

Comparative study on burnout among Female Volleyball Players and Male Volleyball Players

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ABSTRACT

The main purpose of the study was to compare the Burnout level of Female volleyball players and Male volleyball players. A total of 50 subjects in which 25 Female volleyball players & 25 Male volleyball players. The age of the subject ranged between 18-25 years. All samples were selected from Sports Authority of India centre; Mastuana Sahib, Sangrur, Punjab. The selected samples at least participated in National level. To assess the Burnout level of selected samples; Burnout Inventory developed by Christina Maslach, Michael P. Leiter, Susan E. Jackson. This inventory is highly reliable and valid to assess the Burnout level of selected subjects. To compare the Burnout level of selected subjects 't' test was used and the level of significance was chosen 0.05 level. Results of the study have found that Male volleyball players have shown higher Burnout level as compared to Female volleyball players.

1. Introduction

Burnout is psychological disorder. This is chronic stress which leads physical, mental, emotional exhaustion. Herbert Freuden Berger was a great psychologist. He was an expert in clinical psychology. In 1970, he was the first person to identify the concept of Burnout. Nowadays every person is suffer with mental problems due to workload, financial problems, broken relations, approach to work, new situations ,new challenges. These all situations tends to increase frustration, lack of satisfaction towards work and relations. A person having mental illness like burnout, do not perform well in his/her personal life and professional life as well. The predominant characteristic of burnout is often considered to be exhaustion. Exhaustion always leads negative thoughts and negativity creates hindrance in the path of growth, relationships, job, health, profession. To check the level of Burnout Herbert and many other psychologists started to work on Burnout inventory. Christina Maslach & Susan Jackson developed this tool. This tool is divided into three parts. People suffering with burnout and many other psychological problems but do not try to share with friends or family members. This is dominant reason to increase the burnout. According to psychologist Burnout go through many stages and damage mental health day by day. People do work hard not by their choice but by family pressure and society. Sometimes they have no choice, they tends to hit the best. They do not care about the value of relations and face many conflicts such as thought conflicts, group conflicts. These all conditions are also applicable in the field of sports. In the field of sports when players do practice with interest, they forget to sleep, forget to eat, lack of social interaction. These neglecting needs lead emotional exhaustion, depersonalization, personal accomplishment. In all professions people competing on higher level, they may experience burnout. Player starts to fight with other players skip practice, bad behaviour with others. A coach can play major role to diagnose burnout and to give treatment on psychological level. Coach has to talk with player. He/she give different schedule of other activities instead of specialization sports. Coach invests

time with players and motivates them through positive thoughts. These problems are common in present time. If we see at the level of international level tournaments, there are always one or two psychologists come with team to prepare players psychologically. Psychologists boost up the mental level of players so they can perform well without any burnout. Often players do not focus on psychological problems like fear, aggression, anxiety and burnout. No doubt, all players go through these conditions but psychologist trained them how to cope with these problems. This is the best way to prevent from burnout and teach the players to manage stress. Trainers prefer to physical activity, overload to players so they can perform excellent game in the field. Each and every player work hard on physical level but do not get good output. Experts tried to find the reason behind it and they found the effect of relationship of psycho-physiological factors and performance. Burnout is part of human behaviour. When burnout level cross the normal limit that is considered psychological imbalance. In sports, this term is called 'sport drop out'. However, all athletes do not drop out game due to burnout; some athletes discontinue their practice instead of cope with that situation. Maslach Burnout Inventory Scales first is Emotional Exhaustion, the 9-item Emotional Exhaustion (EE) scale measures feelings of being emotionally overextended and exhausted at one's work. Higher scores correspond to greater experienced burnout. This scale is used in the MBI-HSS, MBI-HSS (MP), and MBI-ES versions. The MBI-GS and MBI-GS (S) use a shorter 5-item version of this scale called "Exhaustion". Second is Depersonalization, The 5-item Depersonalization (DP) scale measures an unfeeling and impersonal response toward recipients of one's service, care, treatment, or instruction. Higher scores correspond to greater degrees of experienced burnout. This scale is used in the MBI-HSS, MBI-HSS (MP) and the MBI-ES versions. Further Personal Accomplishment, The 8-item Personal Accomplishment (PA) scale measures feelings of competence and successful achievement in one's work with people. Lower scores correspond to greater experienced burnout. This scale is used in the MBI-HSS, MBI-HSS (MP), and MBI-ES versions.

