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Perfectionism of coaches and their effects on Burnout of their Athletes

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Abstract

The purpose of this study is to identify the relationship between athlete burnout and perfectionism of coaches in India. Athlete burnout questionnaire by Radeke and Smith and Hewett's Multidimensional perfectionism scale was used to collect the Data from 45 athletes and coaches. The correlation between the two variables was obtained using Pearson's product-moment correlation and these tests were run on SPSS and the results indicated that there is no significant relationship between other-oriented perfectionism (Maladaptive Perfectionism) and burnout in athletes.

Keywords: Perfectionism, burnout, athletes, sports

1. Introduction

One of the psychological concepts during the recent years that have generated as much discussion and interest in the field of sports is Burnout. From the earlier studies, it has been found that it harms athletes' performance, motivation, and mental health. The consequence of placing a lot of importance on training for long hours and training year-round is overtraining which is followed by burnout.

To prevent burnout researchers are working on identifying the factors that could lead to burnout. According to Smith's (1986) model, coaches are an important source of external demands and available resources, contributing in the sense that they are unable to cope when encountered with a stressor.

The perfectionistic qualities of the coach also play a part in this process and can provide further insight into the likelihood of athlete burnout. A study by Olson et.al shows that along with one's perfectionism if athletes believe that their coaches are perfectionistic, they are more likely to experience burnout. A study conducted in Jordan showed that there is a significant relationship between coaches' leadership behaviours and athlete burnout (Altahayneh, 2013)) The current study focuses on these factors, perfectionism and in coaches and their effect on burnout.

1.1 Athlete Burnout

Athlete burnout which is a psychological syndrome comprises three symptoms: emotional as well as physical exhaustion, reduced sense of accomplishment, and sport devaluation (Raedeke, 1997; Raedeke & Smith, 2001). Emotional and physical exhaustion are the perceived depletion of emotional and physical resources for sports participation. A reduced sense of accomplishment is the negative evaluation of one ability in sports and achievements. Sport devaluation is the development of a pessimistic attitude towards participation in sports. These symptoms lead to negative outcomes for athletes like reduced psychological wellbeing, reduced motivation, poor performance, and potential for dropout. There are various models of burnout that explain how athletes develop burnout and the model used in this study is Smiths' stress-based model.

1.2 Perfectionism

One of the personality factors that is linked to athlete burnout is perfectionism. Perfectionism is a personality trait characterized by excessively high personal standards and overly critical evaluations (Frost *et al.*, 1990) There are three dimensions of perfectionism.

Socially prescribed perfectionism, this kind of perfectionist is very self-critical. They feel a lot of pressure to be the best and worry others will reject them. Perceived external standards (from family, society, workplace culture, etc.) can lead to anxiety and low confidence.

The second dimension is Other-oriented perfectionism. It includes other-oriented perfectionists — as in, they hold others to high standards and are last critical and judgmental — who can leave destruction as result. It is difficult to build working relationships under the above-mentioned conditions, which is one of the reasons why this type is so detrimental.

Third Self-oriented perfectionism, they are organized and conscientious. They set high standards for themselves in various aspects of their lives and careers but can go after their goals. High self-oriented perfectionism is mostly associated with being the most "adaptive" trait correlated with high productivity as well as success, including assertiveness and being highly resourceful. They show higher rates of motivation as well as positive emotion. Research is done in this domain to understand how various dimensions of perfectionism can affect the performance as well as the experiences of an athlete. Examining the perfectionistic tendencies of coaches is important because earlier research did suggest that authority figures can affect the burnout in athletes.

2. Materials and Methods

2.1 Aim: To evaluate the relationship between Perfectionism among coaches and burnout in athletes.

2.2 Research Question

Does the perfectionism of coaches affect burnout in athletes?

2.3 Objective

To assess the relationship between perfectionism and burnout in athletes.

2.4 Hypothesis

H1 -There is a positive relationship between other-oriented perfectionism in coaches and burnout in athletes.

2.5 Variables

Independent variables: Perfectionism in coaches

Dependent variable: Burnout in athletes

2.6 Sample - The sample consists of athletes (young adults) and their coaches.

2.7 Sampling method: Convenient sampling.

2.8 Inclusion Criteria

- Athletes between the ages of 18-and 25 years.
- Athletes who have been playing the sport at least for the past 3 years.
- Athletes who are into one sport

2.9 Exclusion Criteria

- Athletes who play for fun or leisure
- If the athlete has worked less than a year with the coach.
- If the athlete has had an injury for at least a week recently.
- The athlete who has undergone psychological training

2.10 Sampling Technique

The convenience Sampling Technique was used as a method of sampling in this study.

2.11 Research Design

A correlational research design was used and a survey method was used to collect data. The participants were required to fill out an online questionnaire through Google forms.

