



Reasons About Burnout Of Athletes At University Level: An Exploratory Study

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Abstract

Interest in sports is a wellspring of incredible satisfaction for general competitors. Tragically, too-extreme requests may at times lead to burnout on account of incessant pressure. Burnout has been depicted as "A disintegration of the human spirit" whereby the individual loses respect, soul, and will. It creates because of an inconsistency between the person's desires, strivings, and the brutal reality. The purpose of this quantitative study was to view the effect of burnout on university athletes and to find the perception of university athletes about burnout. A total number of 300 sports students participated in this study as a sample out of which 230 (76.67%) were male and 69 (23%) were females selected using convenience sampling technique from different players of Universities in Lahore. The data were analyzed by using the SPSS version 22. T-Test for gender and found no significant difference in male and female players (Sig. 0.345), One-way ANOVA for different age groups of student-athletes and found no significant difference in different age groups (Sig. 0.201), Chi-Square Test for individual item analysis was used to test statistically the whole sample. It was concluded from results that because burnout can range from emotional and physical exhaustion to lack of control over their lives (Sig. .000), duration of seething as on (Sig. .000), amount of stress put on the athlete (Sig. .000), feeling pressured/tensed about their practices even during the competition (Sig. .000) feeling exhilarated before any competition (sig. .000). Furthermore, it is suggested that the current study should be done on a larger population to generalize it.

Keywords: Burnout, Athletes, Players, University, Sports

1 Introduction and Literature Review

1.1 What is Burnout?

Burnout disorder is viewed as a useless condition, which grows step by step and may long stay unnoticed by those distressed. Identification of burnout disorder is along these lines imperative, and it has been recommended that it tends to be recognized and estimated by three center segments (Gustafsson et al., 2007). Fatigue, the sentiment of being drained of one's enthusiastic and physical assets; Cynicism (depersonalization in the underlying conceptualization), alluding to a contrary, unfriendly or too much withdrew reaction to the activity; and Professional Efficacy, with an accentuation on adequacy and ability. A high level of burnout is then pondered in high of cores Exhaustion and Cynicism, and low scores on Professional Efficacy, as estimated by the Maslach Burnout Inventory (Maslach et al., 1986). A significant inquiry is whether burnout is a ceaseless condition or a state. As indicated by the early portrayals of burnout. It was characterized by just including the most conspicuous manifestations. This is hazardous because it turns into a fairly particular procedure since an enormous number of various manifestations have been recognized and the burnout experience gives off an impression of being individual (Hallman et al., 2003). Burnout alludes to "a procedure where the experts' demeanors and conduct changes in negative manners in light of occupation strain". The disintegration of the spirit (Thomas, 1997). They contend that burnout speaks to "disintegration in qualities, pride, soul, and will –the disintegration of the human spirit. It is a disease that spreads bit by bit and consistently after some time, placing individuals into a descending winding from which it's difficult to recuperate" In a similar setting burnout is mental disintegration and characterized as a "persistent, scarcely conspicuous, and generally denied oddball among individual and natural attributes are the wellspring of a moderate and shrouded procedure of mental disintegration (George, 1998).

1.2 What is Athlete's Burnout?

Before increasing observational enthusiasm for the game, burnout among exceptionally committed people working in free wellbeing centers who progressed toward becoming depleted because of the constant strain related to their job. Around a similar time. Thenice game is a profounexertion-driveniven action and was a wellspring of recounted records of burnout in the media, sport researchers perceived the need to methodically comprehend and address this marvel in the aggressive game (Bakker et al., 2014). To comprehend competitor burnout an unmistakable operational definition was required. Adjusting burnout as a multidimensional, intellectual full of feeling disorder described by enthusiastic and physical depletion, decreased feeling of achievement, and game degrading. Physical weariness was added to Maslach's meaning of specialist burnout to represent the physical requests of game cooperation and depersonalization was adjusted to downgrading because the competitor sport (as opposed to the laborer understanding) association is of

chief enthusiasm for the aggressive game (Altahayneh, 2003). Another definition tended to the multifaceted idea of competitor burnout and empowered specialists to best facilitate their endeavors to quantify and comprehend this maladaptive competitor experience.

