

Relationship Between A Burnout Syndrome Evaluation And Hopelessness In Mexican College Athletes.

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ABSTRACT:

PURPOSE: To find the relationship between Burnout Syndrome and Hopelessness.

METHODS: 307 Mexican college athletes were evaluated by trained psychologists with a battery which included a Sport Burnout Syndrome Inventory (conformed by 18 items; divided in 3 factors: Emotional Exhaustion (EE), Depersonalization (D) and Reduced Personal Realization (RPR); qualified in 4 grades: "Low Risk", "Moderated Risk", "High Risk" and "With Burnout") and Beck's Hopelessness Scale (conformed by 20 items; qualified in 4 grades: "Normal", "Slight", "Moderated" and "Severe"). A multinomial logistic regression was performed to associate the components scores of burnout syndrome and the hopelessness results.

RESULTS: The association between "Moderated Risk" of Burnout Syndrome risk and "Slight Hopelessness" were statistically significant in EE Factor ($p=0.02$). Likewise, "High Risk" scores in RPR ($p=0.002$) and "With Burnout" punctuations in D ($p=0.03$) seems to be predictors of "Slight Hopelessness". On the other hand, "High Risk" scores in EE was associated with "Moderated Hopelessness" ($p=0.04$). We did not obtain "Severe" evaluated athletes in our sample.

CONCLUSIONS: Beck's Hopelessness Scale is an instrument that allow us to identify some indicators asociable with risk of committing suicide. Our results suggest that our college athletes do not show signs of suicide risk. Nonetheless, we see how higher Burnout Risk has association with higher hopelessness scores. Both, Burnout and suicide are public health issues, so we are convinced that more similar studies are necessary.



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INTRODUCTION

Sport burnout syndrome has direct relationship with the athlete's performance, which is affected in ways, such as energy, motivation or idealism.¹ The athletic burnout is well explained by Smith, who summarize it with four components^{2,3}:

- Imbalance between environmental demands and resources.
- Cognitive effects related to a negative evaluation of a situation.
- Physiological responses that confirms the negative evaluation.
- Behavioral ways to cope those situations.

Hopelessness is defined as *"a negative attributional styles about prospects for the future"*. Hopelessness is not necessarily related to depression. Usually, we can expect a depressed patient to show hopelessness symptoms. But hopelessness can appear without being diagnosed with depression. A person who scores high in a Hopelessness Scales (such like Beck's Hopelessness Scale -BHS-) is identified as a person with cognitive vulnerability to suicide.^{4,5}

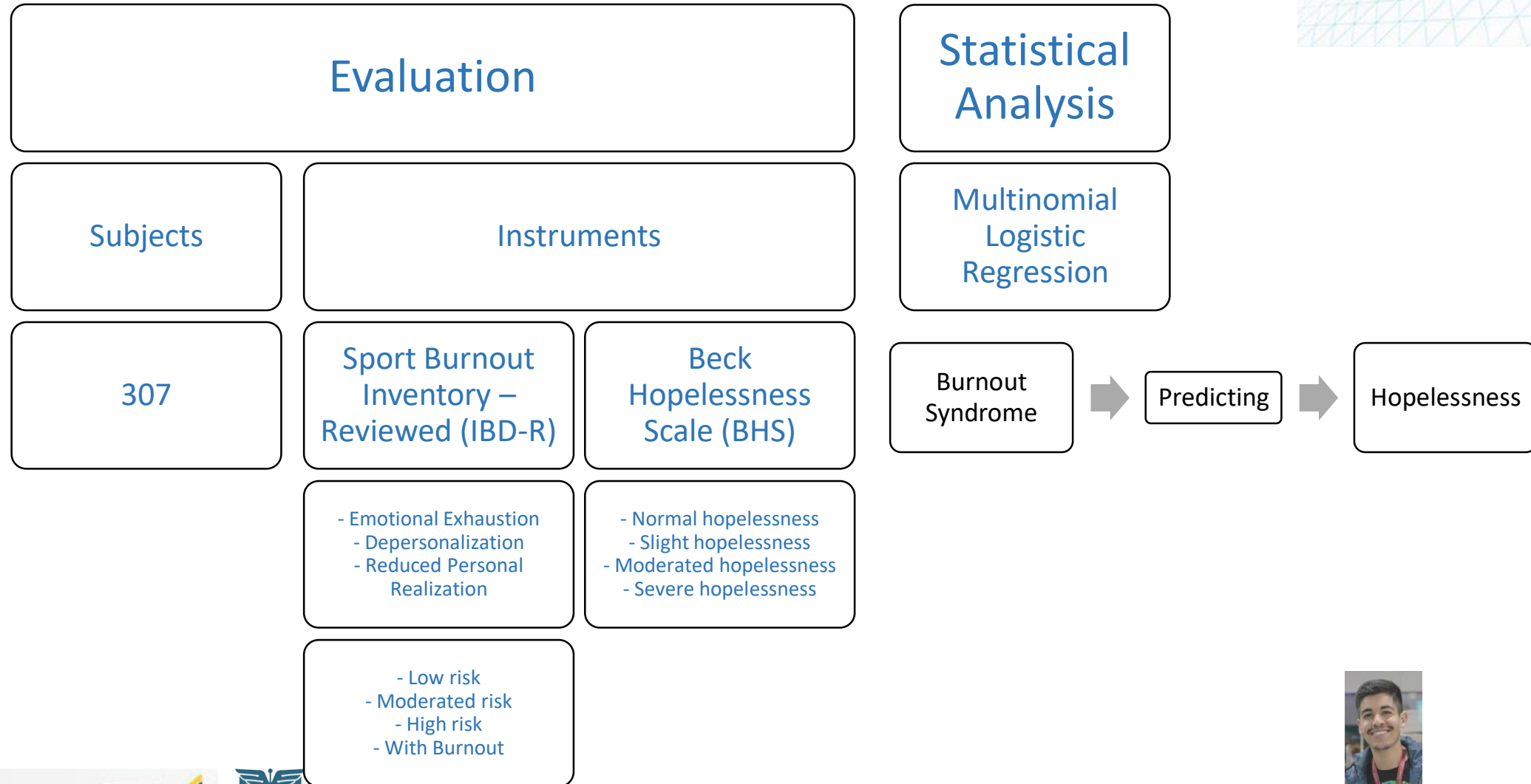
Suicide is a worldwide phenomenon considered a public health issue. World Health Organization (WHO) calculates that every 40 seconds one person die due to suicide around the world. That means approximately 800,000 persons by year. Although, that is not all the situation: there is calculated that for each adult dying for suicide, may be another 20 attempting to. Mexican population has experimented extreme increases in its rates: between 1970 and 2007, rates gone from 1.13 to 4.12 suicides for each 100,000 habitants.^{6,7,8}

