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Burnout and life satisfaction among elite wrestlers

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Abstract

This study examined the levels of burnout and life satisfaction among elite wrestlers in Turkey. The sample was comprised of 50 males elite wrestlers, ranging in age from 18 to 33 years. The participants completed the athlete burnout questionnaire and life satisfaction scale. The independent-samples t-test was used to determine whether there was a difference between the two groups in terms of averages. Correlation analysis was performed to determine whether life satisfaction and athletic burnout was affected by independent variables. As a result, there was significant difference in the sport devaluation sub-dimension compared to the wrestling duration (year). There was significant difference in the reduced accomplishment sub-dimension for number of weekly training. There was significant difference in physical / emotional exhaustion sub-dimension for duration of training (hour). Also, there was significant difference in the reduced accomplishment sub-dimension according to pre-competition stress situations ($p < .05$). As the rest after training increased, life satisfaction increased. As "sport devaluation" and "reduced success" increase, life satisfaction was decreased.

Keywords: Athlete burnout, life satisfaction, stress, wrestling, sport

1. Introduction

Burnout can be defined as a psychological, emotional, and physical withdrawal from activities (Vealey, Armstrong, Comar, & Greenleaf, 1998) [23]. Athlete burnout has become a matter of disquiet in both colloquial and sport science commentaries around the world. According to Raedeke & Smith (2001) [15] athlete burnout can be defined as a condition characterized by emotional and physical exhaustion, sport devaluation, and reduced personal accomplishment.

During the last decade, the increase in training loads of elite athletes is believed to have led to a growing occurrence of maladaptive training responses (Gould, 1996; Raglin & Wilson, 2000) [11, 18]. Burnout is a syndrome characterized by progressive disillusionment, with related psychological and physical symptoms leading to a diminished sense of self-worth (Freudenberger, 1980) [9]. When athletes suffer from burnout, they typically experience chronic fatigue, poor sleep patterns, episodes of depression, and a sense of helplessness (Silva, 1990; Smith, 1986; Raedeke, 1997) [19, 20, 16].

Athlete burnout is found to be a considerable concern in sport due to the potential negative consequences burnout has for athletes' performances and welfare (Coakley, 1992; Cresswell & Eklund, 2005; Goodger, Gorely, Lavallee & Harwood, 2007) [4, 5, 10].

Life satisfaction also refers to the goodness of being in various angles such as happiness and morale, as well as covering the whole life of the person and all dimensions of this life (Vara, 1999) [22]. At the same time, life satisfaction refers to the individual's general attitude towards life (Özdevecioğlu, 2003) [14] and, in general, the satisfaction of one's own life (Telman and Unsal, 2004) [21].

Wrestling is a struggle sport which requires high physical, technical, tactical and psychological abilities for an optimal performance in the competitive arena. The three first abilities have received a special interest from applied research in sport science. However, despite the limited contributions that have sought to prove their important role, different studies have reinforced the conception that the psychological aspects of athletic performance are key contributors to success in Olympic wrestling (Berengüí, Ruiz, Montero, Marcos & Gullón 2013) [1]. In order for wrestlers to perform better, it is important to identify what causes the burnout. Again, determining the relation of life satisfaction, which is thought to affect wrestlers' performances, to these variables will contribute to wrestling sport which is high performance sport.

Therefore, in this study, the burnout situations and life satisfaction of elite wrestlers were aimed to be determined in terms of various variables.

2. Material and Method

2.1. Subjects

Elite wrestlers in various wrestling clubs from Turkey have been included in the study. The sample is comprises 50 wrestlers (n=28 greko-roman, n=22 freestyle). Wrestlers' ages between 18 and 33 years (M = 23.12, SD = 3.78). The average wrestling experience the wrestlers' are 11.8 ± 4.16 years.

2.2. Data Collection Tools

As a data collection tool, questionnaire form including personal information form, athlete burnout scale and life satisfaction scale was used. Before the questionnaires were applied, permission was obtained from the relevant organization. The wrestlers were asked to participate voluntarily in the investigation. The responses to the questionnaires took an average of 15 minutes.