Deciding the pervasiveness of competitor burnout is testing, permitting just for provisional evaluations running from roughly 1% to 10% of competitors. The absence of reliable demonstrative criteria is key confinement of endeavors to survey competitor burnout pervasiveness (Greenland et al., 2010). Despite this constraint, even the most moderate evaluations propose that burnout can negatively affect the presentation and prosperity of various competitors around the world. The negative effect of burnout on competitors incorporates execution decrements, diminished inspiration, potential dropout, and pained social relations that adversely affect group atmosphere. Burnout additionally can adversely affect mental (uneasiness, misery, dietary issues) and physical (sickness helplessness, substance misuse) wellbeing. Sports medication doctors depict competitor burnout as a significant issue tended to with their patients (Weinberg and Gould, 2018).

1.3 Symptoms and consequences of burnout

The rundown of side effects related to work-related burnout is broad; 132 distinct manifestations have been accounted for in the writing. These side effects, discovered during over 25 years of research, have been arranged into five classes (1) full of feeling (e.g., desolate, discouraged, and sad); (2) intellectual (e.g., sentiments of weakness, defenselessness's and misery), (3) physical (e.g., fatigue and substantial protests); (4) social (e.g., smoking, disabled execution and non-attendance); and (5) inspirational. The burnout experience is individual and the side effects can stay unnoticed by the person for a significant period. This makes the early discovery of burnout troublesome, particularly because the negative disposition toward copied-out competitors found in games may keep competitors from uncovering their side effects. (Bakker et al., 2005).

The number of studies led to examine elements causing competitor burnout is low. This can be clarified by the moral contemplations. As referenced before, because of the negative outcomes it is exploitative to actuate burnout in sound competitors. Research has thusly to a great extent been directed utilizing cross-sectional structure or utilizing post-hoc interviews. Positive affiliations have been found among burnout and inspiration, stress, overtraining, job struggle, nervousness, maladaptive compulsiveness, parental weight, and negative effect. Negative affiliations have been found for duty, adapting, delight, inborn inspiration, self-assurance, and social help (Gustafsson et al., 2008). Factors, for example, preparing volume, personality, and extraneous inspiration show negating results.

Regardless of whether research indicates the positive and negative relationship among burnout and factors, for example, hairsplitting, uneasiness, characteristic and outward inspiration, these investigations are for the most of a cross-sectional plane. Other

research methodologies are along these lines required. The competitor feels that the person isn't adding to the group, doesn't feel esteemed, and is segregated from colleagues. The wore-out competitor additionally has focus issues in the game setting, displays resolute reasoning, and has an uneven way to deal with life. Remember that this model was produced through a writing survey and a contextual investigation in rugby. It ought to in this manner be utilized distinctly to educate specialists and not for symptomatic purposes (Veal, 2017).

1.4 The measurement of athlete burnout

Research on competitor burnout has been hampered because of an absence of approved instruments. The primary instrument that grew only for estimating competitor burnout was the Eades Athlete Burnout Inventory (Gustafsson et al., 2007). Eades' stock began from an unpublished ace's postulation dependent on crafted by Maslach and associates and meetings with competitors experiencing burnout just as with experienced game clinicians. Albeit early research has utilized the instrument, the psychometric approval is inadequate (Gustafsson et al., 2007). The underlying approval performed by Eades was promising, and the main distributed approval by different scientists was similarly steady. In any case, five things of the first 36 were erased because of low unwavering quality in connection to the proposed factor structure. Different investigations have additionally discovered low inside consistency for two of the subscales, Personal and Athletic Accomplishment and Congruent Athlete-Coach Expectations. As a result of these psychometric issues, the Eades Athlete Burnout Inventory has been legitimately scrutinized (Gustafsson et al., 2007).

