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Balancing passion and burnout: A study of university-level soccer players

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Abstract
Background: The present study examines the relationship between passion and burnout among university-level soccer players and explores the implications of passion and burnout for the performance and well-being of university-level soccer players.
Methods: The investigation was based on 41 university men & women soccer players. The age group of selected subjects ranged from 16 to 30 years. The requirement for the collection of data through the administration of three questionnaires was explained to the subject to avoid any ambiguity regarding the effort required on their part and before the administration of the questionnaire. The entire subject participated and responded to the questionnaire without bias.
Results: The variables are inversely connected because if the level of passion increases then automatically the chances of burnout will be decreased.
Conclusions: The findings of the study revealed the significance of both passion and burnout. Several studies have been conducted in different parts of the world to assess the relationship between passion and burnout. In this study, the researcher found that passion and burnout are negatively correlated with burnout. University football players who are passionate have very decreased levels of burnout.

Keywords: Burnout, passion, harmonious passion, obsessive passion

1. Introduction
Passion is defined as "a strong inclination toward an activity that people like, that they find important, and in which they invest time and energy" **(**Amemiya *et al*., 2019) [1]. The passion plays a very important role in burnout. By understanding the level of passion among the football players we can assess how they are considering the particular sport. The level of passion may affect the burnout and performance of players. Raedeke (1997) [17] defined burnout as a multifaceted illness of emotional/physical tiredness, a diminished sense of accomplishment, and a devaluation of participating in sports. Raedeke (1997) [17] also described athlete burnout as a progressively progressing syndrome, drawing on Maslach and Jackson's (1981) [15] description of occupational burnout. Consisting of three dimensions: (i) emotional and physical exhaustion (perceived depletion of emotional and physical resources beyond that associated with training and competition); (ii) sport devaluation (development of a cynical attitude towards participation in elite sport); and (iii) reduced sense of accomplishment (tendency to evaluate one's performance in sport negatively). When asked what feelings they associate with being burned out, athletes and coaches often cite internal and external sources of pressure, physical and mental exhaustion, mood changes, increased anxiety, and lack of caring (Weinberg & Gould, 2007) [23].
Researchers have investigated passion as a psychological factor that refers to the enthusiasm with which athletes compete. By repeating results in a professional setting, the discovery that harmonious passion was negatively connected with the latent athlete burnout variable furthers study in this field (Carbonneau *et al*., 2008; Vallerand *et al*., 2010) [2, 22]. Numerous studies confirm the importance of passion in achieving demands fulfilment in various spheres of life, including sport and fitness. Such research shows that individuals may feel a larger feeling of personal causation, perceptions of competence, and connectedness with others inside the activity when participating in a sport that is fueled by harmonious passion. In contrast, or at least not to the same extent as HP, OP does not readily facilitate the satisfaction of fundamental psychological demands (Lalande *et al*., 2017) [13].

Harmonious passion results from an individual's internalization of values and beliefs, which allows them to freely accept the activity as vital without any associated conditions (Kent *et al*., 2017) [12]. The results of the pre-analysis supported those of earlier studies that suggested a favourable correlation between high levels of passion and intrinsic motivation (Amemiya & Sakairi, 2019) [1]. According to earlier research, a harmonious passion fosters one's impression that they are not being forced to participate in the activities, as well as a "sense of identity" with the activity. It also creates enjoyment (Curran *et al*., 2015) [3]. Some people are said to have a strong internalized sense of enthusiasm for a certain activity, and their love of their chosen sport may even grow to become a significant part of their personality (Gustafsson *et al*., 2011) [9].

Some early studies used longitudinal designs that had a significant influence on the field's understanding of athlete burnout by emphasizing the seasonal fluctuation in burnout among athletes who competed under extreme pressure (Eklund *et al*., 2020) [5]. Even though some athletes do quit due to burnout, the majority do so for different reasons, frequently involving conflicts of interest and a desire to engage in other activities (Henrik Gustafsson *et al*., 2008) [10]. Therefore, athlete burnout has more recently been discussed in terms of three main elements, including physical and emotional tiredness, sport devaluation, and a diminished sense of athletic accomplishment (Raedeke, 1997) [17]. However, the empirical foundation for the multidimensional paradigm of athlete burnout is still in its infancy (Henrik Gustafsson *et al*., 2008) [10]. Some researchers contend that a paradigm based on stress is the most effective way to approach the syndrome of athlete burnout to understand it (Gould *et al*., 1996 & Silva, 1990) [8, 24]. Burnout is strongly correlated with perceived stress, according to research (Black & Smith, 2007; Raedeke & Smith, 2001, 2004) [25, 18, 19]. However, Smith (1986) [26] emphasizes that personal traits will also impact how stressed one feels and how likely they are to burn out.

