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Differentiation of burnout level between combative non-combative sports player: A comparative study

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Abstract

For this study, 200 players were chosen, from individual and team (100 from each category). The subjects were between the ages of 18 and 28 years old. Combative, and Non-Combative scores were examined using an Independent T-Test to determine the difference between the variables, as well as Stress. The relationship's significance was determined at a level of 0.05. All the calculations were done with the help of SPSS 20. Thus, for concluding the difference between group Independent T-test was used in which p value is 0.362 which is much more than 0.05 which means that there is no difference between group.

Keywords: Cricket, Athletics, SPSS etc.

Introduction

Sports are very significant in today's society. Thousands of people participate in sports each year, millions more watch and read about them, and billions of rupees are spent on sports activities and equipment. Taekwondo and Badminton are just a few of the world's most popular sports.

Burned-out people are physically, emotionally, and cognitively fatigued. Burnout is defined by a feeling of discomfort and discontent, as well as the idea that the person is not meeting the standards or goals that he or she has set for himself. Burnout is likely to occur as a result of coaching pressure, the constant expectation to win, public scrutiny, long hours and a multiplicity of details, travel in some cases, and the variety of interpersonal relationships that must be maintained. Coaches of all genders, at all levels, and in practically all sports are affected by burnout, which isn't limited to high-profile sports. Fisher and Girelson (Fisher and Girelson, 1983) [5, 6].

Determining how performance is handled and analysing its core components is one of the first stages in defining a path ahead. Performance in any sport is governed by a combination of three key factors: physical fitness for competition, skill level, and psychological readiness to play.

Objectives of study

- To compare the stress between Combative (Taekwondo) and Non-combative (Badminton)

Delimitations

- The study was delimited to the male players of age range 18-28 years.
- The study was delimited to the 200 male university players of Combative (Taekwondo) and Non-combative (Badminton).
- The study was delimited to the National players only.

Limitations

- No motivational technique was used as it may affect the data of the study.
- Interest of the subject during data collection may affect the data and it was considered another limitation of the study.
- The researcher tried to collect the data on the same time on every player but some variation in timing may affect the data and considered another limitation.

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- The response given by different players of selected games and sports was the limitation the study.

Hypothesis

- It was hypothesized that there will be significant differences in burnout between combative and non-combative games and sports.

Methods and Procedure

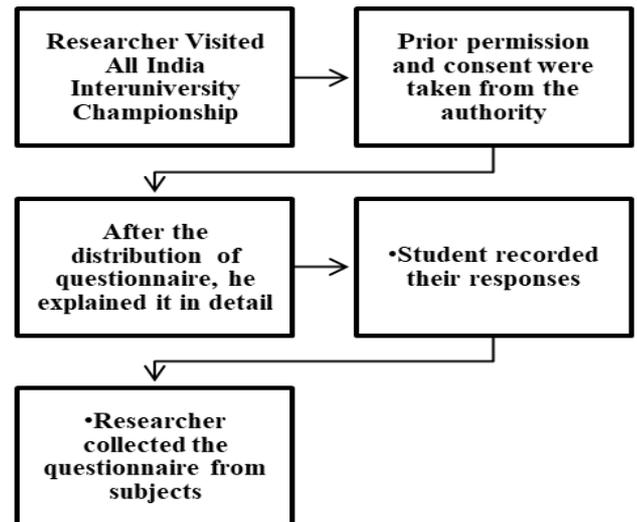
Selection of the subjects

Total subject for this study was 200 players from Combative (Taekwondo) and Non-combative (Badminton), 100 from each category. The age group of the subjects was in range between 18 - 28 years and the subjects were selected from All India Inter-university Championship of selected games and sports which was held in 2019-20 session.

Criterion measures

The Criterion measure chosen for the study will be the scores obtained from the questionnaire of Burnout Inventory prepared by Prof. K.S. Mishra.

Administration of Questionnaire & Collection of Data



Result and Analysis

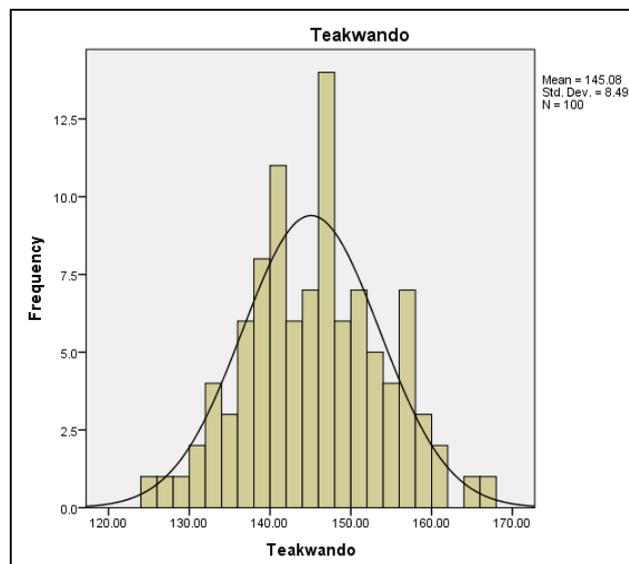


Fig 1: Graphical representation with normal distribution curve of teak wondo (burnout)