To assess the logical value of the investigations that have utilized this instrument, further psychometric approval is required. Another estimation has been grown all the more as of late: the Athlete Burnout Questionnaire. This instrument was at first created dependent on the Eades Athlete Burnout Inventory (11 of 21 things are indistinguishable) however is all the more firmly identified with the burnout measurements proposed by Maslach and partners (Lonsdale et al., 2006). The latest rendition of the Athlete Burnout Questionnaire comprises of 15 things estimating the components of Physical/enthusiastic fatigue, the reduced feeling of achievement, and Sports cheapening (Lonsdale et al., 2006). Approval demonstrates great united and discriminant legitimacy of the subscales, and the survey has all the earmarks of being a promising apparatus for estimating and observing burnout.

1.5 Application of Self-Determination Theory (SDT) on Athletes Burnout

Even though competitor burnout is a response to constant game pressure, additionally it is attached to competitor inspiration. The self-assurance hypothesis is a conspicuous hypothesis of human inspiration that has been utilized to comprehend competitor burnout.

As indicated by SDT, mental results are affected by the idea of one's inspiration. The most versatile inspiration is self-decided, coming about dominantly from the individual decision as opposed to inside weights (e.g., blame, commitment) or outer weights (e.g., rewards, disciplines, desires for other people). Increasingly self-decided inspiration is related to a lower burnout hazard though less self-decided inspiration is related to more noteworthy burnout chance. SDT further places that inspiration is affected by the mental needs of self-rule, skill, and relatedness (Ryan, 1991).

- **Autonomy** – Feelings of individual decision or control.
- **Competence** – Sense of achievement and being successful in one's condition.
- **Relatedness** – Social association with others reflected by sentiments of acknowledgment and having a place.

At the point when requirements for self-sufficiency, fitness, and relatedness are met by the social condition of the game, progressively self-decided inspiration is normal. This yields the most versatile results for competitors (Wilson et al., 2003). Competitors who don't feel independent, skilled, or related within-gamethe game will be roused for less self-decided reasons and increasingly inclined encountering burnout discernments. Research on competitor burnout has bolstered the principles of SDT. Burnout-related observations have been appeared to decidedly connect with less self-decided types of game inspiration as well as adversely partner with increasingly self-decided inspiration. In this way, changes in competitor inspiration may go before burnout improvement (Wilson et al., 2003). Likewise reliable with SDT, competitor independence, ability, and relatedness discernments are contrarily connected with burnout. Research has additionally in any event halfway bolstered models indicating a succession whereby mental needs foresee self-decided inspiration for the game, which thusly predicts burnout-related observations in competitors (Wilson et al., 2003). This features the significance of understanding competitor need fulfillment and inspiration pair as supporters of burnout.

In general, burnout look into inside SDT system recommends that organizing games to help the fulfillment of mental needs and increment self-decided inspiration for competitors is useful for burnout counteractive action (Maslach and Leiter, 2008). An assortment of social-relevant components including the group persuasive atmosphere, hierarchical structure, and mentor and parent practices are significant as they affect need fulfillment and inspiration. Thus, they warrant explicit consideration in burnout aversion endeavors (Maslach and Leiter, 2008).

The purpose of this study was to examine the effect of burnout of university athletes which generated the research question that what are the effects of Athletes' Burnout on their performance? Literature hypothesized that there are negative effects of Athletes'

burnout on their performance. This study was limited to private and public sector Universities of Lahore only and delimited to male and female athletes of public and as well as private Universities of Lahore.

2 Research Methodology

The nature of the study was quantitative in which data was collected through a questionnaire (Close-ended) having 20 items, quality of which was categorized on a 5-point Likert Type Scale. The population was students of different private and public sector Universities from who the m sample was collected. The total sample size is 300 (n=300) which were male and female students of different private and public sector universities of Lahore using a simple random sampling technique. The validity of the data collection tool was checked through expert opinion and reliability was measured using Cronbach's Alpha with a value of .746. SPSS version 21 was used for data analysis in which an independent t-test was used for response against data collection tool in two genders and difference in private and public sector universities, ANOVA was used to check response in different age groups, and Chi-Square analysis was done for individual item analysis.

3 Results and Data Analysis

Table 3.1: Independent sample t-test of responses according to gender

Gender	N	Mean	Std.Deviation	F	Sig
Male	230	2.9843	.57182	.0377	.317
Female	70	3.2158	.55045	.06579	

Where $\alpha = .05$

Table 3.1 shows that there is no significant difference (Sig. .317 When $\alpha = .05$) among the opinion of male and female of sample population regarding their opinion on perception for burnout of athletes at the University level.

