

P2: The Relationship Between Athletic Burnout, Overtraining, and Possible Early Signs of Burnout in Rural and Remote Adolescent Athletes

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Research Purpose: This project explores the relationship between athletic burnout, overtraining and possible early burnout signs.

Research Description: This project extends work by Cresswell and Eklund (2004) that examined the relationship between early burnout signs and the athletic burnout syndrome in semi- and fully professional rugby players and builds upon the thesis work done by O'Brien (2008). It does this by examining the relationship between athletic burnout, overtraining, and early signs of burnout in Australian adolescent athletes who live in rural and remote areas and who are competing at non-elite or pre-elite levels.

The particular burnout theories that will be drawn upon in this project include Smith's (1986) cognitive-affective model of athlete burnout, the biopsychosocial perspective of stress and recovery (Kallus & Kellmann, 2000), the failure-adaptation model (Tenenbaum, Jones, Krisantas, Sacks, & Berwick, 2003), and the total-quality-recovery model (Kentta & Hassmen, 1998).

Participants: Approximately 150-200 pre-elite and non-elite athletes from the Darling Downs area will be invited to participate in this project. The supervisor will arrange access to all appropriate sporting and school organisations. Students will be expected to contact various Darling Downs sport stakeholders to discuss the project further, to organise how adolescent athletes will be invited to participate in the study, and to arrange for data collection. Should the student have access to sporting organisations in other rural and remote areas, these organisations may be considered for inclusion after discussion with the supervisor.

Methodology: The following questionnaires will be used in this project:

- (a) Athlete Burnout Questionnaire (Raedeke & Smith, 2001)
- (b) Demographic questionnaire
- (c) Short Overtraining Symptoms Questionnaire (Lemyre, Roberts, & Stray-Gundersen, 2007)
- (d) An adapted form of the 21-item potential early signs of burnout inventory developed by Cresswell and Eklund (2004)

The design of this study is a pre-post design with two data collection points. Time 1 occurs at the beginning of the sport season and involves data collection relating to the early signs of burnout inventory and some base demographic information. Time 2 occurs at a peak period in the season (this will depend on the sport) and involves data collection relating to athletic burnout and overtraining.

Data collection from the Darling Downs area is expected to be conducted by the student. The student will be expected to arrange

times for data collection sessions with various sporting groups and schools. Should the student have access to sporting organisations in other rural and remote areas, the student will be responsible for this data collection. This project is related to three other projects, thus sharing data collection duties with another students is possible and encouraged.

Data and Analysis:

Quantitative analyses will be used in this project. The student will be expected to work relatively independently on the data analysis section of this project. The student will be required to assess the psychometric properties of the questionnaires including the factor structure. Finally the student will be expected to examine the predictive relationship between the athletic burnout, overtraining, and the early signs inventory.

Student friendliness:

This project is suitable for external/on campus students who live in South East Queensland. External students will need to travel to Toowoomba on a relatively regular basis during the data collection period given that data collection will occur primarily in the Darling Downs area. Further, data collection will occur twice over the course of this project. Fortnightly supervision sessions will be required during the project. These can be phone supervision sessions and will differ in length and content to reflect student progress.

Please Note: That any travel costs associated with data collection are the responsibility of the student.

Further reading:

Goodger, K., Gorley, T., Lavallee, D., & Harwood, C. (2007). Burnout in sport: A systematic review. *The Sport Psychologists*, 21, 127-151.

Cresswell, S. L., & Eklund, R. C. (2004). The athlete burnout syndrome: Possible early signs. *Journal of Science and Medicine in Sport*, 7, 481-487.

Lemyre, P., Roberts, G.C., & Stray-Gundersen, J. (2007). Motivation, overtraining, and burnout: Can self-determined motivation predict overtraining and burnout in elite athletes? *European Journal of Sport Science*, 7, 115-126.

Expected research outcomes: SMA Conference Presentation/Paper 2010
Co-authored journal article for submission at the end of 2009/early 2010

Ethics:

- Ethical approval will be sought by supervisor; or
- Ethics approved – number

Resources:

- Project able to be funded within \$150 departmental limit
- Project not able to be funded within \$150 departmental limit – additional funds will come from:

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Directory: C:\Documents and Settings\User\Local
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Template: C:\Documents and Settings\User\Application
Data\Microsoft\Templates\Normal.dotm
Title: Getting Inside Heads: Using Cognitive Mapping to
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Keywords:
Comments:
Creation Date: 12/22/2008 2:43:00 PM
Change Number: 12
Last Saved On: 1/7/2009 3:30:00 PM
Last Saved By: Division of Information, Communication & Technolog
Total Editing Time: 13 Minutes
Last Printed On: 2/6/2009 4:03:00 PM
As of Last Complete Printing
Number of Pages: 2
Number of Words: 794 (approx.)
Number of Characters: 4,526 (approx.)