



FULL LENGTH ARTICLE

The relationship between quality of life and burnout on athletes

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ABSTRACT

Individuals' perspective on life has changed and they efforts to improve their aspects of quality of life. In the sport environment, burnout has been defined "as a psychological, emotional, and physical withdrawal from a formerly pursued and enjoyable sport as a result of excessive stress which acts on the athlete over time. The main purpose of this study was to investigate the relationship between quality of life and burnout on athletes. The result indicates that there was negative significant relationship between quality of life with athlete burnout. Also, there was negative significant relationship between Physical performance, Energy/Fatigue, Mental Health, Social performance, Perceived general health with athlete burnout. Again, there was positive significant relationship between Limitations on roles due to physical Problems, Limitation on roles due to emotional problems, physical pain with athlete burnout. Developing quality of life could decrease burnout athletes.

Keywords: quality of life, burnout, athletes

INTRODUCTION

Individuals' perspective on life has changed and they efforts to improve their aspects of quality of life [1]. Given to different meaning of quality of life from individuals' and social groups' prospective, but there is general agreement about the definition of the model. For example, according to the definition of World Health Organization (WHO), quality of life dimensions are physical, mental and social health [2]. Since some of the main indicators of good life (such as health and mental hygiene) are similar to quality of life therefore it has close relationship with good life concept and the good life is meaningless without mental and physical health [3]. Researchers believed that investigation of quality of life and effort to develop it has significant role on individuals' health, personal and social life [4]. In the sport environment, burnout has been defined "as a psychological, emotional, and physical withdrawal from a formerly pursued and enjoyable sport as a result of excessive stress which acts on the athlete over time" [5]. In the workplace setting, the burnout syndrome has been characterized in by three distinct dimensions: emotional exhaustion, depersonalization and low feelings of accomplishment [6]. Due, however, to the contextual differences between the working environment and the sporting environment, Raedeke [7] modified these three dimensions to include: physical/emotional exhaustion, sport devaluation and a reduced sense of accomplishment. Physical/emotional exhaustion is associated with intense training and competition. An individual experiencing emotional exhaustion would dread doing an activity that previously was enjoyed, feel as if he was going through the motions or feel emotionally exhausted after the activity when previously he felt little to no exhaustion. A reduced sense of accomplishment is related to skills and abilities. Decreased feelings of accomplishments materialize as feeling that efforts are wasted or worthless and an overall feeling of frustration. Sport devaluation refers to a loss of interest or resentment toward the sport and performance results. An individual suffering from high feelings of sport devaluation would become apathetic about his sport and not care about personal or team performance. Some researchers investigate correlation between job burnout and quality of life in workplace [8,9, 10, 11] and found significant relationship between these variables. Of course, most of the results indicate that there were inverse relationship between job burnout and quality of life. Therefore, the present study question is there significant relationship between quality of life and burnout on athletes?

MATERIALS AND METHODS

Participant

The population of the study consisted of 800 martial arts athletes from Tehran city. The sample size was according to Morgan table 260 athletes. The sample was selected through simple sampling method.

Measures

The Short Form Health Survey (SF-36). This questionnaire was developed by Ware & Sherbourne [12]. The subscale of this questionnaire includes physical performance, physical role, physical pain, general health, energy and happiness, social performance, emotional role and mental health. The maximum score to each part or each subscale is 100 and the maximum score is 0. In this study the alpha Cronbach coefficient is 0.92. Also, the alpha Cronbach coefficient is for physical performance (0.82), physical role (0.72), physical pain (0.79), general health (0.71), energy and happiness, social performance (0.70), emotional role (0.76) and mental health (0.83).

Athlete Burnout Questionnaire. Burnout was measured by the Athlete Burnout Questionnaire [13], a sport-specific questionnaire. The stem for each question was "How often do you feel this way?" Athletes are asked to rate the extent to which they experience each item in relation to participation motives on a 5 point Likert scale ranging from (1) "almost never", (2) "rarely", (3) "sometimes", (4) "frequently", and (5) "almost always." The ABQ is comprised of 15 items that are separated into three subscales, each containing five items. The three subscales are: devaluation of sport participation, reduced sense of accomplishment and emotional and physical exhaustion. In the current study, two of the three subscales showed acceptable levels of internal consistency, as indicated by Cronbach's alphas of .88 (exhaustion) and .84 (devaluation).

