

# Relationship Between Time Practicing A Sport And Risk Of Burnout In Mexican College Athletes.

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## ABSTRACT:

**Purpose:** To determine the association between the experience practicing a sport and the risk of suffering Emotional Exhaustion and Depersonalization.

**Method:** 307 college athletes from a high-performance program in Guadalajara, Mexico, were evaluated. Trained psychologists applied the Sport Burnout Inventory – Reviewed (18 questions and 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”) to identify Burnout problems. The years of experience practicing their sport were obtained through an interview with the athletes before the questionnaire was answered. A logistic regression analysis was performed to predict the presence of Depersonalization and Emotional Exhaustion depending on the years practicing the sport.

**Results:** EE was not related with the years practicing a sport. On the other hand, D showed relationship with the time of experience in the moderated risk of suffering Burnout Syndrome when an athlete mentioned have been practicing their sport for 7-9 years ( $p=0.02$ ), 4-6 years ( $p=0.01$ ) and 1-3 years ( $p=0.01$ ).

**Conclusion:** Burnout Syndrome seems to be a time practicing an activity related problem. In our sample, nonetheless, the time was not directly related with high risk of suffering burnout scores in the analyzed factors. Those who have most time practicing neither showed statistically significant association with the Burnout inventory scores. We recommend to continue making this kind of investigation, that may give us better information about the time-related etiology of Burnout Syndrome.

# INTRODUCTION

The sport burnout syndrome was defined as a Psychological syndrome characterized by emotional and physical exhaustion, an impersonal attitude toward others, decreased athletic accomplishment and sport self-devaluation (Raedeke & Smith, 2001). Some related concepts are the Depersonalization and the Emotional Exhaustion.

Depersonalization is defined by American Psychiatric Association as "An alteration of perception or experience in such a way that one feels 'separated' from mental processes or body, as if one were an outside observer to them" (APA, 2004).

Emotional Exhaustion it refers to the lack of emotional resources and the feeling that nothing can be offered to another person. It is a fundamental component of "burnout" that can have physical and psychological manifestations (Castillo, 2001).

The excess of physical exercise or practice with excessive workloads and intensities, and not adapted or controlled in a personalized way, increases the risk of harmful consequences for the person's health (Jurado, 2004).

# METHODS

## Subjects

307 college athletes from a high-performance program in Guadalajara, Mexico we evaluated.

## Instrument

The Sport Burnout Inventory – Reviewed formed by 18 questions and 3 subscales.

It brings four possible conclusions: (“Low Risk”, “Moderated Risk”, “High Risk” and “With Burnout”)

The time experience practicing their sport was obtained through an interview with the athletes before the questionnaire was answered.

**Variable:** the association between the experience practicing a sport and the risk of suffering the presence of factors of the burnout syndrome.

## Analysis

A logistic regression analysis was performed

**Table 1**

Experience practicing the sport	Emotional Exhaustion	
	Moderated Risk	High Risk
>10 years	0.80 (0.36 - 1.76)	0.63 (0.10 - 4.10)
7-9 years	0.80 (0.33 - 1.91)	1.36 (0.23 - 8.17)
4-6 years	0.81 (0.35 - 1.84)	1.32 (0.23 - 7.45)
1-3 years	1.12 (0.49 - 2.53)	1.78 (0.33 - 9.73)

There were no significant association.

**Table 2**

Experience practicing the sport	Depersonalization		
	Moderated Risk	High Risk	With Burnout
>10 years	2.91 (0.78 - 10.88)	4.98 (0.60 - 41.66)	3.11 (0.35 - 27.83)
7-9 years	4.77* (1.24 - 18.37)	7.70 (0.89 - 66.29)	2.20 (0.19 - 25.52)
4-6 years	5.50* (1.49 - 20.26)	6.08 (0.71 - 52.01)	2.61 (0.26 - 26.27)
1-3 years	5.34* (1.43 - 19.93)	10.37* (1.27 - 84.83)	6.600 (0.77 - 56.58)

\*p<0.05

# RESULTS



✓ With these results it was found that Emotional Exhaustion was not significantly associated to the time the participants practiced a sport. (Table 1)

✓ Depersonalization showed significant associations to the time of experience in the moderated risk of suffering Burnout Syndrome when an athlete mentioned having 7-9 years (p=0.02), 4-6 years (p=0.01) and 1-3 years (p=0.01) of sport experience. (Table 2)

# CONCLUSIONS



- ❖ The time of experience practicing a sport is related to depersonalization.
- ❖ However, in this study, athletes who have been practicing a sport for fewer years showed significant moderate and high risk scores for depersonalization.
- ❖ Finally, the completion of this work is important to us, as there is not yet much data that can verify what is shown here. In addition to that there is a possibility that these results could be associated with the lack of adaptation in the sports discipline practiced or that there is a relationship with the age that they began to practice a sport. That is why we recommend continuing to do this type of research to give us better information on the etiology related to time and Burnout syndrome.

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