

Music and sport / exercise

- Findings from your chosen article...

Burnout

WEEK 2

ADVANCED SPORT AND EXERCISE PSYCHOLOGY

SHSS6090

Aims of the session:

- Define overtraining, staleness and burnout
- Different models of burnout
- Causes of overtraining and burnout
- Symptoms of overtraining and burnout
- Research evidence of burnout in sport
- Treatment and prevention of burnout

Introduction:

- Pressure to perform – year round schedule
- Start training younger / year round / more training better
- Not only sport:

Exercisers – quest to look and feel better

Officials and Coaches – pressure to win – stress

Occupations outside sport – teaching profession –
sales – helping professions – emergency services

Overtraining process...

- Overload – Ex Phys – Swim / Run / Lift more than usual
- Rest and recovery – adaptation – Improved performance

- However:

- Training volume too great
- Lack of rest

Leads to staleness (plateau of performance) and ultimately burnout

Psychological and social stresses also play a role in the above.

Staleness:

- AMA (1966) – defined staleness as ‘ a physiological state of overtraining which manifests as deteriorated athletic readiness’.
- 5% (or greater) reduction in performance for an extended period of time – over 2 weeks.
- Occurs during or after a period of overtraining and doesn't improve despite a short term reduction in training (O'Connor, 1997).
- Difficulty maintaining standard training regimes.
- Cant maintain previous performance results.

Burnout:

- Gould and Whitley (2009)
- 'a physical, emotional, and social withdrawal from a formerly enjoyable sport activity. This withdrawal is characterised by emotional and physical exhaustion, reduced sense of accomplishments, and sport devaluation. Moreover, burnout occurs as a result of chronic stress (a perceived or actual imbalance between what is expected of an athlete physically, psychologically, and socially and his or her response capabilities) and motivational orientations and changes in the athlete'.

Characteristics of burnout:

- Exhaustion, both physical and emotional.
 - Lost energy, interest and trust.
- Feelings of low personal accomplishments, low self esteem, failure, and depression.
 - Low job productivity / decreased performance level.
- Depersonalisation and devaluation
 - Athletes stop caring about their sport and what is important to them in it (Readeke and Smith, 2001).

Burnout = leaving sport?

- Not necessarily!
- Remain due to:
 - Financial rewards – scholarships
 - Parental and coach expectations and and pressure

Leave when costs outweigh the benefits.

Athletes who discontinue sport as a result of long term stress are deemed as having burned out...

Frequency of burnout...

- Gould et al. (2002) 18% of Olympians overtrained in prep for their Olympic performance.
- Gustafsson et al. (2007) studied 980 elite adolescent athletes and found that 1-9% of females and 2-6% of males had symptoms of high level burnout.
- Kentta et al. (2001) found that 37% of 272 adolescent Swedish athletes training at sport high schools experienced staleness
 - Ind sports (48%) V Team Sports (30%)

Raedeke (2004) found that 49% of swimming coaches surveyed had moderate to high levels of emotional exhaustion

Risk for exercise and sport science related professionals!

Smith's cognitive-affective model of athletic burnout.

- https://www.researchgate.net/figure/Affective-stress-management-model-from-Gill-and-Williams-2008_fig1_264036961

Case studies – Rugby – Cresswell and Eklund (2007)

- P.7 – common experiences and feelings at different times of the year...
- P.9 – attributions about their negative burnout experiences...
- Case studies – 1-3
- What are the practical recommendations? (p.17/18)

To be continued on Monday...

Burnout: Dan Gould - BPS video

- <https://www.youtube.com/watch?v=Wlu9LroZVXs>

Eades Athletic Burnout Inventory (EABI) (1991)

Criteria for potential burntout subjects using the EABI was used by Gould, Udry, Tuffey, and Loehr, (1996), who identified burntout subjects to have a mean EABI score of 99.9 (SD = 34.3).

Non-burntout subjects had mean scores of 70.7 (SD = 22.4). Whether these subjects had actually burntout of their sport was subsequently confirmed through interview

A further study by Udry, Gould, Bridges and Tuffey (1997) used subjects with a mean EABI score of 127 (SD not given).

Complete the EABI...