

Burnout and satisfaction in high-performance judo athletes

Burnout y satisfacción en deportistas de judo de alto rendimiento

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Abstract

The objective of this research is to identify the relationship between burnout and satisfaction in high performance judo athletes, Method: The study design is non-experimental, cross-sectional and correlational, the sample is 53 athletes participating in the Judo Grand Prix 2018 who It was carried out in Cancún, Quintana Roo, Mexico, the age of the participants is in the range of 18 to 32 years, M = 23 SD = 3.37, 34 men (64%) and 19 women (35.8). There are 2 instruments, to measure the burnout syndrome is the Sports Burnout Questionnaire (Athlete Burnout Questionnaire; ABQ; Cantú, 2016) in the Mexican version, with 15 items and three variables: Reduced sense of achievement (RSL), Physical Exhaustion and Emotional (AFE) and Devaluation of Sports Practice (DPD). The second is the Satisfaction Scale by Castillo, Balaguer and Duda (2001), made up of 7 items and 2 variables, Satisfaction/Fun with 5 items and Boredom with 2 items. Results: Adequate internal consistency and correlations were found between the variables of burnout and satisfaction, specifically there are significant and positive correlations $r = .622^{**}$ between devaluation of sports practice and Boredom. Another positive and significant correlation was found $r = .468^{**}$ between reduced sense of achievement and boredom. A third relationship was found at $r = .576^{**}$ between physical and emotional exhaustion and boredom. Two significant but negative correlations $r = -.403^{**}$ were found between devaluation of sports practice and fun, and finally with a relationship of $r = -.302^*$. Conclusion: The existing relationships between the variables of burnout and satisfaction are confirmed, the higher the satisfaction, the lower the risk of burnout, and vice versa.

Fun, Boredom, Sport, High performance

Resumen

El objetivo en esta investigación es identificar la relación existente entre el burnout y la satisfacción en deportistas de judo de alto rendimiento, Método: El diseño del estudio es no experimental, transversal y correlacional, la muestra son 53 atletas participantes del Judo Grand Prix 2018 que se llevó a cabo en Cancún Quintana Roo, México, la edad de los participantes está en el rango de 18 a 32 años, M = 23 DT = 3.37, 34 hombres (64%) y 19 mujeres (35.8). Los instrumentos son 2, para medir el síndrome de burnout es el Sports Burnout Questionnaire (Athlete Burnout Questionnaire; ABQ; Cantú, 2016) en la versión mexicana, de 15 ítems y tres variables: Reducida sensación de logro (RSL), Agotamiento Físico y Emocional (AFE) y Devaluación de la Práctica Deportiva (DPD). El segundo es la Escala de Satisfacción de Castillo, Balaguer y Duda (2001), compuesta por 7 ítems y 2 variables, Satisfacción/Diversión con 5 ítems y Aburrimiento con 2 ítems. Resultados: Consistencia interna adecuada y, se encontraron correlaciones entre las variables del burnout y las de satisfacción, específicamente hay correlaciones significativas y positivas $r = .622^{**}$ entre devaluación de la práctica deportiva y Aburrimiento. Otra correlación se encontró positiva y significativa $r = .468^{**}$ entre reducida sensación del logro y aburrimiento. Una tercera relación se encontró en $r = .576^{**}$ entre agotamiento físico y emocional y el aburrimiento. Se encontraron dos correlaciones significativas pero negativas $r = -.403^{**}$ entre devaluación de la práctica deportiva y la diversión, y por ultimo con una relación de $r = -.302^*$. Conclusión: Se confirma las relaciones existentes entre las variables del burnout y la satisfacción, a mayor satisfacción menor riesgo de burnout, y viceversa

Diversión, Aburrimiento, Deporte, Alto rendimiento

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Introduction

The expectations for the masses to practice sport for the benefit of their health are high and one way to make them do so is to inspire them through massive national or international sporting events, which the population is aware of (Pappous, 2011; Pappous and Hayday, 2015). High-level sport inspires young people and children to integrate sport as a daily and systematic activity, resulting in a healthier community (Bauman, Bellew, and Craig, 2014). Sport brings various benefits to society and among them, it contributes to the improvement of quality of life and provides integral development to those who practice it (Romero, García-Mas, and Brustad, 2009).

In recent years, interest in burnout syndrome in sport has been on the rise, and researchers are increasingly drawn to this topic (Gustafsson, Hancock, & Côté, 2014; Cantú-Berrueto, 2015; Arbinaga (2019). Burnout syndrome or burnout syndrome is a concept with which the sports environment has been increasingly present in athletes and coaches, since the combination of high training loads, low recovery and continuous stress due to competitions increase the risk of athletes experiencing burnout, as Gould and Dieffenbach (2002) mentioned. In high-performance sports, there are athletes in training who are unmotivated, have lost interest or are no longer attracted by the activity, and it is likely that they are going through a period of mental fatigue which is causing these feelings of disinterest in their sport (Balaguer, et al 2009). Burnout is a syndrome that some athletes have been involved in, wishing to devote their time to other activities and abandon their sport.

The definition of this concept presented by Smith in 1986, and which is one of the most accepted by the profession, says that burnout syndrome is a chronic exposure to psychosocial stress, the consequences of which can be to withdraw psychologically, emotionally and sometimes physically from the activity that was previously fun and enjoyable, due to chronic stress and dissatisfaction, for Weinberg and Gould in 2007, describe that burnout is integrated by three variables, Reduced Sense of Achievement (RSL), Physical and Emotional Exhaustion (AFE) and Devaluation of Sport Practice (DPD) (Cantú-Berrueto, 2015).