2.12 Tools for assessment

Athlete burnout questionnaire- Raedeke & Smith, 2001

The athlete burnout questionnaire devised by Raedeke and Smith 2001 contains 15 items which is a sport-specific adaptation of the Maslach burnout inventory. It is one of the most widely used questionnaires and has also been translated into other languages. It quantifies athlete burnout syndrome based on its key characteristics such as reduced accomplishment, sport devaluation and emotional or physical evaluation. It's scored on a 5-point Likert scale with "rarely" (1), "rarely" (2), "sometimes" (3), "frequently" (4), and "almost always" (5) representing all possible responses. It's a multidimensional measure with 3 dimensions to it with 5 questions under each dimension. Their means are calculated to obtain the scores of the subscale. Both reliability and validity have been demonstrated by Raedeke and Smith.

Hewitt Multidimensional Perfectionism Scale -Hewitt and Flett (1991)

Hewitt s multidimensional scale is designed to measure the level of perfectionism. It is a self-evaluation scale that is a 45-item scale that contains 3 subscales, self-oriented perfectionism, other-oriented perfectionism and socially prescribed perfectionism. The scale is presented with standard instructions. It's a 7-point rating scale ranging from disagree to agree.

2.13 Procedure

Indian athletes in the age group of 18 to 25 years and coaches were selected for the study. The questionnaire consisting of all the three scales was distributed via google forms, separately for the athletes and coaches. The sample was briefed about the purpose of the study and consent was taken before they filled in the google forms.

2.14 Analysis of data

Collected data were analysed using the help of SPSS version 20 using the Inferential statistics of Pearson's Correlation coefficient to assess the relationship between various variables.

3. Results and Discussion

Table 4.1: Normality of the Dependent Variable of Burnout in athletes (N=22)

Dependent variable	Mean	Std. Deviation	Skewness	Kurtosis	Shapiro-Wilk (W)	Shapiro-Wilk (p)
Burnout	35.136	8.29	1.249	2.59	.920	.076

In Table 4.1 the study reports the normality of the dependent variable of Family conflict which is scored and evaluated from the participant's response. Using the descriptive statistics of mean, standard deviation, skewness and kurtosis and the Shapiro Wilk tests were used to measure the normal distribution of the scored responses collected from the participants in this study.

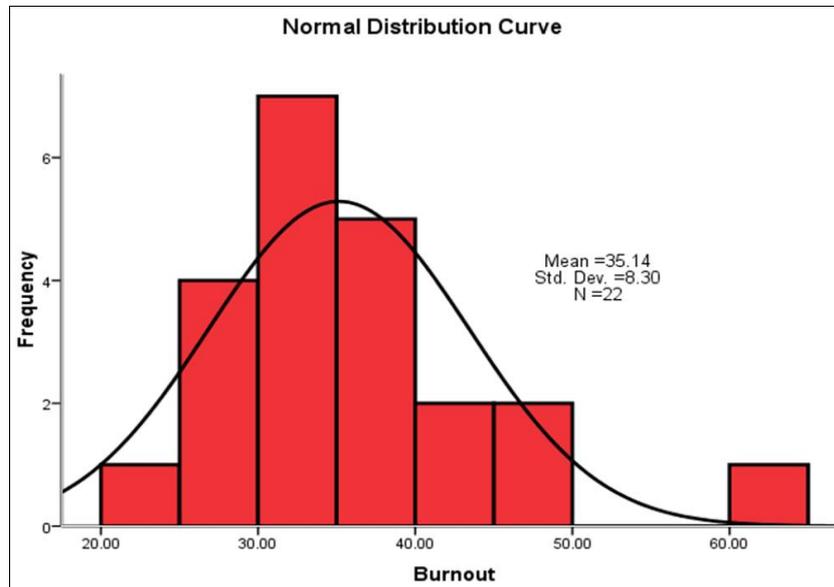


Fig 4.1: Shows the normality of the dependent variable Burnout

The dependent variable of burnout study variables has a mean and standard deviation of ($M=5.14$, $SD=8.30$) with the statistical value of skewness and kurtosis being 1.249 and 2.59 respectively. Here, the positive skewness value indicates that data were negatively skewed in the normal distribution. The positive value of kurtosis indicates that data peaked as a leptokurtic curve in the normal distribution. Thus, Shapiro-Wilk tests of normality reported that statistically value (W) = .920, $p=.076$ is greater than the critical value of 0.05 [$p<0.05$] and so, the results provide that data are normally distributed in the study variable of burnout.

dimension of Others oriented perfectionism has 91.3% are in medium level, 4.3% are high level and the dimension of socially prescribed dimension has 13% in low level, 73.9% are in medium level and the 8.7% are in high level.