Method

The method of the study is descriptive correlational. The data was collected using questionnaires and through field study procedure. Descriptive statistics were used for describing and categorizing raw data and for measuring Mean, frequency, SD and table drawing. Also, Pearson coefficient of correlation and Kolmogorov Smirnov test and T-test were used. For analyzing data the SPSS software was applied and 93% of confidence level was considered.

RESULTS AND DISCUSSION

Table 1. Descriptive characteristics of variables.

Variable	Range	Frequency	Percent
Age	15-23	94	40.2
	24-32	119	50.9
	33-41	8	3.4
	Up to 42	9	3.8
Marital Status	Bachelor	158	67.5
	Married	66	28.2
Academic degree	Diploma	94	40.2
	BA	117	50
	MA/Doctorate	16	6.8

As table 2 indicates there was negative significant relationship between quality of life with athlete burnout. Also, there was negative significant relationship between Physical performance ($r=0.27$), Energy/Fatigue ($r=0.38$), Mental Health ($r=0.37$), Social performance ($r=-0.42$), Perceived general health ($r=0.36$) with athlete burnout. Again, there was positive significant relationship between Limitation on roles due to physical Problems ($r=0.52$), Limitation on roles due to emotional problems ($r=0.34$), physical pain ($r=0.37$) with athlete burnout.

Variable	M	SD	1	2	3	4	5	6	7	8	9	10
Physical performance	87.58	18.99	1									
Limitation on roles due to physical Problems	71.47	31.52	0.45**	1								
Limitation on roles due to emotional problems	67.85	37.93	0.27**	0.50**	1							
Energy/Fatigue	74.51	18.49	0.35**	0.35**	0.41**	1						
Mental Health	74.20	19.46	0.31**	0.36**	0.39**	0.80**	1					
Social performance	77.99	20.14	0.45**	0.43**	0.44**	0.57**	0.66**	1				
physical pain	76.66	21.03	0.44**	0.53**	0.38**	0.47**	0.49**	0.60**	1			
Perceived general health	77.15	17.76	0.46**	0.33**	0.28**	0.64**	0.56**	0.48**	0.51**	1		
Quality of life	75.93	16.70	0.61**	0.73**	0.71**	0.75**	0.74**	0.77**	0.74**	0.68**	1	
Athlete burnout	31.25	8.87	0.27**	0.52**	0.34**	0.38**	0.37**	0.42**	0.37**	0.36**	0.53**	1

**.P<0/01 *P<0/05

Table3. Regression coefficients associated with prediction of Athlete burnout according to quality of life

	R	R2	F (df)	Athlete Burnout	B	Beta	t	Sig
Quality of life	0.59	0.34	14.70 (8. 225)	Burnout	62.89		16.57	0.00
						0.28	3.89	0.00

CONCLUSION

The main purpose of this study was to investigate the relationship between quality of life and burnout on athletes. In the individual context everybody efforts to reach to quality of life standards for this efforts individuals participate on sport and leisure events. Through this individuals use its physical and mental advantages and increase their quality of life [14]. Investigation of athlete's quality of life and comparison with non athletes indicates that athletes have high quality of life rather than non athletes [14]. According to excellence of athlete's quality of life in some aspects (physical well being, personal growth, social relationship) and it's interaction with athlete's gender [14] it found that cognitive, emotional and mental-movement elements on sport is likely related to different qualities of athletes life [14]. The result of this study indicates that negative significant relationship between quality of life with athlete burnout. It means that increase of athletes quality of life cause to decrease of athletes' burnout. The result of this study is consistent with the findings of Arandelovićet, al[8], Pardakhtchi et al [9], Hajloo[10]. Also, this result was inconsistent with the finding of Anand&Arora[11]. Differences on population of studies, and athlete's attitudes to their sport and their competitiveness sense could be possible reasons to this inconsistency.

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