitting sports because it includes situations such as burnout, psychological and emotional weakness, negative reactions to others, low self-esteem and depression<sup>18</sup>. The concept of overtraining, which expresses the short-cycle training (lasting for a few days or a few weeks), in which the athletes expose themselves to excessive training at maximum or near-maximal capacity, is one of the sub-reasons of burnout. However, when excessive training is applied to the right athletes at the right time, it also contributes to the emergence of positive performance.

## MATERIAL AND METHOD

The causal-comparison model from the quantitative research method was used as a method in the study. This model aims to compare groups that differ in terms of a certain variable with each other.

**Study Group:** This study group consists of 150 women and 200 men.

### Data Collection Tool

**Athlete Burnout Questionnaire:** The Athlete Burnout Questionnaire, developed by Raedeke and Smith,<sup>13</sup> is in 5-point Likert type and consists of 3 sub-dimensions and 15 items. The scale was adapted into Turkish by Kelecek, Kara, Kazak, Çetinkalp, and Aşçı,<sup>19</sup> and two items were excluded due to low factor load, and the scale was evaluated over 13 items. Emotional and physical exhaustion consists of 5 items, and decreased sense of accomplishment and depersonalization sub-dimensions each consist of 4 items. Decreased sense of achievement internal consistency coefficient of the scale was calculated as .75, emotional and physical exhaustion internal consistency coefficient as .87, and depersonalization internal consistency coefficient as .83. In this study, Cronbach Alpha values were .76 for decreased sense of accomplishment, .79 for emotional-physical exhaustion, and .60 for depersonalization.

**Statistical analysis:** SPSS 20 package program was used to analyze the data in this study. The “Kolmogorov-Smirnov” test was used to determine that the data had a normal distribution, and the “Anova-Homogeneity of variance” test was used to determine its homogeneity, and it was determined that the data had a homogeneous and normal distribution. Descriptive statistics, independent sample t-test and one-way analysis of variance were used in the analysis of the data.

**RESULTS**

Table 1: Comparison of Burnout Dimensions by Gender Variable

Gender	N	x	±	F	p	
Decreased Sense of Success	Female	150	10.857	2,358	5,120	,195
	Male	200	10.375	2,487		
Emotional Physical Exhaustion	Female	150	11,327	4,286	,073	,037
	Male	200	10,741	4,354		
Depersonalization	Female	150	7.369	3.225	,476	,508
	Male	200	8,278	3,142		

According to the statistical analysis, it was determined that the female athletes had a high score in the dimension of decreasing sense of accomplishment, the dimension of emotional and physical exhaustion, and the higher scores of male athletes in the dimension of depersonalization. At the end of the comparison of the scores according to the gender variable, a statistically significant difference was found in the dimension of Emotional-Physical Exhaustion (p <0.05). In other dimensions, no statistically significant difference was determined (p> 0.05).

Table 2: One-way analysis of variance according to Sports Age Variable

Sports age	x	±	F	p	
Decreased Sense of Success	5-10	9.7087	2,856	,574	,578
	11-15	9,6692	2,903		
	16-20	9.3846	2,062		
	21-25	9.2927	2,641		
	26+	10,2195	2,735		
Emotional Physical Exhaustion	5-10	12.5922	4,148	,625	,687
	11-15	12.5846	4,917		
	16-20	12,1197	4,890		
	21-25	12.4878	4,746		
	26+	11,5610	4,126		
Depersonalization	5-10	8.7767	3,449	,174	,985
	11-15	9.0308	3,553		
	16-20	9.0513	2,487		
	21-25	9.2195	3,500		
	26+	9.2927	3,415		

Table 3: Results of one-way analysis of variance by Number of National Representation Variable

