



## Research Article

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# The Burnout Level of Beginner Athlete

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## Abstract

Burnout is a psychological syndrome that has the main characteristics of emotion fatigue, depersonalization, and a decrease in achievement. This condition of burnout can arise when they have little free time for their lives. In the end, they concerned will feel unpleasant feelings an increasingly stressed when confronted again by the same activity continuously. As a beginner athlete must feel that the sport is fun, if not it will slowly show symptoms of burnout that can affect the development of the novice athlete. If not, they will slowly leave all the activities carried out so far. This study, using a questionnaire as the main instrument to collect data. The questionnaire used was a closed questionnaire and was distributed to 100 beginner athlete from 10 sports specialisation of East Java. From the questionnaire collected, data obtained of 45% of athlete experienced symptoms of low burnout level and 55% experienced symptoms of moderate burnout level. Burnout can be overcome in 5 ways namely increasing self awareness, balancing breaks and activities, choosing activities that are in accordance with the plan, seeking support from the immediate environment, and practicing mental training techniques.

**Keywords:** Burnout level, Psychological syndrome, Beginner athlete.

## INTRODUCTION

Burnout is defined as a psychological condition characterized by extreme fatigue due to excessive and excessive demands. The fatigue is in the form of physical, emotional, and psychological fatigue which then manifests in the form of unproductive behavior, even withdrawing from previous activities <sup>[1]</sup>. Another definition of burnout <sup>[2]</sup> is a psychological syndrome which has the main characteristics of emotional exhaustion, depersonalization, and a decrease in achievement. In individuals, this condition of saturation can arise when they have little free time for their personal lives.

Tangkudung & Mylsidayu *et al* <sup>[3]</sup> defines burnout as an attitude of withdrawal physically, emotionally, and psychologically from activities that were previously pleasing to the individual due to chronic stress felt by the individual. One effect of stress for so long is that it can damage and disrupt individual performance. The negative impact is the emergence of extreme fatigue in the individual, so that makes the individual assess the activity that becomes the stressor becomes something unpleasant.

Gould & Weinberg *et al* <sup>[4]</sup> explains that burnout is the attitude of withdrawing physically, emotionally, and socially from pleasurable activities. This attitude of withdrawal certainly has a negative effect on the decline in individual productivity.

Athletes sometimes become disenchanted with sport participation and stop competing at what might have been the pinnacle of their sport careers. Prior research has determined that athletes are likely to burnout if they are participating in sport for reasons other than sport attraction <sup>[5]</sup>. However, prior research has not studied female athletes' comparative levels of burnout among various sports. This burnout syndrome has been widespread and researched in various places. Boredom is associated with negative consequences experienced by the individual concerned such as decreased performance, low motivation, health problems, personality dysfunction, insomnia, increased use of alcohol and drugs, to problems in the family <sup>[2]</sup>.

Stress that is continuously without being followed by good handling, it will cause the individual concerned to lose interest in the activities being carried out. Physical and mental exhaustion and thoughts that question the ability of the self and the value of the activity for him will arise. In the end, the individual

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concerned will feel unpleasant feelings and increasingly stressed when confronted again by the same activity continuously.

For beginner athlete, Dorsch TE *et al* [6] explained that youth sports provide a setting for children to make friends, develop skills, and have fun. Youth sport also has a long list of health benefits, making it an ideal setting to foster positive development in your children. So, if we talk about children and sports, the main points that they will get are having lots of friends, can develop their movement skills, to have fun. In other words, they as beginner athletes must feel that exercise is fun, if not it will slowly show Asymptoms of burnout that can affect the development of the novice athlete. Early research has shown that athlete burnout is associated with great distress, health problem, reduce sports performance, and termination of sports career [7].

The beginner athletes in question are those who pursue a particular sport and have participated in a championship or race but do not yet have high achievements. There are several phases, but in this study the novice athlete in question is in the learning to train phase, which is between the ages of 9-12 years. In this phase the child's talents can be seen. They will start training by following the training program that has been arranged by the trainer, then competing. However, in this age range, increasing the risk of injury and they can also experience boredom in training. The role of parents in this phase is to find out and understand the talents or talents they have. Don't try to do what we want when it doesn't fit the talent they have [8].

