

# **P4: Using Self-Determined Motivation to Predict Athletic Burnout, Overtraining in Rural and Remote Adolescent Athletes**

- Supervisor:** Dr Andrea Lamont-Mills  
Phone: 07 4631 1703  
Email: [lamontm@usq.edu.au](mailto:lamontm@usq.edu.au)
- Research Purpose:** This project explores whether athletic burnout and overtraining can be predicted by self-determined motivation.
- Research Description:** This project extends work by Lemyre, Roberts, and Stray-Gundersen (2007) that examined whether athletic burnout and overtraining can be predicted by self-determined motivation in Winter Olympians. It does this by examining athletic burnout, overtraining, and self-determined motivation in Australian adolescent athletes from a variety of sports who live in rural and remote areas and who are competing at non-elite or pre-elite levels.
- The particular burnout theories or perspectives 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). The particular motivational theory that will be drawn upon is self-determination theory (Deci & Ryan, 1985, 1991, 2002).
- 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) Sport Motivation Scale (Pellier et al 1995).
- 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 factor structure. Finally the student will be expected to examine the predictive relationship between the athletic burnout, overtraining, and motivation.

**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. Weekly 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.

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.

Pellier, L. G., Fortier, M. S., Vallerand, R. J., Tuson, K. M., Briere, N. M., & Blais, M. R. (1995). Towards a new measure of intrinsic motivation, extrinsic motivation and amotivation in sports: The Sports Motivation Scale. *Journal of Sport and Exercise Psychology*, 17, 35-53.

**Expected research outcomes:** APS 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

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**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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