

## **Comparative Study of Burnout among the Players of Selected Individual and Team Games**

**Akhil Khajuria**

Research Scholar Government Degree College Nowshera (J&K), India

### **Abstract**

The aim of the present study is to compare the burnout level among the players of selected individual and team games. For the Present study the data has collected from the players who were selected from the jammu university has participated at inter collegiate level. The researcher has taken 200 subjects in between the age group of 18-28 years. The difference between groups is assessed by using 't' test. and One way Analysis of Variance was employed to find out the significant differences among the Athletic, Boxing, Judo, Cricket, Football and Handball players of intercollegiate players of collegiate of jammu. If the obtained F-ratio was found to significant then to determine the paired mean difference L.S.D. Post-Hoc test was employed.

### **Introduction**

Sport is generally considered a primarily physical endeavor, involving the marshaling of bodily resources to complete a variety of specialized, demanding physical tasks. Undeniably, physical attributes such as speed, strength, stamina, fitness, coordination, agility, flexibility, and resilience are richly rewarded in competitive sport. Recognizing the abundant physical component of sport performance, scientists have investigated biomechanical, physiological, nutritional, metabolic, epidemiological, biochemical, pharmacological, and medical aspects of sport. Applied practitioners in exercise physiology, physiotherapy, sport biomechanics, sports medicine, sports nutrition, strength and conditioning, and other disciplines have translated research findings into interventions designed to enhance the physical performance capabilities of the athletes. Modern man lives in a mental world in which the important skills of success are based on his psychological activities. Increasing the pressure on human mind in the pursuit of materialistic philosophy are making inroads into the meaningful life. Moreover the 20<sup>th</sup> century is a revolt against the traditional practices prevalent in the past. To keep pace with the fast and vast changes that are taking place in the various disciplines. There is a tremendous demand and responsibility cast on the training system to meet the challenges of preparing men and women to achieve tasks with success and achieve optimum fineness. Sports are no exemption to this and so prominence is placed on psychological aspects of a player to attain success (Mohan 1986) The participation in sports rather influence all aspects of athletes personality and help in gaining poise and balance, refreshing the spirits, renewing the inner springs of faith and courage mastering the skills and meeting the strains of modern life with ease and calmness. Sports also help the individual in the proper balance of his perceived self and ideal self. In other words it reduces the discrepancy between the perceived self concept and ideal self concept possessed by an individual. It also inculcates the sense of responsibility, a desire to win, self discovering, and high level of aspiration, self pride and self love. Sports create an

environment to understand and build confidence within him and also about others. Studies conducted by various scientists particularly by psychologists have brought to focus that the psychological factors like burnout, learning, stress management, impulsiveness, creativity, and personality traits influence the individual's participation in every sports.

## **Burnout**

Burnout is a psychological term for the experience of long-term exhaustion and lack in interest. Burnout occurs when an athlete has worsening performance despite intense training. It is believed to result from a multitude of factors, such as constant high levels of physiologic or emotional stress, fatigue, immune system failure, or insufficient recovery time. Athletes who experience burnout may go through a variety of psychological, physiological, or hormonal changes. Too much exercise can result in a reduction in the effectiveness of the immune system to fight disease and an increase in negative psychological mood. In a very practical way, exercise can be considered along a continuum from not enough exercise to too much exercise. Negative psychological and biological outcomes are associated with too little and too much exercise. Over-training in athletes represents a paradox, because many of the benefits associated with exercise are reversed in the athlete who trains too much. For the athlete, the question of how much is too much is a complex one. Athletes are continually challenging the delicate balance between training and overtraining, since high levels of training are required for success in sport. Burnout includes numbers of physiological and psychological changes such as, Decreased sports and/or school performance, Chronic muscle or joint pain, Personality or mood changes, Elevated resting heart rate, Fatigue, Lack of enthusiasm or ambition, Difficulty completing usual routines, Sleep changes (more or less sleep than usual), Decreased appetite and/or weight loss, Increased injuries, illness, or infections.

There are two types of burnout, physical and mental, but physical and mental burnouts are correlated. Physical burnout can lead to mental burnout and vice versa. When physical burnout does not result in injury, we tend to blame the problem on our mind rather than our body. If you decide to give your body a short break from running, make sure you are giving your mind a break too.

