

Burnout Syndrome As A Predictor Of Low Individual Attractions To The Group-social in Mexican Athletes

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ABSTRACT:

PURPOSE: To identify the relationship between Burnout Syndrome and the Individual Attractions to the Group-Task (ATG-S) factor in college athletes.

METHODS: 224 college athletes from 11 team sports (134 men and 90 women in a range between 19 and 24 years old) of a high-performance program were evaluated with a psychometrical battery that included the Sport Burnout Inventory - Reviewed conformed by 3 subscales: Emotional Exhaustion (EE), Depersonalization (D) and Reduced Personal Realization (RPR); it brings four possible conclusions: "Low Risk", "Moderated Risk", "High Risk" and "With Burnout". Also, these athletes answered The Group Environment Questionnaire (GEQ) which evaluates the cohesion in sports teams in four group and individual factors; Individual Attractions to the Group-Social (ATG-S) was the only factor analyzed, the results were summarized in Quartiles, the higher Quartile the worst the score. A multinomial logistic regression was performed to associate the categories of burnout syndrome by component and the results of ATG-S factor.

RESULTS: Statistically significant associations were found between moderate risk of Burnout Syndrome in EE and D and scoring in the second Quartile in ATG-S. On the other hand, moderated risk in EE and the three risk dimensions in RPR are related with the fourth Quartile in ATG-S.

CONCLUSIONS: Individuals who got a moderated risk of suffering Burnout Syndrome in the EE and D factors had more chances of getting a low score in the ATG-S factor. These results allow us to relate some of the Burnout Syndrome signs with a low perceived social cohesion in college team sports.

INTRODUCTION

Group cohesion is a construct defined as a «dynamic process which reflects the tendency of a group to stick together with the major goal of achieving their **instrumental purposes** and/or the satisfaction of the **affective needs** of its members» (Carron, Brawley, Widmeyer, 1998 cited in Iturbide, 2010 p.482).

The Burnout Syndrome is defined by Maslach & Jackson (1984) as a psychological, emotional, and physiological process coming from the excessive demands of the environment. (Readeke, 2001).

In athletes, the burnout syndrome may imply physical and behavioral consequences, such as dissatisfaction for the role inside the team, non-accomplished goals, decreased fun, difficulties to maintain attention, and feelings of social distancing. (as Cited in Carlin & Garces de los Fayos, 2010)

Those last factors make us wonder if the presence of this syndrome can predict a reduced attraction in college athletes to the social aspects that belonging to a team implies, and compromises an optimal level of group cohesion on that team.

Subjects



224 Participants



11 teams

Statistical analysis

- Multinomial regression model
 - Independent variable:** Burnout factors
 - Outcome variable:** ATG-S Factor

Instrument

- Sport Burnout Inventory-(reviewed)

- Emotional Exhaustion (EE)
- Depersonalization (D)
- Reduced Personal Realization (RPR)

Categories

With Burnout
High Risk
Moderate Risk
Low Risk

- Group Environment Questionnaire

ATG-S → **Quartile 1 (Best score)**

Quartile 2

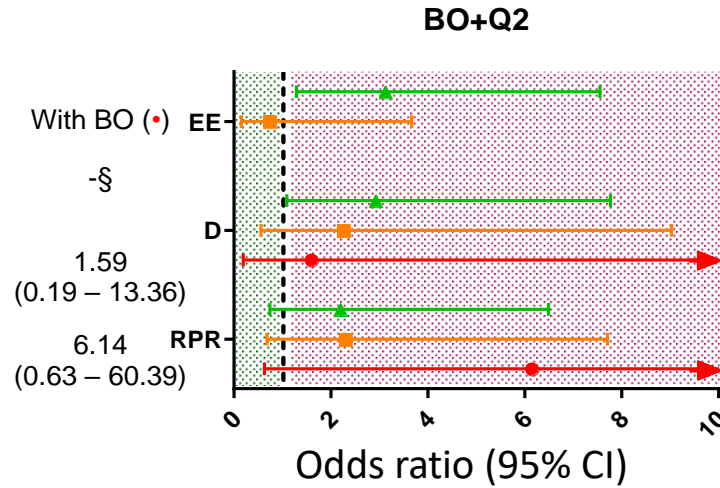
Quartile 3

Quartile 4 (Worst score)

RESULTS

	Moderated Risk (•)	High Risk (•)
EE	3.12 (1.29 – 7.55)*	0.73 (0.15 – 3.67)
D	2.92 (1.09 – 7.77)*	2.25 (0.56 – 9.03)
RPR	2.19 (0.74 – 6.49)	2.29 (0.68 – 7.71)

* p<0.05

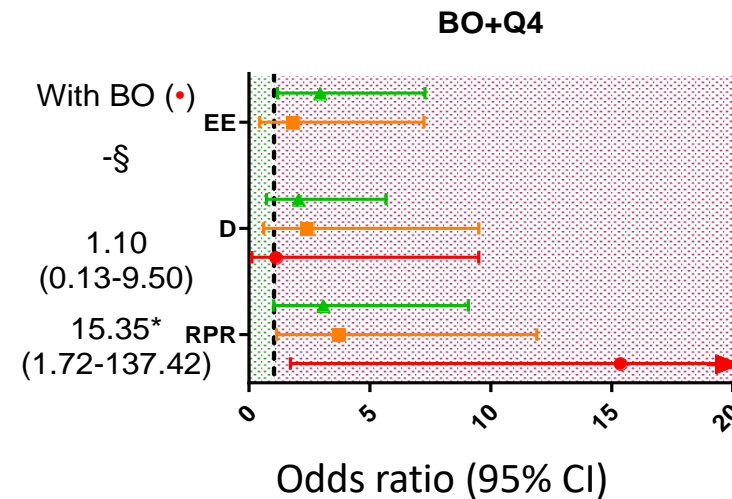


- With BO
- High Risk
- ▲ Moderated Risk

Graphic 1 Represents the general scores of the sample in the burnout syndrome components in progress with the quartile 2 of the ATG-S. B0: Burnout. Q2: Quartile 2. EE: Emotional Exhaustion. D: Depersonalization. RPR: Reduced Personal Realization.

	Moderated Risk (•)	High Risk (•)
EE	2.93* (1.18-7.28)	1.81 (0.45-7.24)
D	2.04 (0.73-5.67)	2.40 (0.61-9.51)
RPR	3.06* (1.03-9.07)	3.69* (1.15-11.90)

* p<0.05



- With BO
- High Risk
- ▲ Moderated Risk

Graphic 2 Represents the general scores of the sample in the burnout syndrome components in progress with the quartile 4 of the ATG-S. B0: Burnout. Q4: Quartile 4. EE: Emotional Exhaustion. D: Depersonalization. RPR: Reduced Personal Realization.

CONCLUSIONS

- Results showed us that there exist a relationship between some of the Burnout syndrome dimensions and a reduced attraction to the social part of sports.
- This results may open the gate to a deeper investigation about group cohesion and it's relation with this and other disorders and eventualities to which athletes can be exposed.
- In general, this investigation and its results contributes to a better understanding of the social part of sports and the behaviour of college athletes.

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