Table 3.2: Independent sample t-test of responses according to private and public sector universities

Gender	N	Mean	Std.Deviation	F	Sig
Male	230	2.4363	.41811	.0289	.119
Female	70	2.6893	.54944	.02942	

Where $\alpha = .05$

Table 3.2 shows that there is no significant difference (Sig. .119 When $\alpha = .05$) among the opinion of student players of different private and public sector universities regarding their opinion on perception for burnout of athletes at the University level.

Table 3.3 ANOVA Test on different Age Groups

Mean	Sum of Squares	Df	Mean Square	F	Sig.
Between groups	3.198	1	3.198	6.566	.214
Within groups	145.132	298	.487		
Total	148.330	299			

Where $\alpha = .05$

All the sample population was divided into three groups of as below 18-21 Years, 22-24 Years and above 24 Years, and Table 3.3 shows that there is no significant difference (Sig. 214 When $\alpha = .05$) among the opinion of the different age groups of sample population regarding their opinion on perception for burnout of athletes at University level.

Table 3.4 Chi-Square Analysis of different statements of data collection tool regarding Perception of University Students about burnout of Athletes at University Level

#	Statements	Observed Frequency Values					χ^2	p
		SD	D	N	A	SA		
1	I feel burned out after training.	61	48	35	114	42	66.8	.000
2	I feel unsatisfied with my sports accomplishments.	50	93	35	80	42	42.3	.000
3	I feel emotionally drained from my sports participation.	52	74	33	101	40	51.1	.000
4	I don't feel confident about my sports performance due to the pressure of overtraining.	56	76	12	108	48	83.7	.000
5	I feel so tired from my training which causes trouble in studying.	39	67	19	108	67	75.4	.000
6	I feel tired when I think about having to go to practice.	49	68	16	101	66	63.9	.000

7	I feel emotionally unstable fro sportssport participation due to training burnout.	47	82	14	86	71	59.4	.000
8	I feel like a failure in my sport due to being exhausted in training.	57	67	13	93	70	57.6	.000
9	I feel I don't perform well due to the biased behavior of my sports coach.	58	68	13	90	71	54.9	.000
10	I am not satisfied with my abilities in my sport.	62	82	16	70	70	43.7	.000
11	I feel frightened before the competition.	58	64	15	94	69	54.7	.000
12	I feel that my natural abilities are suppressed due to the excessive pressure of winning in my sports.	51	64	16	91	78	77.1	.000
13	I feel I have weak coping skills for any critical situation of sports which results in loss in my sports performance.	51	70	7	99	73	78	.000
14	I feel I am short-tempered due to which lose my senses in the sports activity.	59	66	13	84	78	52.4	.000
15	I feel lost when I have to compete with some senior player(s) in my sports competition.	47	58	12	96	87	75	.000
16	I have a lot of burden of studies due to which cannot perform well in my sports.	41	71	16	93	79	64.4	.000
17	I feel that I do not perform well due to financial constraints.	50	56	12	102	80	76.4	.000
18	I feel that burnout in my sports is due to my domestic family issues.	51	58	12	85	94	69.5	.000
19	I feel that burnout in my sports is due to no scope in my sports career.	53	49	8	80	110	96.2	.000
20	I feel that I am burned out in my sport due negative perfectionist approach of my coach.	52	45	10	83	110	96.9	.000

Where $\alpha = .05$, **Abbreviations:** SA =Strongly agree, A =Agree, N= Neutral, D= Disagree, SD=Strongly disagree, χ^2 = Chisquare value, p = Significance value

Table 3.4 reveals that;