2.3. Athlete Burnout Questionnaire (ABQ)

The Athlete Burnout Questionnaire (ABQ) was developed by Readeke and Smith (2001) to assess sport specific burnout. The instrument contains three subscales designed to measure; (1) reduced sense of accomplishment, (2) devaluation and (3) emotional/physical exhaustion. Turkish adaptation of the scale was made by the Kelecek, Kara, Kazak Çetinkalp, & Aşçı,

(2016) [12]. Cronbach's alpha values of the scale used in current study; emotional / physical exhaustion sub-dimension 0.73; reduced accomplishment sub-dimension is 0.61 and sport devaluation sub-dimension is 0.60.

2.4. Life Satisfaction Scale

Life satisfaction scale was developed by Diener, Emmons, Larsen & Griffin (1985) [7] in order to determine life satisfaction. This scale consists of 5 items. A low score on the scale is considered a sign of low life satisfaction. Wrestlers evaluated 5 items with a 5-point Likert-type rating between "I fully agree" and "I absolutely disagree". Turkish adaptation of the scale was made by Köker (1991). In this study, the cronbach's alpha value of the life satisfaction scale was found to be 0.81.

2.5. Data Analysis

The data obtained in the study were evaluated in the SPSS program and the frequency and percentage distributions of the data were determined. For normal distribution, the z-score values of skewness and kurtosis were found between -3.29 and +3.29 as critical value ($p < .001$), and the distribution was accepted as normal (Field, 2009). The independent-samples t-test was used to determine whether there was a difference between the two groups in terms of averages. Correlation analysis was performed to determine whether life satisfaction and athletic burnout was affected by independent variables.

3. Results

Table 1: Classification according to some socio-demographic characteristics of the participants

	Value Label	n	%
Gender	Male	50	100
	Greco-Roman	28	56
Branch	Freestyle	22	44
	Up to 21	20	40
Age (year)	22-26	16	32
	27 and up	14	28
	(1-10 year)	12	24
Wrestling time (year)	(More than 10 years)	38	76
	(1-6)	12	24
Number of training	(More than 6)	38	76
	2 hours	34	68
Duration of training	3 hours	16	32
	Insufficient	11	22
Income	Enough	39	78
	Sometimes	34	68
Pre-Competition stress	Mostly	16	32
	Local	15	30
Sporting success	International	35	70

Table 1. Contains information on the demographic characteristics of elite wrestlers. According to this; 56% (n = 28) were greco-roman and 44% (n = 22) were free style athletes. Them 40% (n = 20) were 18-21 years old and 32% (n = 16) were 22-26 years old and 28% (n = 14) were 27 years old or older. When we look at the sports experience of the wrestlers, 24% (n = 12) have wrestled more than 6 years since 76% (n = 38) since 1-6 years. It is understood that 68% of the

wrestlers (n = 34) trained at least 2 hours in each training and 32% (n = 16) in the training for 3 hours and more. When the income level of the wrestlers is examined, it is seen that 22% (n = 11) are inadequate and 78% (n = 39) have sufficient income. (N = 34) pre-competition stress sometimes and 32% (n = 16) experienced mostly stress. 30% of the wrestlers (n = 15) achieved regional success and 70% (n = 35) of them international success.

Table 2: T-test results according to burnout to branch

Variables	Branch	N	M	SD	t	p
Reduced Accomplishment	Greco-Roman	28	2,4018	,56658	-,818	,417
	Freestyle	22	2,5455	,67540		
	Total	50	2,4650	,61447		
Sport Devaluation	Greco-Roman	28	1,8661	,59115	-2,044	,046*
	Freestyle	22	2,2614	,77719		
	Total	50	2,0400	,70051		
Physical/ Emotional Exhaustion	Greco-Roman	28	2,1929	,74731	-,208	,836

	Freestyle	22	2,2364	,71351		
	Total	50	2,2120	,72552		

*(p<0.05).

In Table 2, there was a significant difference in the sport devaluation sub-dimension according to the branches of the wrestlers (p <.05), but no significant difference in the reduced

accomplishment and physical / emotional exhaustion sub-dimensions (p> .05). According to this, it is seen that the level of sport devaluation is higher in free wrestlers.