If players have a harmonious passion and can autonomously engage in soccer, they may have a more balanced and fulfilling experience, potentially decreasing the likelihood of burnout. The study aimed to assess the relationship between passion and burnout among university soccer players. Harmonious passion results from an individual's internalization of values and beliefs, which allows them to freely accept the activity as vital without any associated conditions (Kent *et al*., 2017) [12].

2. Methods

2.1 Participants

The investigation was based on 41 university men & women soccer players. The age group of selected subjects ranged from 16 to 30 years. The requirement for the collection of data through the administration of three questionnaires was explained to the subject to avoid any ambiguity regarding the effort required on their part and before the administration of the questionnaire. The entire subject participated and responded to the questionnaire without bias. The research was designed to help university-level soccer players understand their level of passion and how burnout correlated with it.

2.2 Data collection

2.2.1 Instrument

2.2.1.1 Athlete burnout questionnaire

The burnout was assessed using The Athlete Burnout Questionnaire (ABQ; Raedeke & Smith, 2001) has emerged as a valid and reliable theory-based tool to measure burnout in adult-aged athletes. However, the psychometric properties of the ABQ have yet to be extensively tested within youth sports populations. The Athlete Burnout Questionnaire consists of 15 questions. This tool is used to evaluate the level of feelings encountered on a 5-point Likert-type scale.

2.2.1.2 Passion scale

The Passion Scale was designed to be quantitative, simple to administer, applicable for large-group testing, and reliable in monitoring passion. Passion scale was created by Vallerand *et al*. in 2003. The passion scale questionnaire consists of 14 questions. The Passion Scale is an instrument developed to evaluate the different dimensions of passion, composed of a series of sentences that should be answered through a seven-point Likert scale. The data was collected through personal surveys by sending the Google forms to the subjects personally. The purpose of the study was explained and clear instructions were given regarding the method of answering.

2.3 Data analysis

SPSS statistical software was used to conduct all statistical analyses of the data assessed in this study. The data about the variables under the study have been statistically analyzed by regression to understand the association between the two variables. (Passion and burnout), and another statistical measure also used in this study correlation to determine the relationship between the above-mentioned two variables in university-level soccer players. The soccer players of the male and female categories are determined by the same variables.

3. Results

Table 1: Regression analysis explaining the relationship between passion and Burnout.

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.536[a]	.287	.269	6.3910

In the first analysis of regression, the R square value is 0.287, indicating that approximately 28.7% of the variance in Burnout can be explained by Passion. The adjusted R square value is 0.269, which takes into account the number of predictors in the model and adjusts the R square value accordingly. The standard error of the estimate is 6.3910, which measures the average distance that the observed values fall from the regression line.

Table 2: Analysis of variance

Model	Sum of Squares	Df	Mean Square	F	Sig.
1 Regression	642.171	1	642.171	15.722*	.000[b]
Residual	1592.951	39	40.845		
Total	2235.122	40			

A. Dependent variable: Burnout
B. Predictors: (Constant), Passion
*The mean difference is significant at the level of 0.05

The ANOVA table shows that the regression model is statistically significant with a p-value of 0.000. This means that there is a statistically significant relationship between Burnout and Passion.

Table 3: Coefficients

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.
	B	Std. Error	Beta		
1 (Constant)	58.021		4.864	-.536	.000
Passion	-.275		.069		.000

The coefficients table shows that Passion has a statistically significant negative relationship with Burnout, with a standardized beta coefficient of -0.536. This means that for every one-unit increase in Passion, there is an expected decrease of 0.536 units in Burnout.