- The Results of the statement “I feel burned out after training”, 61 were Strongly Disagree (SD), 48 were Disagree (D), 35 were Neutral (N), 114 were Agree (A) and 42 players were Strongly Agree (SA) about the statement. Chi-square test value was 66.8 to see the significant difference among opinion of sample population for statement and results revealed that there is a significant difference ($p = .000$) among the respondents regarding the statement “I feel emotionally drained from my sports participation” In general, results give the expression that players have the opinion that they feel burned out after training.
- The Results of the statement “I feel unsatisfied with my sports accomplishments”, 50 were Strongly Disagree (SD), 93 were Disagree (D), 35 were Neutral (N), 80 were Agree (A) and 42 players were Strongly Agree (SA) about the statement. Chi-square test value was 42.3 to see the significant difference among opinion of sample population for statement and results revealed that there is a significant difference ($p = .000$) among the respondents regarding the statement “I feel unsatisfied with my sports accomplishments” In general, results give the expression that players have the opinion that they feel unsatisfied with their sports accomplishments.
- The Results of the statement “I feel emotionally drained from my sports participation”, 52 were Strongly Disagree (SD), 74 were Disagree (D), 33 were Neutral (N), 101 were Agree (A) and 40 players were Strongly Agree (SA) about the statement. Chi-square test value was 51.1 to see the significant difference among opinion of sample population for statement and results revealed that there is a significant difference ($p = .000$) among the respondents regarding the statement “I feel emotionally drained from my sports participation” In general, results give the expression that players have the opinion that they feel emotionally drained from their sport participation.
- The Results of the statement “I don’t feel confident about my sports performance due to pressure of overtraining”, 56 were Strongly Disagree (SD), 76 were Disagree (D), 12 were Neutral (N), 108 were Agree (A) and 48 players were Strongly Agree (SA) about the statement. The Chi-square test value was 83.7 to see the significant difference among opinion of sample population for statement and results revealed that there is a significant difference ($p = .000$) among the respondents regarding the statement “I don’t feel confident about my sports performance due to pressure of overtraining”. In general, results give the expression that players have the opinion that they don’t feel confident about their sport performance due to pressure of overtraining.
- The Results of the statement “I feel so tired from my training which causes trouble in studying”, 39 were Strongly Disagree (SD), 67 were Disagree (D), 19 were Neutral (N), 108 were Agree (A) and 67 players were Strongly Agree (SA) about the

statement. Chi-square test value was 75.4 to see the significant difference among opinion of sample population for statement and results revealed that there is a significant difference ($p = .000$) among the respondents regarding the statement “I feel so tired from my training which causes trouble in studying” In general, results give the expression that players have the opinion that they feel so tired from my training which causes trouble in studying.

- The Results of the statement “I feel tired when I think about having to go to practice”, 49 were Strongly Disagree (SD), 68 were Disagree (D), 16 were Neutral (N), 101 were Agree (A) and 66 players were Strongly Agree (SA) about the statement. The Chi-square test value was 63.9 to see the significant difference among the opinions of sample population for statements and the results revealed that there is a significant difference ($p = .000$) among the respondents regarding the statement “I feel tired when I think about having to go to practice.” In general, results give the expression that players have the opinion that they feel tired when they think about having to go to practice.
- The Results of the statement “I feel emotionally unstable from my sports participation due to training burnout”, 47 were Strongly Disagree (SD), 82 were Disagree (D), 14 were Neutral (N), 86 were Agree (A) and 71 players were Strongly Agree (SA) about the statement. Chi-square test value was 59.4 to see the significant difference among opinion of sample population for statement and results revealed that there is a significant difference ($p = .000$) among the respondents regarding the statement “I feel emotionally unstable from my sports participation due to training burnout” In general, results give the expression that players have the opinion that they feel emotionally unstable from my sports participation due to training burnout.
- The Results of the statement “I feel like a failure in my sport due to being exhausted in training”, 57 were Strongly Disagree (SD), 67 were Disagree (D), 13 were Neutral (N), 93 were Agree (A) and 70 players were Strongly Agree (SA) about the statement. Chi-square test value was 57.6 to see the significant difference among opinion of sample population for statement and results revealed that there is a significant difference ($p = .000$) among the respondents regarding the statement “I feel like a failure in my sport due to being exhausted in training” In general, results give the expression that players have the opinion that they feel like a failure in my sport due to being tired in training.
- The Results of the statement “I feel I don’t perform well due to biased behavior of my sports coach”, 58 were Strongly Disagree (SD), 68 were Disagree (D), 13 were Neutral (N), 90 were Agree (A) and 71 players were Strongly Agree (SA) about the statement. Chi-square test value was 54.9 to see the significant difference among opinion of sample population for statement and results revealed that there is a

significant difference ($p = .000$) among the respondents regarding the statement “I feel I don’t perform well due to biased behavior of my sports coach” In general, results give the expression that players have the opinion that they feel they don’t perform well due to biased behavior of their sports coach.