Table 4.3: Shows the frequency and percentage of study variable of Burnout

Variable	Levels	Frequency	Percentage
Burnout	Low	13	56.5
	Moderate	8	34.8
	High	1	4.3

Table 4.2: Shows the frequency and percentage of study variable of Perfectionism

Variable	Dimension	Levels	Frequency	Percentage
Perfectionism	Self-Oriented	Low	0	0
		Medium	13	56.5
		High	9	39.1
	Others Oriented	Low	0	0
		Medium	21	91.3
		High	1	4.3
	Socially Prescribed	Low	3	13.0
		Medium	17	73.9
		High	2	8.7

In Table 4.2 the study reports the frequency and percentage of the participants based on the study variables of Burnout. The distribution of the participants ($N=22$) based on burnout includes 56.5% are in low level, 34.8% are in moderate level and 4.3% are in high level.

Table 4.4: Shows the relationship between others-oriented perfectionism and burnout in athletes

Study variable	Burnout	Significance
Other oriented perfectionism	.233	.296

In Table 4.1 the study reports the frequency and percentage of the participants based on the study variables of perfectionism and their dimensions. The distribution of the participants ($N=22$) based on the self-oriented dimension includes that 56.5% are in medium level, 39.1% are high level and the

Table 4.3 reports the relationship between other-oriented perfectionism and burnout in athletes From the Pearson correlation analysis of other-oriented perfectionism and burnout among athletes was found to be not a statistically significant relationship, $r(20) = 0.233$, $p<0.01$. Because the value of 0.296 is higher than the critical value of 0.05.

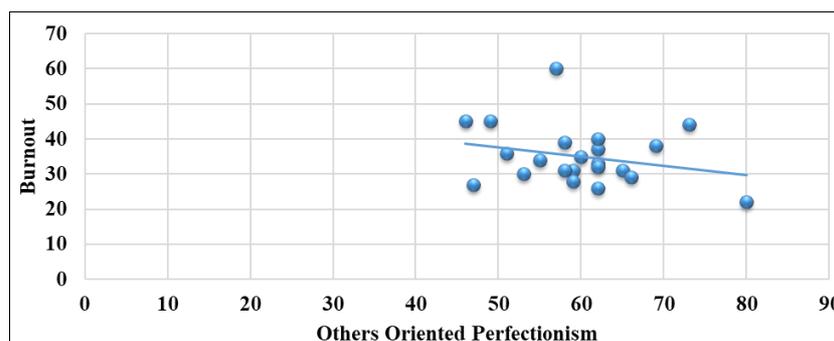


Fig 4.2: shows the relationships between others-oriented perfectionism and burnout in athletes

3.1 Discussion

The present study discussed assesses the relationship between perfectionism and leadership styles of coaches and burnout in athletes by using a sample of twenty-two participants (N=22) with a convenience sampling technique. After the collection of data, the scores were checked for normality by using the statistical analysis of the Shapiro-Wilk test which resulted that scores normally distributed in this study and reported in table 4.1. Further analysis was done to test the hypothesis in this study by using Pearson's correlation coefficient.

Table 4.2 table 4.3 and the table 4.4, has discussed the levels of study variables of the participants; the majority of the participants were under the category of medium level of self-oriented dimension in perfectionism having a percentage of 56.5, the majority of the participants has under the category of medium level in others oriented perfectionism and the socially prescribed perfectionism dimension, the majority of participants have come under the category of medium which is 73.9% of them. In the burnout study variable, the majority of participants have come under the category of low level with a percentage of 56.5.

Table 4.4 has discussed the relationship between others-oriented perfectionism and burnout in athletes. This discussed that the others-oriented perfectionism and burnout were not significantly related to one another among athletes. Moreover, if individuals' levels of perfectionism increase, they are not prone to experiencing burnout, and vice versa.

Hence, the hypotheses was rejected which states that "There is a positive relationship between other-oriented perfectionism in coaches and burnout in athletes"

3.3 Conclusion

The relationship between other-oriented perfectionism of coaches and burnout in athletes is not significantly related. It can be concluded that perfectionism (Other-oriented perfectionism) of coaches might not be related to burnout in athletes.

3.4 Limitations

- The sample size of the study is small and more samples would have given a better insight into the topic of research.
- The data was collected only within a few states hence making it geographically limited.
- Due to the online assessment of the questionnaire not many participants were willing to fill out the form. This drawback could've easily been managed if the assessment had taken place directly, in a physical environment
- Moreover, because the assessment took place online, the honesty and transparency of the participants concerning answering the questions could not be evaluated
- Gender differences were not taken into consideration

4. Suggestions for Future Research

Can consider the different designs and try out psychological skills training for athletes and check the effectiveness of the same. For future research factors such as motivation, self-efficacy, other demographic profiles and other constructs can be considered. Future research would benefit from identifying and examining the perfectionistic traits of other people involved like parents.

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