Understanding potential suicide in our college athlete population is an extremely important issue to study from public, mental and behavioral health. Studying the presence of hopelessness significant evaluations and its relationship with some other mental health disorders, is a great way to begin that necessary knowledge.



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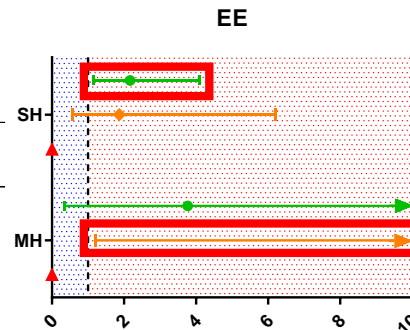
METHODS



RESULTS

Graph 1. Relationship between risk of burnout syndrome at Emotional Exhaustion (EE) component and different grades of Hopelessness obtained with our sample.

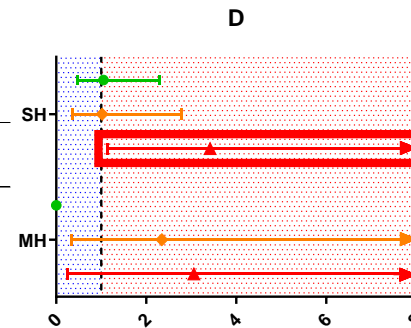
	Moderate Risk (•)	High Risk (•)	With BO (•)
Slight Hopelessness	2.17 (1.15 – 4.11)*	1.87 (0.56 – 6.20)	-§
Moderate Hopelessness	3.77 (0.35 – 40.32)	15.96 (1.22 – 209.07)*	-§



- ◆ High Risk
- Medium Risk
- ▲ With BO

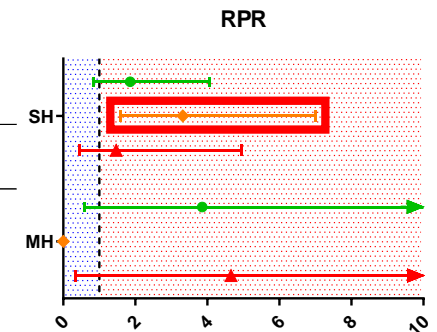
Graph 2. Relationship between risk of burnout syndrome at Depersonalization (D) component and different grades of Hopelessness obtained with our sample.

	Moderate Risk (•)	High Risk (•)	With BO (•)
Slight Hopelessness	1.05 (0.48 – 2.30)	1.02 (0.37 – 2.79)	3.42 (1.13 – 10.36)*
Moderate Hopelessness	-§	2.35 (0.33 – 16.72)	3.06 (0.26 – 36.7)



Graph 3. Relationship between risk of burnout syndrome at Reduced Personal Realization (RPR) component and different grades of Hopelessness obtained with our sample.

	Moderate Risk (•)	High Risk (•)	With BO (•)
Slight Hopelessness	1.86 (0.85 – 4.05)	3.32 (1.58 – 7.01)*	1.47 (0.44 – 4.94)
Moderate Hopelessness	3.86 (0.58 – 25.53)	-§	4.66 (0.33 – 66.15)



For all graphics:
Data expressed in odds ratio (95% CI).
SH = Slight Hopelessness MH = Moderate Hopelessness
With BO = With Burnout
*Significant association $p < 0.05$ § Not calculated due to small sample size in that category.



CONCLUSIONS



- We effectively had obtained results that let us understand that higher scores are related. We are convinced if we keep monitoring these scores, we will be able to face efficiently related problems.
- Fortunately, our population did not show hopelessness high scores that could make us think in some related problem.
- Nonetheless we think the new challenges the world is living, ask us to keep eye open to identify several kinds of problems that our athletes and entire communities could suffer.
- Suicide is a public health issue that deserve the higher effort from researchers to understand and treat, trying to train healthier behaviors and resources for every person who has difficulties to afford his life problems.

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