Participation and involvement in competitive sports is a foremost source of pleasure for most athletes. However, great physical and psychological demands of such sports may lead to stress and chronic fatigue in athletes. In the literature of sport psychology, burnout is defined as an emotional, psychological, and physical extraction from activities. Burnout is characterized by emotional and physical fatigue, negative affect, lack of perceived accomplishment, reduced interest in activity, and devaluation. A burnt-out individual may withdraw from activity for a while, for they cannot find any other way of dealing with the stressful situation. Burnout has been described as depreciation of human soul whereby the person loses their dignity, spirit, and will. It grows as a result of disparity between expectations and results. In addition, the lack of balance between demands and the resources necessary to satisfy them can, in the long-run, lead to stress and subsequently to burnout. The stresses associated with burnout include fear of defeat, frustration, excessive expectations, anxiety, and persistence for

achieving ideal performance. It must be noted that burnout occurs not in people with psychological disorders, but ordinary people, and it grows over time and recovery from it becomes more difficult.

### **Individual and Team Sports**

Some people prefer to play team sports, while other prefers to play individual sports. Why? Let we discuss how? Sport is an excellent and efficient way to improve and maintain our health and lift up our attitude no matter it is team sports or individual sports. I myself always like group activities where I can believe being a part of something. That's why I love team sports. There are so many benefits of team sports. First benefit of team sport is you learn and maintain how to do a team-work. You learn about your abilities when you play with partners and realize that not only you who can make a great achievement but how you can support you team mates and other people to make the best team. You become more responsible and more creative for the result of the whole team. Similarly, If you watch a football match, you expect all the players to cooperate with each others, do the good passes to each other, helping each other and when the win, it is an massive joy for all the members because all of them see their roles for the win. Moreover, in a team sport, you learn how to maintain discipline yourself at a high level. When your group practices, you need to practice with them. It is not you to decide where and when you want to play or practice. Your performance really effects on the whole team.

Choosing team game the reason behind that is the spirit of a team and the support and coordination between all members. I like to play tennis. Even though I can play individually but it is always good to have a partner to play with me who motivate and encourage me to keep trying which I hardly do myself when I feel so lazy or so down.

However, I have many friends who are great individual sportsmen. They love to play individual sports and they don't have to wait for anyone to make decision. They don't have to wait for the whole team to vote for their plan or their plan. They are the one who also decide the result. Their performance doesn't affect much on other people. That is much more comfortable. It is seems to me that individual sport has a higher competitive level. People who enjoy this kind of sport train themselves to fight on their own and they get credit for their own if they win. The feeling "I am the best", if they lose the feeling "that's my fault". Choosing sports it depends much on the personality and the condition that people choose either team sports or individuals sport.

Since we are really young, our parents and our teachers talk us into practicing any kind of sports. It is important, though, that we experience both individual and team sports because these two kinds teach us very different values and rules that are fundamental not only in the sport world, as well as in life.

Learning how to play a team sport has a lot of advantages. The first we can think of are related to the interaction among the members of the team. It might seem fun and easy to play in teams, but it is not so simple. In fact, it takes time and training to develop

those skills that we need to join in a team. Practicing team sports can effectively teach you a very important lesson: how to work together to reach the same goal. This means that, to be in a team, you need to know how to rely and trust your team mates, how to accept their mistakes and praise their efforts and how to keep a healthy relationship with them no matter what is the result. Practicing a sport team will surely help you acquire these skills that are going to help you throughout life. Furthermore, team sports have another great advantage. They can be played for fun among friends just to spend some time together. It is very common to see a group of friends playing soccer or volleyball on the beach, when they are spending a nice time together. Finally, I believe that team sports can be played for fun because the pressure and competition are not concentrated on one single person, but spread into all the members of the team. This means that, in case of victory, everybody is happy and cheers together; in case of loss, instead, they can console each other.<sup>1</sup>

### **Selection of Subjects:**

For the Present study the data has been collected from the players who were selected from the jammuuniversity who has participated at inter collegiatelevel. The researcher has taken 200 subjects in between the age group of 18-28 years.

### **Main objectives**

1. To compare the burnout level among the players of selected individual and team games.
2. To find out the burnout level of the players of selected individual games.
3. To find out the burnout level of the players of selected team games.

### **Variables:**

Burnout

### **TOOLS**

Burnout inventory developed by KS Mishra

### **Administration of Questionnaire**

#### **Burnout inventory**

**Purpose:** To assess the burnout level of inter-collegiate players.

**Tool:** “Burnout Inventory” by K.S. Misra.

**Description:** Before distributing the questionnaire to the selected subject, the research scholar explained so clearly the purpose of the study and the method how to fill up the questionnaire.