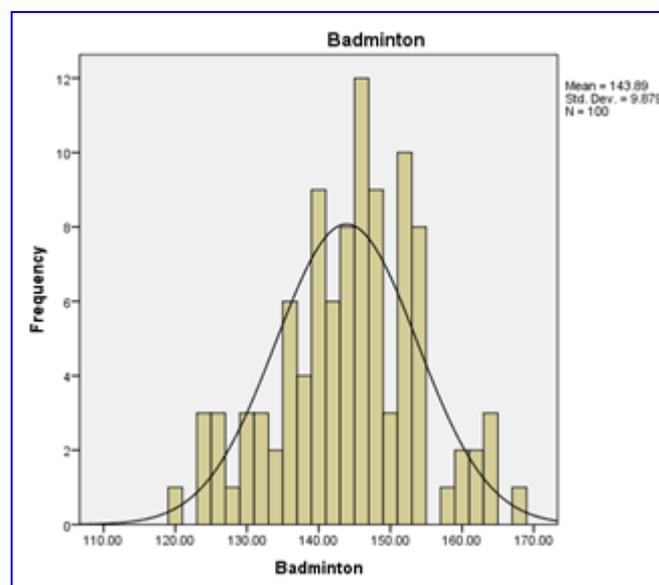
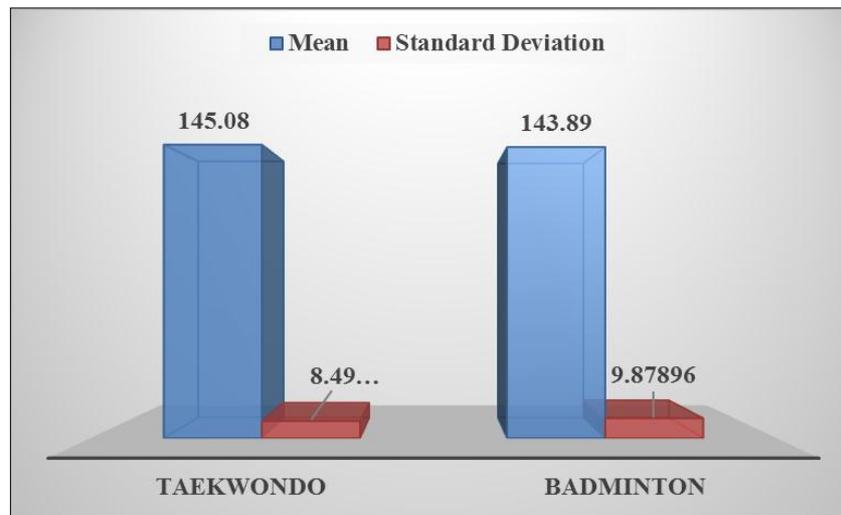


Fig 2: Graphical representation with normal distribution curve of badminton (burnout)

Table 1: Descriptive statistics table of combative and non-combative of burnout

	Groups	N	Mean	Std. Deviation
Burnout	Taekwondo	100	145.0800	8.49323
	Badminton	100	143.8900	9.87896

**Fig 3:** Graphical representation of combative and non-combative sports descriptive statistics of burnout**Table 2:** Independent t-test table of combative and non-combative sports

		Levene's Test for Equality of Variances		t-test for Equality of Means				
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Burnout	Equal variances assumed	1.430	.233	.913	198	.362	1.19000	1.30280
	Equal variances not assumed			.913	193.643	.362	1.19000	1.30280

The above table no.1 shows the descriptive statistics of burnout which includes Taekwondo Mean score is – 145.0800 and Standard Deviation score is – 8.49323, whereas Badminton –Mean value is – 143.8900 and Standard Deviation value is – 9.87896.

In the above table no. 2, to test the equality of variances, Levine's test has been used in which p value is 0.233 which more than 0.05 and it means that the group variance is equal. Thus, for concluding the difference between groups Independent T-test was used in which p value is 0.362 which is much more than 0.05 which means that there is no difference between groups.

Verification of the Hypothesis

- It was hypothesized that there will be significant differences in burnout between combative and non-combative games and sports in which the hypothesis was rejected because the result was in significant.

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