Table 3: T-test results of wrestling time (year)

Variables	wrestling time (year)	N	M	SD	t	p
Reduced Accomplishment	Up to 10 years	12	2,3333	,72561	-,849	,400
	10 and more	38	2,5066	,57974		
Sport Devaluation	Up to 10 years	12	1,6250	,44594	-2,474	,017*
	10 and more	38	2,1711	,71920		
Physical/ Emotional Exhaustion	Up to 10 years	12	2,1000	,70582	-,609	,545
	10 and more	38	2,2474	,73732		

*(p<0.05)

In Table 3, there was a significant difference in the sport devaluation sub-dimension (p <.05) compared to the wrestling time (year). There was no significant difference in the reduced

accomplishment and physical / emotional exhaustion sub-dimensions (p> .05).

Table 4: T-test results of number of training (weekly)

Variables	Number of training(weekly)	N	M	SD	t	p
Reduced Accomplishment	1-5 day	16	2,7813	,38595	2,645	,011*
	6 and more	34	2,3162	,64933		
Sport Devaluation	1-5 day	16	2,2813	,64469	1,703	,095
	6 and more	34	1,9265	,70585		
Physical/ Emotional Exhaustion	1-5 day	16	2,2125	,53401	,003	,997
	6 and more	34	2,2118	,80745		

*(p<0.05).

In Table 4, when the wrestlers were compared according to the number of weeks training, there was a significant difference in the reduced accomplishment dimension (p

<.05). there was no significant difference sport devaluation and physical / emotional exhaustion dimensions (p> .05).

Table 5: T-test results of how many hours wrestling each training session

Variables	Duration of training(hour)	N	M	SD	t	p
Reduced Accomplishment	2 hours	34	2,4706	,62995	,093	,861
	3 hours	16	2,4531	,60013		
Sport Devaluation	2 hours	34	2,0441	,71634	,060	,887
	3 hours	16	2,0313	,68845		
Physical/ Emotional Exhaustion	2 hours	34	2,3529	,78325	2,068	,030*
	3 hours	16	1,9125	,47871		

*(p<0.05).

In Table 5, when the wrestlers compared to how many hours of training per week, there was a significant difference in physical / emotional exhaustion sub-dimension (p <.05). No

significant difference was found between sport devaluation and reduced accomplishment (p> .05).

Table 6: T-test results of pre-competition stress

Variables	Pre-competition stress	N	M	SD	t	p
Reduced Accomplishment	Sometimes	34	2,3088	,57095	-2,796	,007*
	Mostly	16	2,7969	,58608		
Sport Devaluation	Sometimes	34	1,9632	,66038	-1,133	,263
	Mostly	16	2,2031	,77577		
Physical/ Emotional Exhaustion	Sometimes	34	2,2059	,80225	-,086	,932
	Mostly	16	2,2250	,55076		

*(p<0.05).

There was a significant difference in the reduced accomplishment subscale according to pre-competition stress situations (Table 6, p <.05). Sport devaluation and physical /

emotional exhaustion levels were not significantly different (p> .05).

Table 7: Pearson correlation analysis results, athletic burnout and Life satisfaction scores wrestling time (year), number of training(weekly), duration of training(hour), pre-competition stress, rest after training

Variables	M	SD	1	2	3	4	5	6	7
1- Wrestling time (year),	11,8000	4,16986	-						
2- Number of training(weekly),	5,6000	,67006	-,146	-					
3- Pre-Competition stress	2,2800	,53605	,007	-,250	-				
4- Rest after training	2,2000	,60609	,081	,101	-,050	-			
5- Reduced Accomplishment	2,4650	,61447	-,057	-,332*	,371**	-,090	-		
6-Sport Devaluation	2,0400	,70051	,005	-,335*	,160	-,103	,569**	-	
7-Physical/ Emotional Exhaustion	2,2120	,72552	,133	-,032	,002	-,071	,228	,511**	-
8- Life satisfaction	4,0000	1,49120	,022	,225	-,123	,425**	-,347*	-,462**	-,198

**Correlation is significant at the 0.01 level (2-tailed).*Correlation is significant at the 0.05 level (2-tailed).

Table 7. When the number of weekly training increases, "reduced accomplishment" has been decreased ($r = -.332$, $p < .005$). When pre-competition stress increased, "reduced accomplishment" has increased ($r = .371$, $p < .005$). When the number of weekly training increases, "sport devaluation" has decreased ($r = -.335$, $p < .005$). As the resting after training increased, also life satisfaction increased ($r = .425$, $p < .005$). As the "sport devaluation" ($r = -.462$, $p < .005$) and "reduced accomplishment" ($r = -.347$, $p < .005$) increases, the life satisfaction has been decreased.

