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The Impacts of Athletic Demands on Burnout in College Athletes

In this study, we examined the negative aspects of athletics on an athlete's susceptibility to burnout. Burnout has been described as a combination of reduced sense of accomplishment, devaluation of sport, as well as physical and emotional exhaustion (Raedeke & Smith, 2001). Athletic burnout can be detrimental to an athlete's career and can even lead to the end of involvement within the sport. Understanding causal factors of burnout will allow collegiate athletes and sports teams to help treat and prevent athletic burnout. We are recruiting approximately 60 participants from various sports at a DIII university. After the informed consent, the survey began with an acknowledgment that the participant was or currently is in a collegiate sport. Following the informed consent, a demographic questionnaire was first, followed by the Perceived Stress Scale, the Athletic Burnout Questionnaire, Stress and Burnout Questionnaire, a Sport Anxiety Scale, and a Burnout Prevention Assessment. We were expecting to find that burnout in individual sports is more prevalent than burnout in team sports, that internal motivation has a greater impact than social support on burnout, individuals more involved in other activities will have a greater prevalence in burnout, and that physical and emotional exhaustion will have a greater impact on burnout. These findings can help take preventative action against athletic burnout. The implications of such research could be used by universities, coaches, and sports teams to help prevent future burnout in their athletes as well as creating a positive environment for their athletes.