At first, the athlete was very happy to do activities ranging from training with a busy schedule, the schedule of competition, to the binding rules of the coach. Then the pleasure suddenly disappears and the athlete no longer considers it an activity that is pleasing to the heart because of feeling very tired both physically and mentally. This is arguably entering an alarming phase. When an athlete shows symptoms of burnout, then the worst possibility is that the athlete will end the training and quit the sport they are practicing. They can be stress of that.

Stress is a reaction with emotional (biological), physical, cognitive, and behavioral manifestations, that occurs as a result of situations where individuals judge their coping resources to be insufficient. A stressor is a trigger that releases a stress reaction during en competition for an athlete [9].

How can we understand the symptoms of burnout to anticipated a stress reaction? Things we can do in order to recognize the symptoms of burnout as follows. First, the athlete easily feels tired both physically and mentally. Second, depersonalization/self-devaluation, simple language is a condition where the athlete feels lost his identity. Third, negatively assessing one's own abilities. Fourth, an attitude of withdrawal arises from the activity. And finally, productivity decreases. The five things above are symptoms that often appear when we experience burnout.

Burnout may be thought of as part of a spectrum of conditions that includes over-reaching and overtraining. Over-reaching may be functional or non-functional. Non-functional over-reaching is defined as intense training that leads to a longer period of decreased performance than functional over-reaching, but both result in full recovery after a rest period [10].

Gould & Whitley *et al* [11], from the articles showing that burnout has been defined in several ways, it can generally be viewed as a physical, social, and emotional withdrawal from a formerly enjoyable activity as a result of chronic stress and motivation concerns that is typically characterized by feelings of emotional exhaustion, reduced accomplishment, and depersonalization.

There are multiple risk factors for young athletes developing overtraining/burnout [10]. There are several factors that can cause burnout for beginner athletes. The saturation experienced by an athlete can occur when the stress level rises to the point where the athlete is not at all disadvantaged in such conditions, consequently the athlete feels useless in a particular sporting activity.

In brief, there are 2 factors that cause burnout, namely internal and external factors In internal factors there are 5 factors that influence namely gender, expectations, perfectionist attitude, motivation, and interests. Although not entirely considered a determining factor, but based on several studies, female athletes are more prone to experiencing burnout when compared to male athletes, or in simple language female athletes feel bored and bored faster. Then for external factors, including monotonous schedules and activities, training schedules and competition schedules that lack challenges to help improve their performance, stag or no progress achievements, lack of social support from the environment, often get negative responses from others, ever has a record of failure in the past, to a target that is too high and very difficult to achieve, causing pressure for the athlete concerned [1].

If you have already experienced it, what must be done first is that athletes need to increase their self-awareness or simple language is to increase their sensitivity to themselves, because those who understand and understand the condition of themselves are themselves. Second, balancing between the time of activity (active hours) and rest periods. Third, choose activities that match your passion. Fourth, look for positive support from people and the immediate environment. The fifth is to use mental training techniques to overcome them, such as possitive self talk, by talking to yourself and convincing yourself that we can do better than before, for example: I can definitely beat him, or I'm sure I can win the championship this time, etc. [3].

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. 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 [12].

From the results of the initial interviews conducted in a simple random relating to the feelings of the novice athletes in this led to some symptoms that lead to burnout. They feel physically and mentally tired, then feel their productivity decreases. This was apparent from the researchers' observations when the exercise was taking place.

This research was conducted with the aim to determine the level of burnout of beginner athletes in 10 sports, namely football, futsal, basketball, takraw, volleyball, athletics, karate, taekwondo, swimming, and pencak silat. This is done so that later after they know the level of burnout solutions can be sought immediately so that athletes do not feel saturated and they can develop the existing potential to obtain maximum results.

## **MATERIALS AND METHODS**

This research is included in descriptive research. Maksu[m] [13] explains that descriptive research is research conducted to find out the value of an independent variable, either one or more variables (independent) without making comparisons or connecting with other variables.