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<sup>1</sup><http://www.cppr.in/article/government-is-a-spoilsport/>

**Scoring:** Items measuring particular dimension as “Almost Always”, ‘Often”, “Many Times”, “Sometimes’ and “Always Never” were given the scores of 5,4,3,2 and 1 respectively.

### Data collection and interpretation

#### 3.6 Data collection:

The data were collected by the researcher himself with the help of coaches related to the games and camps. The data were collected from the tournaments and camps of team and individual sports events representing inter-colligate level. One hundred and twenty (120) subjects from team events and eighty (80) subjects from individual sports events were selected as subjects for the data. Questionnaires were distributed among them and they filled it. Data were collected carefully and honestly. List of the events are as follows:

**Table of Team Events**

S. No	Name of the event	Subjects
01	Cricket	40
02	Football	40
03	Handball	40
	<b>Total</b>	<b>120</b>

**Table of Individual Events**

S. No	Name of the event	Subjects
01	Athletics	40
02	Boxing	20
03	Judo	20
	<b>Total</b>	<b>80</b>

#### Level of Significance

The level of significance in the present study was fixed at 0.05

#### 4.3 Findings

The findings of the selected variable that is Burnout of Athletic, Boxing and Judo from Individual game and Cricket, Football and handball from Team Game players have been presented in Table and stated as under.

**TABLE-1**

**Comparison of Burnout between the Individual and team players jammuuniversity at Inter collegiate Level.**

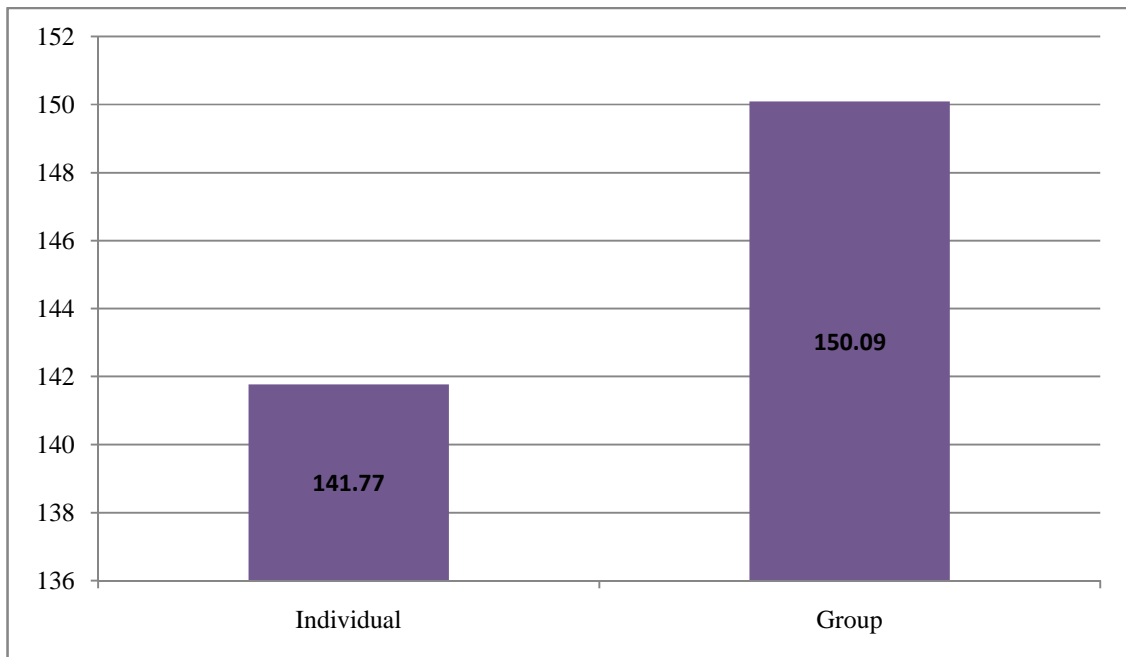
<b>Groups</b>	<b>Mean</b>	<b>SD</b>	<b>MD</b>	<b>SE</b>	<b>T-ratio</b>
<b>Individual</b>	<b>141.77</b>	<b>12.63</b>	<b>8.32</b>	<b>1.94</b>	<b>4.28*</b>
<b>Group</b>	<b>150.09</b>	<b>14.70</b>			

\* Significant at 0.05 level

$T_{0.05}(198) = 1.97$

It is evident from Table-1 that there is significant difference in the Burnout between the Individual and team players of Jammu at Inter Collegiate Level as the calculated T-ratio of 4.28 is quite more than tabulated T-ratio of 1.97. Finding implies that in the Burnout between the Individual and team players of jammuuniversity at Inter Collegiate Level are significantly different.