4. Discussion

In this study, the burnout and life satisfaction levels of elite wrestlers were aimed to be examined in terms of different variables. For this purpose, to 50 male wrestlers wrestling in different wrestling clubs, "athletic burnout scale" and "life satisfaction scale" were applied. Findings obtained in the direction of the study were evaluated statistically and the results were interpreted and discussed.

In the current research, significant differences were found in the "sport devaluation" sub-dimension in burnout levels between greco-roman and freestyle branches ($p < .05$). When all the wrestlers were evaluated together, Cresswell, & Eklund, (2005b) [6] the results of the study are similar. However, the high level of "sport devaluation" in freestyle wrestlers should be examined separately. When the burnout sub-dimensions of the elite wrestlers compared to wrestling time (year), there was a significant difference in the "sport devaluation" sub-dimension (Table 3; $p < .05$) Casagrande, Andrade, Viana, Vasconcellos (2014) [3] reports that the increase in "practice time" in tennis players increases "sport devaluation". Ziemainz, Drescher, Schipfer, & Stoll, (2015) [24], presented similar results with our work in "non-elite endurance athletes". When our work and other studies are evaluated together, it can be said that as "practice time" increases, "Sport devaluation" also increases. There was a significant difference in the "reduced accomplishment" sub-dimension according to the number of weekly training of elite wrestlers (Table 4, $p < .05$). There was a significant difference in the "physical/emotional exhaustion" sub-dimension according to the duration of each training (Table 5, $p < .05$). No significant difference was found between "sport devaluation" and "reduced accomplishment" levels ($p > .05$). Casagrande *et al.* (2014) [3] less time-consuming tennis players were found to have a higher level of burnout. Our work, when evaluated together with other work; it can be said that the period of inadequate training leads to athletic burnout and the sense of inadequacy in the athletes. From here, it can be said that in order to provide high performance to the athletes, enough training must be done to meet the demand of the related sports branch.

When wrestlers were compared according to pre-competition

stress levels; there was a significant difference in the "reduced accomplishment" sub-dimension ($p < .05$); no significant difference was found between "sport devaluation" and "physical/emotional exhaustion" dimensions (Table 6, $p > .05$). There is strong support for a relationship between stress and athlete burnout (Black & Smith, 2007; Raedeke & Smith, 2004). Athlete satisfaction shows negative correlations with stress and burnout and positive correlations with athletic identity and ego resilience. Stress shows strong positive correlations with burnout and no correlation with ego resilience or athletic identity. Burnout showed negative correlations with all variables except stress, and athletic identity showed a positive correlation with all variables except stress and burnout. When our study and the other studies are evaluated together, it can be said that sportsmen should be given coping with stress and the elements that cause stress should be prevented. According to the findings in Table 7, there is a negative correlation between life satisfaction and "athletic burnout". Resting enough after training increases life satisfaction. Increasing the life satisfaction of the wrestlers is important in raising their performances. In addition to the fact that life satisfaction is high, the level of optimism of wrestlers is also important.

As a result of the study, it is seen that elite Turkish wrestlers have lower levels of "athletic burnout" than other athletes (Raedeke, 1997; Raedeke & Smith 2001; Cresswell & Eklund 2005) [16, 15, 6, 5]. Wrestling is "the ancestor sport" of Turks. Turkish wrestlers have significant success in the world. Therefore, wrestling has an important place in Turkey. This may mean the continuation edecig interest in wrestling in Turkey. The increase in the level of stress in the wrestlers also increases their burnout. In order to prevent this situation, the factors leading to the stress should be checked. Increasing life satisfaction also reduces burnout. Athletes should be able to cope with stress at very young ages and gain habits such as positive thoughts.

5. Recommendations

There are limitations in the current study that should be noted. Participants were only formed from male wrestlers. The findings of this study provide general information on Turkish male wrestlers' athlete burnout status and life satisfaction levels. Future research should, therefore, investigate the longitudinal effects of burnout, stress and life satisfaction.

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