The sample in this study were beginner athletes in the age range 9-12 years who had participated in a championship or race but did not have achievements. They come from 10 different sports, namely football, futsal, basketball, takraw, volleyball, athletics, karate, taekwondo, swimming, and pencak silat totaling 100 athletes. They are spread from all regions in East Java.

This study, using a questionnaire as the main instrument to collect data. Questionnaire is a data collection technique that is done by giving a set of questions or written statements to the respondent to be answered.

The questionnaire used was a closed questionnaire [14] explained that a closed questionnaire was a questionnaire given questions as well as answers that could be chosen and considered correct by the research sample or respondent. By using a questionnaire, researchers can save time, save costs, and save energy. Therefore, the questionnaire is considered to be one of the most effective measurement tools used for a respondents spread from all regions in East Java.

Questionnaire from this research is using burnout questionnaire from Fatigue *et al* [15] and the following is the grid from the burnout questionnaire that was distributed to respondents.

**Table 1:** Grid of Burnout Questionnaire

Variable	Aspect	Indicator	Number	Total
Burnout	Internal	Bored	1,4,6	3
		Not excited	2,7,8	3
		Tired	11,13,15	3
		Anxiety	17,19,20	3
	Eksternal	Didn't have variation of trained	3,5,9,10	4
		The training is hard to understand	12,14,16	3
		Lack of rest	18,24,25	3
		Less supportive environment	21,22,23	3
				25

After the data is collected, then calculated and analyzed until the results appear whether the novice athlete is fed up during the training process in each sport.

Data analysis in quantitative research is an activity after the data from all respondents or other data sources are collected. Data analysis techniques in quantitative research use statistics [13]. To determine the level of learning saturation with a scale instrument, the determination of the propensity categories of each variable is based on the norm or condition of the category. The following are the Likert scale levels used in this study.

**Table 2:** Likert Scale [14]

Score	Agreement Level
1	Strongly Disagree (STS)
2	Disagree (TS)
3	Quite Agree (CS)
4	Agree (S)
5	Strongly Agree (SS)

Then the categories are arranged and analyzed descriptively quantitative. The calculation steps before categorization according to [14] are as follows.

1. Determine the highest and lowest score  
Highest score = 4 x number of items  
Lowest score = 1 x number of items
2. Calculating Mean (M)  
 $M = \frac{1}{2} (\text{highest score} + \text{lowest score})$
3. Calculating Standart of Deviation (SD)  
 $SD = \frac{1}{6} (\text{highest score} - \text{lowest score})$

Then the burnout category will be arranged and then analyzed descriptively quantitative. The steps for the preparation are as follows

1. Determine the highest and lowest score The learning burnout scale contains 28 statements, each of which has a maximum score of 5 and a minimum score of 1, so that the maximum total score is  $28 \times 5 = 140$ , and the minimum score is  $28 \times 1 = 28$
2. Determine the average ideal score  
 $\frac{1}{2} (\text{highest score} + \text{lowest score})$   
 $\frac{1}{2} (140 + 28) = 84$
3. Calculate the standard deviation (SD)  
 $\frac{1}{6} (\text{highest score} - \text{lowest score}) \frac{1}{6} (140-28) = 19$

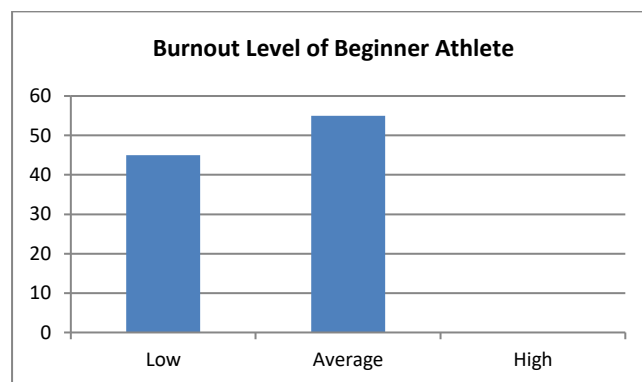
Then the burnout score of the beginner athlete can be categorized according to the normal curve into three groups with intervals in the following table.