The mean differences have been depicted graphically in figure-1



**Figure 1: Comparison of Means of Burnout between the Individual and team players of jammuuniversity at Inter Collegiate Level.**

**Analysis of Variance of Burnout among the Individual game players of jammu university at Inter Collegiate Level.**

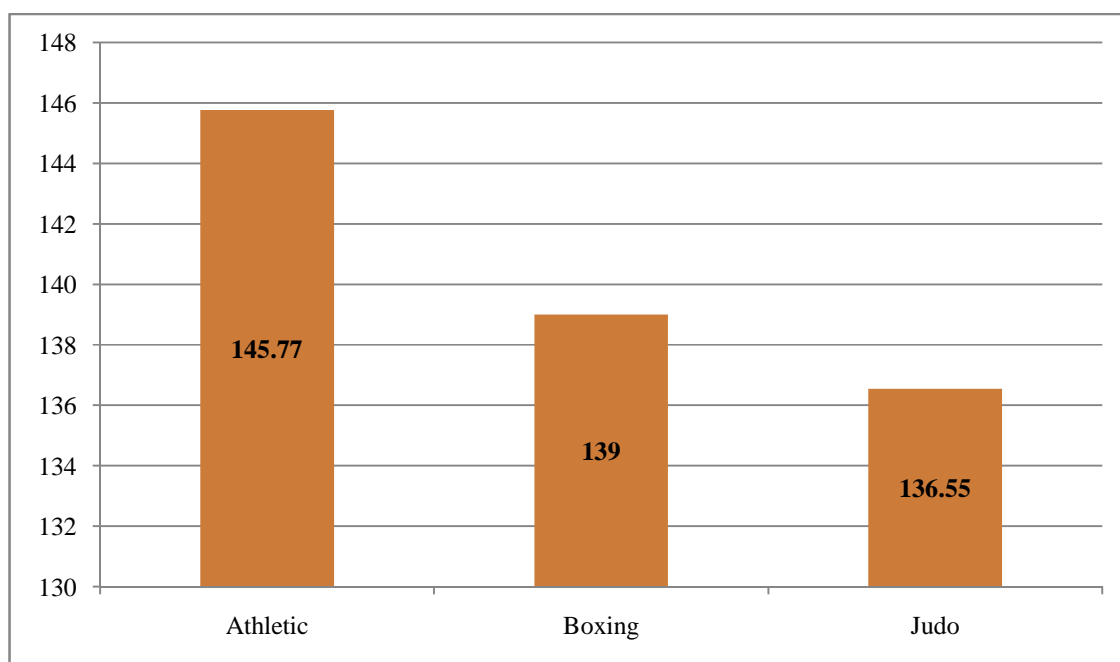
SV	Df	SS	V	F-ratio
BG	2	1340.02	670.01	0.22@
WG	77	11439.92	148.57	

@Not Significant at 0.05 level

$$F_{0.05}(2,77) = 3.13$$

It is evident from the findings of Table-2 that there is no significant difference in the Burnout among the Individual game players of jammu university at Inter Collegiate Level., as the calculated F-ratio of 0.22 is quite smaller than the tabulated F-ratio of 3.13 at 0.05 level.

The mean differences have been depicted graphically in figure-2



**Figure 2: Comparison of Means of Burnout among the Individual game players of jammu university at Inter Collegiate Level.**