- The Results of the statement “I am not satisfied with my abilities in my sport”, 62 were Strongly Disagree (SD), 82 were Disagree (D), 16 were Neutral (N), 70 were Agree (A) and 70 players were Strongly Agree (SA) about the statement. Chi-square test value was 43.7 to see the significant difference among opinion of sample population for statement and results revealed that there is a significant difference ($p = .000$) among the respondents regarding the statement “I am not satisfied with my abilities in my sport” In general, results give the expression that players have a neutral opinion about not satisfying with their abilities in their sport.
- The Results of the statement “I feel frightened before competition”, 58 were Strongly Disagree (SD), 64 were Disagree (D), 15 were Neutral (N), 94 were Agree (A) and 69 players were Strongly Agree (SA) about the statement. Chi-square test value was 54.7 to see the significant difference among opinion of sample population for statement and results revealed that there is a significant difference ($p = .000$) among the respondents regarding the statement “I feel frightened before competition” In general, results give the expression that players have the opinion that they feel frightened before the competition.
- The Results of the statement “I feel that my natural abilities suppressed due to excessive pressure of winning in my sports”, 51 were Strongly Disagree (SD), 64 were Disagree (D), 16 were Neutral (N), 91 were Agree (A) and 78 players were Strongly Agree (SA) about the statement. Chi-square test value was 77.1 to see the significant difference among opinion of sample population for statement and results revealed that there is a significant difference ($p = .000$) among the respondents regarding the statement “I feel frightened before competition” In general, results give the expression that players have the opinion that they feel their natural abilities suppressed due to excessive pressure of winning in sports.
- The Results of the statement “I feel I have weak coping skills for any critical situation of sports which results in loss in my sports performance”, 51 were Strongly Disagree (SD), 70 were Disagree (D), 7 were Neutral (N), 99 were Agree (A) and 73 players were Strongly Agree (SA) about the statement. Chi-square test value was 78 to see the significant difference among opinion of sample population for statement and results revealed that there is a significant difference ($p = .000$) among the respondents regarding the statement “I feel I have weak coping skills for any critical situation of sports which results in loss in my sports performance.” In general, results give the expression that players have the opinion that they feel they

have weak coping skills for any critical situation of sports which results in loss in their sports performance.

- The Results of the statement “I feel I am short-tempered due to which lose my senses in sports activity”, 59 were Strongly Disagree (SD), 66 were Disagree (D), 13 were Neutral (N), 84 were Agree (A) and 78 players were Strongly Agree (SA) about the statement. Chi-square test value was 52.4 to see the significant difference among opinion of sample population for statement and results revealed that there is a significant difference ($p = .000$) among the respondents regarding the statement “I feel I have weak coping skills for any critical situation of sports which results in loss in my sports performance.” In general, results give the expression that players have the opinion that they feel short-tempered due to which lose their senses in the sports activity.
- The Results of the statement “I feel lost when I have to compete with some senior player(s) in my sports competition”, 47 were Strongly Disagree (SD), 58 were Disagree (D), 12 were Neutral (N), 96 were Agree (A) and 87 players were Strongly Agree (SA) about the statement. Chi-square test value was 75 to see the significant difference among opinion of sample population for statement and results revealed that there is a significant difference ($p = .000$) among the respondents regarding the statement “I feel lost when I have to compete with some senior player(s) in my sports competition” In general, results give the expression that players have the opinion that they feel lost when they have to compete with some senior player(s) in a sports competition.
- The Results of the statement “I have a lot of burden of studies due to which cannot perform well in my sports”, 41 were Strongly Disagree (SD), 71 were Disagree (D), 16 were Neutral (N), 93 were Agree (A) and 79 players were Strongly Agree (SA) about the statement. Chi-square test value was 64.4 to see the significant difference among opinion of sample population for statement and results revealed that there is a significant difference ($p = .000$) among the respondents regarding the statement “I feel lost when I have to compete with some senior player(s) in my sports competition” In general, results give the expression that players have the opinion that they feel they have a lot of burden of studies due to which cannot perform well in sports.
- The Results of the statement “I feel that I do not perform well due to financial constraints”, 50 were Strongly Disagree (SD), 56 were Disagree (D), 12 were Neutral (N), 102 were Agree (A) and 80 players were Strongly Agree (SA) about the statement. Chi-square test value was 76.4 to see the significant difference among opinion of sample population for statement and results revealed that there is a significant difference ($p = .000$) among the respondents regarding the statement “I