**Table 3:** Burnout Category

Category	Interval	Interval Score
Low	$X < (M - 1 SD)$	<65
Average	$(M - 1 SD) \leq x \leq (M + 1 SD)$	65 – 103
High	$X > (M + 1 SD)$	>103

## RESULTS

From the questionnaire that has been collected, obtained data on 100 beginner athletes whose levels of saturation are in the low category of 45 athletes and 55 athletes experiencing saturation with the medium category. Or if percentage by 45% experienced low burnout level and 55% experienced symptoms of average burnout level. 100 beginner athletes as samples were taken from 10 sports spread across East Java. The data results from the questionnaire were distributed as shown in the following diagram.



**Diagram 1:** Result of Burnout Level

From the above data it can be analyzed and it is assumed that more than half the number of respondents in the beginner athlete feel bored even in the average category. However, the burnout experienced can still be overcome fairly quickly, given the number of respondents who experienced symptoms of burnout with a low category is not much different from respondents who experienced burnout of the average category.

These conditions slowly if not immediately anticipated will disrupt the athlete's development process, because athletes with the age range of 9-12 years who are in the learning to train phase are the last 3 initial phases in Long Term Athlete Development (LTAD) and affect whether the athlete will continue or stop at that phase.

The simplest explanation for athlete with a burnout maybe that's a maladaptive psychological response to high training loads, especially in conditioning intensive sports. In other words, burnout may result from overtraining. Overtraining is commonly viewed as an imbalance between training and recovery, often combined with other training and non-training stressors. Within the overtraining perspective, athletes are considered to be in a state of overreaching when they experience elevated fatigue and performance decrements that they can recover from within days to a few weeks.

This overreaching can be intentional as part of training periodization. However, when not carefully planned or when athletes respond to performance plateaus caused by overreaching with intensified training, the overtraining syndrome can develop. The overtraining syndrome is characterized by performance decrements and exhaustion that fail to improve even with rest or reduced training and represents the repeated failure of the body's adaptive mechanisms to cope with chronic training stress <sup>[16]</sup>.

The coach needs to understand this level of burnout, so that he can immediately find a solution. It might be thought that those who experience burnout in the average category are athletes who feel they do not have the ability and competence in the sports they have engaged in so far. But that perception could be wrong <sup>[2]</sup> the competence or ability of an athlete does not really affect saturation. For example, talented novice athletes may experience burnout even though the athlete has a fairly good ability and these athletes could become national athletes in the future. And if there are athletes who try hard in training but do not have any talent in it, then it might appear that they may experience boredom, especially if their efforts and hard work in training are not successful or minimal progress.

Cite from <sup>[1]</sup> the most worrying thing if someone experiences burnout is that their productivity will decrease. This is also what will happen to beginner athletes. When they feel burnout, productivity in this case is related to training progress and achievement will decrease. Do not rule out the possibility that later athletes will feel forced to do the exercise and stop the activity.

## CONCLUSION

Stress that continues to pile up without being followed by good handling, will lead to a point where the novice athlete will lose interest in this dive-in activity, including the possibility of experiencing physical and mental exhaustion and thoughts that call into question one's own abilities and the value of the activity for him.

With data on 45% of beginner athletes experiencing low burnout level and 55% of beginner athletes experiencing symptoms of average burnout level, it is an important signal for coaches to immediately find a solution of the level of burnout that is slowly felt by the beginner athlete.

The symptoms of burnout that are felt by beginner athletes when faced with training activities and competing continuously can lead to negative feelings. Negative feelings that will exacerbate self-perception of the activities that are followed, then can cause the athlete to slowly withdraw from all the activities that he does.

The results of this study can be useful for coaches and beginner athletes concerned so as soon as possible to find solutions to the symptoms that appear.

Tangkudung & Mylsidayu *et al* <sup>[3]</sup> explained that boredom can be overcome by 5 ways, namely increasing self awareness, balancing breaks and activities, choosing activities according to plan, seeking support from the immediate environment, and practicing mental training techniques. Relaxation for novice athletes and some stress management techniques can also be done as a way to help minimize boredom <sup>[1]</sup>.

Hopefully this research is useful and can be a reference for further research, especially for researchers who are interested in conducting research in the field of sports psychology.

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