

INTRODUCTION

- Team sport athletes and individual sports team athletes were separated, so that we could compare the results to determine which type of athlete will be more likely to experience athletic burnout.
- Previous research has showed that burnout is more prevalent in individual sport athletes than team sport athletes (Cremades, J., University, B., & Wiggins, M.S., 2008).
- We also tested how much involvement outside of sports influenced the level of burnout in collegiate athletes. Previous research shows that low self-determination led to burnout more than external factors (Lonsdale, C. & Hodge, K., 2011).
- Duration of student athlete involvement in their sport was also tested so we could see if duration time would correlate with athletic burnout.

HYPOTHESES

- The duration of the sport as well as practice time will have a larger impact on athletic burnout in individual sports than in team sports.
- A higher degree of involvement in academics, on-campus organizations, and work will increase the likelihood of athletic burnout in collegiate athletes.
- Athletic burnout will be more prevalent in athletes that participate in individual sports rather than team sports.

PARTICIPANTS

- 63 participants from various sports
- 39 individual sport athletes, 22 team sport athletes, 2 were removed as they were in both types
- 17.67 hours/week spent with the sport
- 12.64 hours/week spent on academics and other obligations not related to their sport

MEASURES

- Athletic Burnout Questionnaire (ABQ) (Isoard-Gauthier et al., 2018)
 - *Measured the most widely accepted definition of athletic burnout. The 3 main characteristics are physical/emotional exhaustion, sport devaluation, and reduced sense of accomplishment.*
- Perceived Stress Scale (PSS) (Khalili, R., Sirati, M., Ebadi, A., Tavallai A., & Habibi, M., 2017)
 - *Measured the stress in a person's life within the past month while measuring unpredictability, uncontrollability, and amount of overload in a person's life.*
- Stress and Burnout Questionnaire (SBQ) (Salyards, 2016)
 - *Measured the stress levels in a person's life within the last 3-6 months.*
- Sport Anxiety Scale (SAS) (Ramis, Viladrich, Sousa, & Jannes 2015)
 - *Measured the anxiety an athlete may be feeling in relation to their sport.*
- Burnout Prevention Assessment (BPA) (Salyards, 2016)
 - *Measured a person's coping mechanisms.*

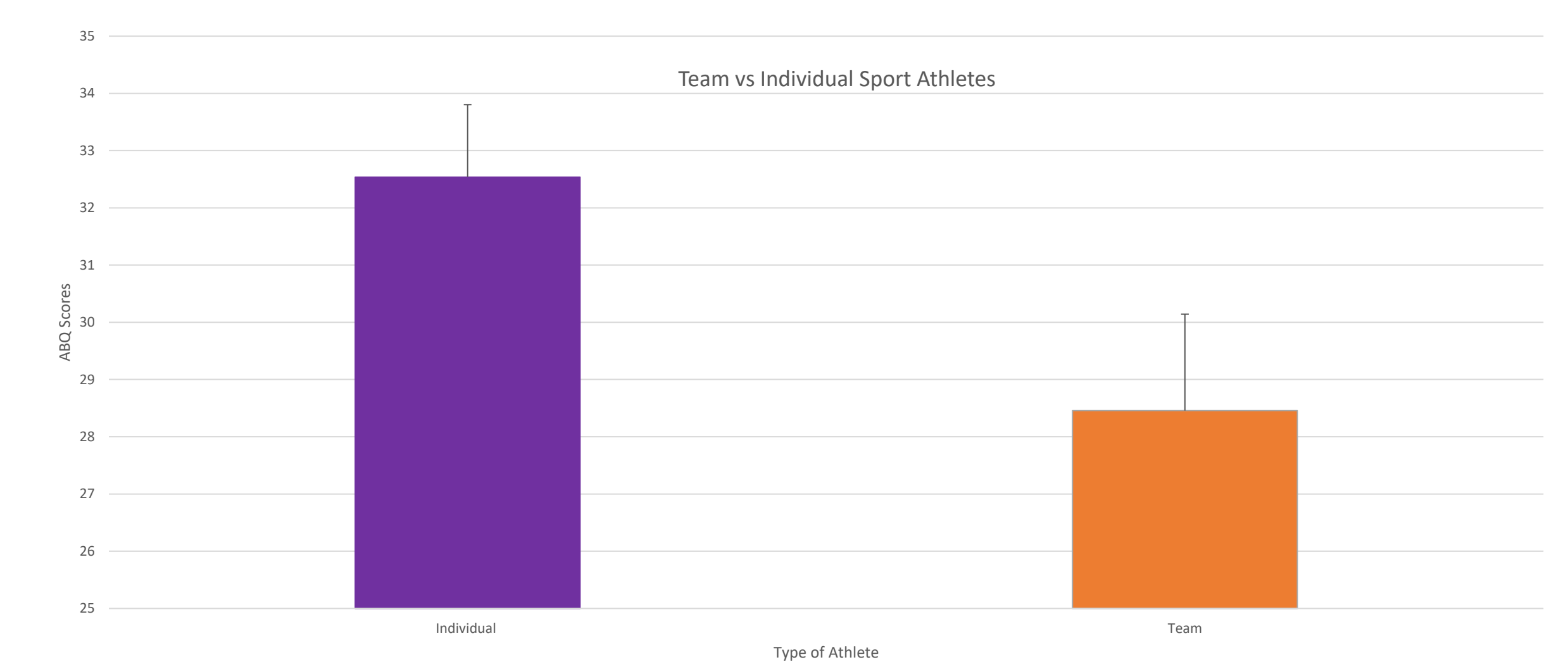
RESULTS

Linear Regressions with Outcomes on ABQ

- Team(SBQ): $r^2 = .467$ $F(1,20) = 17.516$, $p < .05$
- Team(PSS): $r^2 = .098$ $F(1,20) = 2.166$, $p > .05$
- Team (SAS): $r^2 = .349$ $F(1,20) = 10.732$, $p < .05$
- Individual(SBQ): $r^2 = .617$ $F(1,37) = 59.605$, $p < .05$
- Individual(PSS): $r^2 = .435$ $F(1,37) = 28.502$, $p < .05$
- Individual (SAS): $r^2 = .416$ $F(1,20) = 26.307$, $p < .05$

RESULTS

- Duration of sport as well as practice time had an impact on athletic burnout.
- $R = -.311$ meaning the more time spent in sport predicted less burnout.
- Team sport athletes were not less susceptible to burnout than individual sport athletes.
- $F(1,59) = 3.752$, $p = .058$
- A higher degree of involvement in academics, on-campus organizations, and work did not effect the likelihood of burnout in collegiate athletes.
- $F(1,61) = .054$, $p < .05$
- $r^2 = .001$, no discernable relationship between variables



CONCLUSIONS

- The more an athlete spends in their sport, the less burned out they are.
- A higher degree of involvement in academics, on-campus organizations, and work will not increase the likelihood of burnout in collegiate athletes.
- Burnout is more prevalent in athletes that participate in individual sports than team sports.
- Future research should aim to look at different ways to prevent athletic burnout.