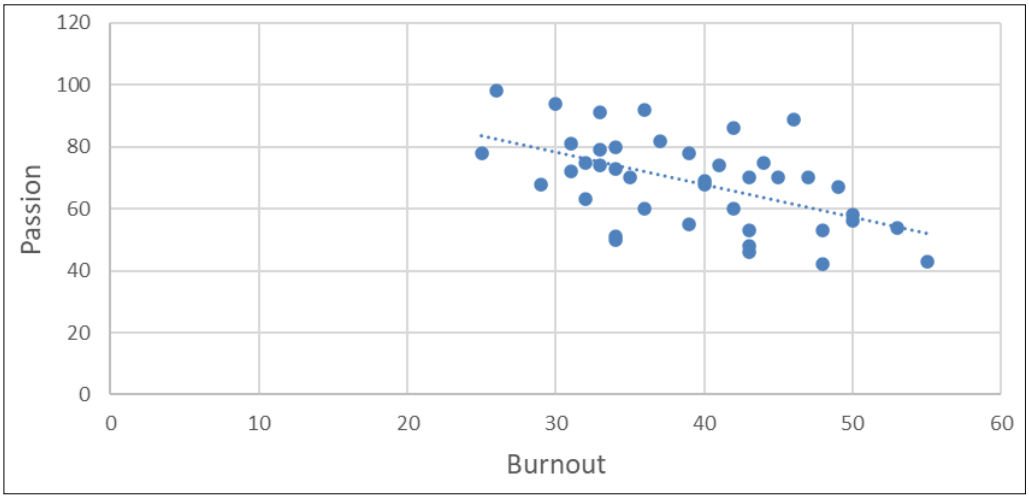

Fig 1: Scatter plot diagram of the relationship between burnout and passion:

4. Discussion

The purpose of the study was to examine the relationship between passion and burnout. It was hypothesized that passion may correlate with burnout. The result revealed that passion has a relationship with burnout. There should be little burnout because HP should allow one to engage completely in a passionate activity without getting obsessed with it. On the other hand, OP should cause one to push past their limits, use too much energy, and eventually show signs of burnout (Maxime Lopes Robert J and Vallerand, 2020). Numerous studies confirm the importance of passion in achieving demands fulfilment in various spheres of life, including sport and fitness. Such research shows that individuals may feel a larger feeling of personal causation, perceptions of competence, and connectedness with others inside the activity when participating in a sport that is fueled by HP. In contrast, or at least not to the same extent as HP, OP does not readily facilitate the satisfaction of fundamental psychological demands (Lalande *et al*., 2017) [13]. Athletes are motivated by their passion to practice deliberately, a type of practice that focuses on developing one's abilities. As a result, both types of passion encourage athletes to practice purposefully, which over time results in better performance. These findings have significance for comprehending and treating burnout in a variety of contexts, including the workplace, academia, and extracurricular activities. It emphasizes the significance of nurturing and upholding passion as a possible preventative measure against burnout. Passionate people may be more likely to enjoy more job satisfaction, motivation, and general well-being, which lowers the risk of burnout. It is important to keep in mind, though, that regression analysis can only prove connections, not causes. Although the data hints at a connection between passion and burnout, it does not offer a conclusive understanding of the underlying causes. Burnout may also be influenced by other characteristics or factors that were left out of the investigation. The study's shortcomings, such as sample size or the precise way passion and burnout were measured, should also be taken into account when interpreting the findings.

5. Conclusion

These findings indicate that there is a meaningful relation between the two variables. The result of the current study is very useful not only for soccer players but also for every athlete in case of burnout, burnout can happen to everyone so they may get information regarding burnout. The current study's findings point to the necessity for practical methods for dealing with highly dispassionate athletes to less en the possibility of burnout symptoms. Several studies have been conducted in different parts of the world to assess the relationship between passion and burnout. Even though burnout has been described as a damaging syndrome for athletes (Gould *et al*., 1996) [8]. Based on the study's limitations and results, the following conclusions have been drawn: In this study, the researcher found that passion has a relationship with burnout. University football players who are passionate have very decreased levels of burnout. Future studies are necessary to investigate the idea that excessive passion is unrelated to burnout in athletes because this association has been discovered outside of sports.

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