The Intrinsic Satisfaction Scale (ISS) in sport (Duda and Nicholls, 1992; Castillo, Balaguer, and Duda, 2002), This instrument was developed with the intention of measuring satisfaction or interest with respect to sport contexts defining intrinsic satisfaction as the degree of fun or boredom experienced by the athlete when training or competing, the scale is composed of 7 items and 2 variables, Satisfaction/Fun with 5 items and Boredom with 2 items.

It is worth mentioning that both concepts have been little studied in the area of sport and no studies have been found that relate both concepts and much less in this level of sport since they are athletes who participate in a grand prix by invitation, because only the first 5 of the world ranking are invited and they are athletes of very high level of sport.

The objective of this research is to identify the relationship between burnout and satisfaction in high performance judo athletes.

Description of the method

The study design is non-experimental, cross-sectional and correlational, the sample is 53 athletes participants of the Judo Grand Prix 2018 that took place in Cancun Quintana Roo, Mexico, the age of the participants is in the range of 30 to 70 years, $M = 42.83$ $SD = 9.86$, where 34 are men (64%) and 19 women (35.8%).

The instruments are 2, the first is to measure burnout syndrome is the Sports Burnout Questionnaire (Athlete Burnout Questionnaire; ABQ; Cantú, 2016) in the Mexican version, of 15 items and three variables: Reduced Sense of Achievement (RSL), Physical and Emotional Exhaustion (AFE) and Devaluation of Sport Practice (DPD). This instrument has been used in several investigations presenting a usually adequate internal consistency ($\alpha > 0.7$). The second instrument is the Intrinsic Satisfaction in Sport Scale (Duda and Nicholls, 1992; Castillo, Balaguer, and Duda, 2002), composed of 7 items and 2 variables, Satisfaction/Fun with 5 items (1, 4, 5, 6, and 7) and Boredom with 2 items (1 and 5). The scale has presented adequate levels of reliability ($\alpha > 0.7$). Responses are collected on a 5-point Likert-type scale ranging from strongly disagree (1) to strongly agree (5).

The procedure, which was applied in this research was first to request the support of the International Judo Federation, in order to obtain the pertinent permits to have an accreditation that would allow the most appropriate contact with the athletes in the facilities of the Judo Grand Prix 2018 event that took place in Cancun Quintana Roo, Mexico, then with the accreditation for access to all facilities, the approach to the coaches began with the purpose of helping us to make the athletes aware of the importance of participating in the research and the next day we proceeded to the boarding of the athletes in the hotel and in the training and competition facilities, where spaces were installed with table, chairs and material such as sheets, pencils, pencils and paper, chairs and material such as sheets of paper, pencils, erasers, so that the participants could use them and could dedicate 10 to 15 minutes to answer the instruments with prior informed consent, and the athletes were informed that their answers were completely anonymous, and it was also explained to them that they could withdraw from the study at any time.

The statistical analyses performed were descriptive, mean frequencies, standard deviation, Cronbach's alpha reliability (α) and bivariate correlations with Spearman's correlation coefficients, with the Statistical Package for the Social Sciences (SPSS) version 25.

Results

Table 1 describes the country frequencies of the participants.

Country	Frequency	%
United States	9	17.0
France	8	15.1
Brazil	8	15.1
Argentina	6	11.3
Mexico	5	9.4
Italy	4	7.5
Chile	2	3.8
Germany	1	1.9
Australia	1	1.9
Austria	1	1.9
Colombia	1	1.9
Spain	1	1.9
Japan	1	1.9
Norway	1	1.9
Netherlands	1	1.9
Poland	1	1.9
United Kingdom	1	1.9
Romania	1	1.9
Total	53	100.0

Table 1 Frequencies of the countries of the participating athletes

The results shown with respect to the reliability of the instruments evidenced values above the α of .70 see Table 2.

Variable		α
Burnout	Reduced sense of achievement	0.70
	Physical and Emotional Exhaustion	0.77
	Devaluation of Sports Practice	0.85
Intrinsic satisfaction in sport		
	Satisfaction/Fun	0.72
	Boredom	0.78

Table 2 Reliability of the variables of the burnout and intrinsic satisfaction questionnaires in sport

The results of Spearman's correlations showed the existence of positive and negative correlations and in both cases they were significant.

With the value of $r = .622$ ($p < .01$) between devaluation of sports practice and boredom. Another correlation was found to be positive and significant $r = .468$ ($p < .01$) between reduced sense of achievement and boredom. A third relationship was exposed with the value of $r = .576$ ($p < .01$) between physical and emotional exhaustion and boredom.

Two significant but negative correlations $r = -.403$ ($p < .01$) were found between devaluation of sports practice and fun, and finally with a relationship of $r = -.302$ ($p < .05$) between physical and emotional exhaustion and fun.

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Conclusion

The existing relationships between the variables of burnout and satisfaction are confirmed, the higher the satisfaction the lower the risk of burnout, and vice versa,

Specifically in the variables of devaluation of sports practice and reduced sense of achievement with boredom, which presumably shows that high-level athletes are tired and are not getting the expected results so they are at risk of abandoning their sport because they consider that they are no longer excited motivated as before falling into boredom.

In high performance sports, emotional and physical exhaustion, exposes the true motives of athletes in their performance in training and competitions, which could show vulnerability, fear, low tolerance, frustration and stress, fatigue, however it is true that athletes who have spent years behind a result that is not given, can lead them to feel that there is no longer any sense to continue or that they are perceived as unsuccessful, when the truth is that they are already national champions in their countries, some world medalists and others have been in the Olympic Games, but not all have reached the World and Olympic summit, and that can be emotionally exhausting if it prevails for a long time.

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