

## **MOTIVATION AND BURNOUT IN SPORT**

Burnout is a maladaptive psychological experience or syndrome among athletes. It has been reported that burnout will lead to negative health issues, deteriorate sport performance, and dropout (Goodger, Gorely, Lavalley, & Harwood, 2007).

Athletes with burnout syndrome often describe loss of enjoyment and motivation (Gustafsson, Kenttä, & Hassmén, 2011). Thus, increasing athletes' intrinsic motivation will help them to prevent, relieve, or avoid burnout. Below are some suggestions on how significant others such as coaches and parents can help athletes:

- Coaches may need to cultivate personal involvement with athletes and understand their feelings. They also need to provide athletes opportunities for time-off training or and increase athletes' involvement in decision-making.
- Parents may need to avoid "pushing" athletes too hard. Instead, parents can help to show personal support (e.g. find ways to deal with stress), and de-emphasize winning.
- Other teammates or athletes can provide social support for one another by sharing their experiences on how to balance sport with other activities such as schooling.

### **KEY DEFINITIONS**

**Burnout:** A psychological syndrome consisting of emotional and physical exhaustion (i.e., feelings of extreme low energy and tiredness), reduced sense of accomplishments (i.e., feelings of lack of improvement and success), and sport devaluation (i.e., feelings of detachment and negative attitudes toward sport).

**Intrinsic Motivation:** Refers to doing something because it is inherently interesting or enjoyable

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