feel that I do not perform well due to financial constraints” In general, results give the expression that players have the opinion that they feel they do not perform well due to financial constraints.

- The Results of statement “I feel that burnout in my sports is due to my domestic family issues”, 51 were Strongly Disagree (SD), 58 were Disagree (D), 12 were Neutral (N), 85 were Agree (A) and 94 players were Strongly Agree (SA) about the statement. Chi-square test value was 69.5 to see the significant difference among opinion of sample population for statement and results revealed that there is significant difference ($p = .000$) among the respondents regarding statement “I feel that burnout in my sports is due to my domestic family issues” In general, results give the expression that players have opinion that they feel that burnout in their sports is due to their domestic family issues.
- The Results of statement “I feel that burnout in my sports is due to no scope in my sports career”, 53 were Strongly Disagree (SD), 49 were Disagree (D), 08 were Neutral (N), 80 were Agree (A) and 110 players were Strongly Agree (SA) about the statement. Chi-square test value was 96.2 to see the significant difference among opinion of sample population for statement and results revealed that there is significant difference ($p = .000$) among the respondents regarding statement “I feel that burnout in my sports is due to no scope in my sports career” In general, results give the expression that players have opinion that they feel that burnout in their sports is due to no scope in their sports career.
- The Results of statement “I feel that I am burned out in my sport due negative perfectionist approach of my coach”, 52 were Strongly Disagree (SD), 45 were Disagree (D), 10 were Neutral (N), 83 were Agree (A) and 110 players were Strongly Agree (SA) about the statement. Chi-square test value was 96.9 to see the significant difference among opinion of sample population for statement and results revealed that there is significant difference ($p = .000$) among the respondents regarding statement “I feel that I am burned out in my sport due negative perfectionist approach of my coach” In general, results give the expression that players have the opinion that they feel burned out in their sport due to negative perfectionist approach of their coach.

4 Conclusion

The overall mean score for the athletes tested shows that there could be a problem with burnout and that this problem needs to be addressed at the university. Burnout in athletes has also been shown to be different in every athlete. Burnout not only has serious detrimental implications for athletes but is also a great concern for competitive sport in general. As extreme motivation and commitment to training and efforts to excel as an

athlete increase, so does the risk of burnout. Coaches and practitioners should be aware of the symptoms and factors predisposing an athlete to burnout. In this chapter, we have provided an overview of this important research area. We have also made a number of suggestions with regard to the monitoring and treatment of athletes who are at-risk or suffering from burnout symptoms. This shows that burnout can be found in different people, sports, ages, as well as other demographics. It is clear, however, that more research is required to identify the optimal methods for intervening in at-risk athletes, as well as identifying treatments for those who experience burnout.

5 Recommendations

- One is that Burnout is investigated with relation to gender differences.
- Revenue sports versus non-revenue sports should be investigated to see if there is greater stress or pressure placed on athletes by coaches due to the pressures of succeeding.
- Future research should also explore scholarship versus non-scholarship to see if the athletes in turn will put a greater amount of stress on them with regards to scholarship or walk-on position, which could result in burnout.
- It is recommended that athletic trainers be more aware of the possibility that their athletes could experience burnout in their university careers.
- Using the research on burnout, athletic trainers need to be aware of who possess the highest risk of developing burnout.
- By using the findings of this study, as well as other studies, medical professionals need to develop prevention and treatment plans to help keep our athletes healthy, both physically and mentally.

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