Moreover Zynicism include the 5-item Cynicism scale measures an indifference or a distance attitude towards one's work. The cynicism measured by this scale is a coping mechanism for distancing oneself from exhausting job demands. Higher scores correspond to greater experienced burnout. This scale is used in the MBI-GS and MBI-GS (S) versions. Last is Professional Efficacy the 6-item Professional Efficacy scale measures feelings of competence and successful achievement in one's work. This sense of personal accomplishment emphasizes effectiveness and success in having a beneficial impact on people. Lower scores correspond to greater experienced burnout.

2. Methodology

The subjects for the study were 50 players in which 25 Female volleyball players and 25 Male volleyball players belonging to the SAI centre; Mastuana Sahib, Sangrur, Punjab.

The age group ranged between 18-25 years; and all the subjects participated at least National level.

For this study, tool used to measure the Burnout, the following test was selected & scores were considered as criterion measure for the study was Christina Maslach, Michael P. Leiter, Susan E. Jackson and test was administered to the study. The data was collected by the researcher himself/herself during spare time of the subjects with proper orientation. Independent sample 't' test was calculated along with mean and standard deviation.

3. Results

The raw data on Burnout Inventory was subjects to appropriate statistical analysis and the results of both section are presented in table no.1:

Table No.1
Mean difference of burnout score of female volleyball and male volleyball players

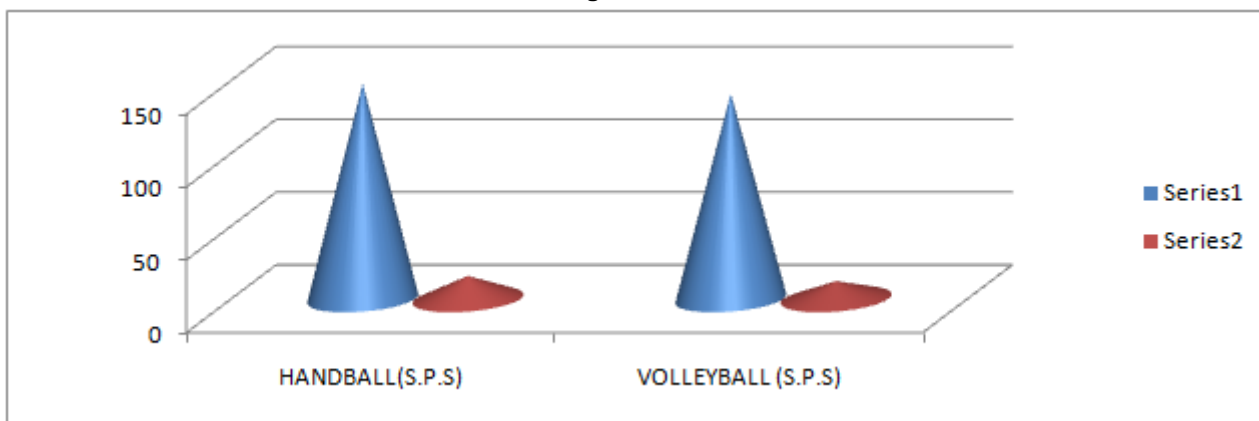
Group	N	Mean	S.D.	M.D.	't'
Volleyball Players(Female)	25	51	7.70	10	3.93
Volleyball Players (Male)	25	61	9.76		

't' at 0.05=2.02

From table no.1, result found that the Male Volleyball Players have shown more Burnout (M=61, S.D= 9.76) as compare to Female Volleyball Players (M= 51, S.D. =7.70).

The calculate 't' value is 3.93, which is greater than the tabulated value, so that there is significant difference has been found at 0.05 level.

Figure No. 1



4. Conclusion

Male Volleyball Players have shown high Burnout level as compared to Female Volleyball players and in other words we

can say that it is highly significant difference has been found among both groups.

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