Number of National Repr.	x	±	F	p	
Decreased Sense of Success	1-3	11.587	2,874	3,378	,022
	4-6	12.257	2,259		
	7-10	11,548	2,247		
	Over 11	9.9340	2,562		
Emotional Physical Exhaustion	1-3	10,578	4,257	2,185	,028
	4-6	12,425	4,259		
	7-10	11,357	5,872		
	Over 11	11,589	4,978		
Depersonalization	1-3	7,578	3,357	2,387	,108
	4-6	8.236	3,175		
	7-10	8.004	3,348		
	Over 11	7.726	3,275		

According to the statistical analysis, in the dimension of decreasing sense of achievement, the sports age between 5-10 and the number of being national between 11-15, the sports age between 5-10 in sports and the number of being national between 16-20 in the dimension of emotional physical exhaustion. In the depersonalization dimension, it was determined that the scores of

the athletes whose sports age is 26 and above and the number of being national between 11-15 are higher. At the end of the one-way analysis of variance, no statistically significant difference was determined (p> 0.05).

According to the one-way analysis of variance, a statistically significant difference was found in the dimensions of decreased sense of accomplishment and emotional physical exhaustion (p <0.05).

**DISCUSSION**

At the end of the statistical analysis, it was determined that female athletes had a high score in the dimension of decreasing sense of accomplishment, emotional-physical exhaustion, and male athletes had a high score in the dimension of depersonalization. When these results are evaluated according to the sub-dimension characteristics of the scale, it can be said that female and single athletes have more negative attitudes towards their ability to work effectively and they are quickly exhausted in the face of stress. At the end of the comparison of the scores according to the gender variable, a statistically significant difference was found in the dimension of Emotional Physical Exhaustion (p <0.05). Ceylan, in his study in 2006, determined that female athletes had a better level of coping with stress <sup>20</sup>.

At the end of the statistical analysis, in the dimension of decreasing sense of achievement, the sports age between 5-10 and the number of being national between 4-6, the sports age between 5-10 in sports and the number of being national between 7-10 in the dimension of emotional physical exhaustion. In the depersonalization dimension, it was determined that the scores of the athletes whose sports age is 26 and above and the number of being national between 4-6 are higher. When these results are evaluated according to the sub-dimension characteristics of the scale, it can be said that the athletes whose sports age is between 1-3 and the number of nationals between 4-6 react quickly to stress and cannot cope with stress.

At the end of the literature review, studies that were similar to the data of the study were found. Some of these studies are given below.

In a study conducted by Tazegül in 2012, it was found that the level of coping with stress of the athletes in the wrestling branch; found that they were at a better level than the athletes in boxing, weightlifting and kickboxing <sup>11</sup>. In his study conducted in 2015, Tazegül determined that there is a relationship between the personality traits of athletes and their styles of coping with stress <sup>21</sup>. In a study conducted in Taiwan on 188 young athletes to examine the effect of adaptive and non-adaptive two-dimensional perfectionism model on the burnout of athletes, it was concluded that adaptable and non-adaptive perfectionism did not have a significant effect on burnout <sup>22</sup>.

The results of the study, which examined the effect of motivational climate and flexibility on the burnout of young athletes, conducted with 87 young volleyball and basketball players whose age range was 15-18, showed that task-oriented motivational climate and flexibility were positively related to competence and negatively related to the three dimensions of burnout. Performance-oriented motivational climate was found to be positively related to all three dimensions of burnout. It is another result that the task-oriented motivational environment significantly affects the dimensions of sports burnout and decline and low achievement in sports <sup>23</sup>.

**CONCLUSION**

As a result, it was determined that female athletes had a high score in the dimension of decreasing sense of accomplishment, emotional-physical exhaustion, and male athletes had a high score in the dimension of depersonalization. Burnout is one of the important factors that negatively affect an athlete’s performance. Athletes succumb to stress by despairing in the face of the negativities they experience, and as a result they experience

burnout syndrome. Great athletes are those who do not succumb to stress in the face of the negativities they encounter and know how to find solutions for them. If the athlete wants great success, he must learn to deal with negative moods.

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