**Analysis of Variance of Burnout among the Team game players jammu university at Inter Collegiate Level.**

SV	Df	SS	V	F-ratio
BG	2	1377.61	688.80	0.304@
WG	117	24574.37	210.03	

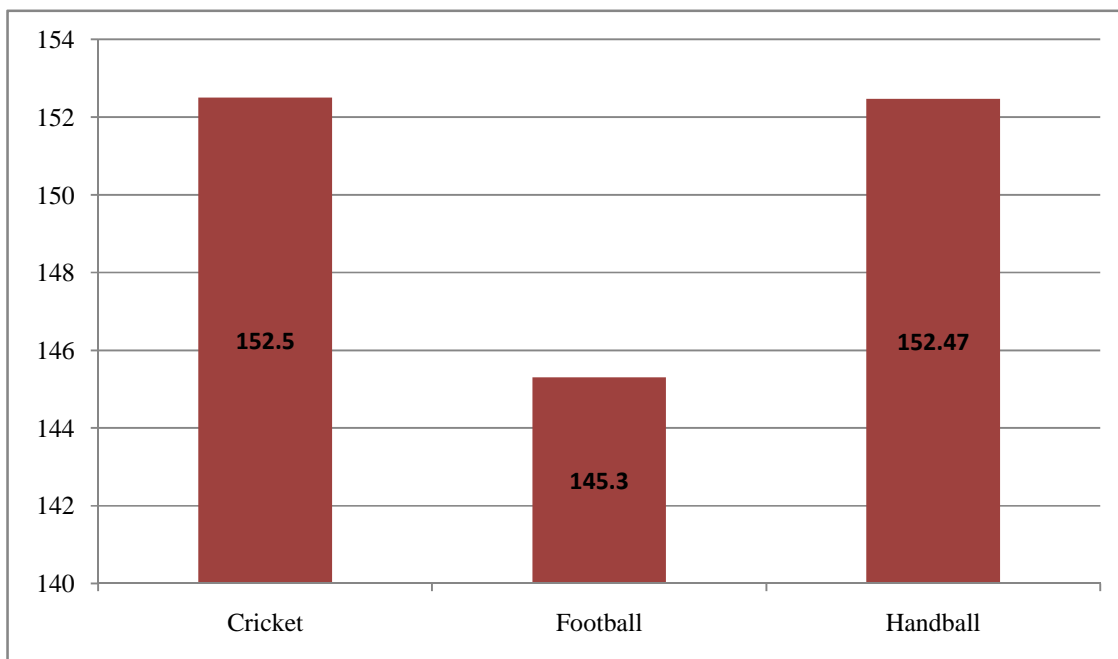
@Not Significant at 0.05 level

$$F_{0.05}(2,117) = 3.04$$

It is evident from the findings of Table-3 that there is no significant difference in the Burnout among the team game players of jammuuniversity at Inter Collegiate Level.

as the calculated F-ratio of 0.304 is quite smaller than the tabulated F-ratio of 3.04 at 0.05 level.

The mean differences have been depicted graphically in figure-3



**Figure 3: Comparison of Means of Burnout among the Team game players of jammuuniversity at Inter Collegiate Level.**

### Discussion on Findings

The findings of statistical analysis revealed that there were

1. Significant difference in the Burnout between the Individual and team players and team players poses higher burnout.
2. No significant difference in Burnout among the Individual game players.
3. No significant difference in Burnout among the team game players.

It may be attributed to the fact that-

1. In team game instead of working hard and putting full efforts from an individual players they may not be able to celebrate success or stand at standard level due



to negligence of team mates or one or team players from the team which make them frustrated.

2. The level of difficulty and available time to take a decision and perform a skill are equal for both individual and team players.

3. The situation and duration face by boxer, athletes and judokas are different and face by all selected team players are similar.

3. The experience experienced by the all individual and team players are similar respectively.

### **Testing of hypothesis**

**H<sub>1</sub>- Burnout.** The findings of this study revealed that there is significant difference in Burnout between the Individual and team players.

**H<sub>2</sub>- Burnout.** The findings of this study revealed that there is no significant difference in the Burnout among the Individual game players.

**H<sub>3</sub>- Burnout.** The findings of this study revealed that there is no significant difference in the Burnout among the team game players.

### **Conclusion**

- There were no significant differences in Burnout among the Athletic, Boxing and Judo Players of university of jammu of inter Collegiate level.
- There were no significant differences in Burnout among the Cricket, Football and Handball Players of university of jammu of inter Collegiate level..
- Significant difference was there in the Burnout between the Individual and team players of university of jammu of inter Collegiate level.
- Cricket, Football and Handball Players Burnout level is high compare to Athletic, Boxing and Judo Players.

### **Recommendations**

On the basis of Statistical findings of the present study the following recommendations may be made-

.1 The result of this study may throw lights to the coaches, physical education teachers and trainers to develop systematic training programme for their players.

2 On the basis of Statistical findings of the present study the following recommendations may be made –

3 It is also recommended that the present study may be repeated by selecting subjects belonging to different age groups and achievement levels other than those employed in this study.

.4. It is further recommended that similar studies may be undertaken with female players.

5. It is also recommended that a similar study may be conducted by selecting Sociological and functional variables in addition to Psychological variables chosen for the present study.

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