



Sources and symptoms of burn-out in professional players in India

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Abstract

The paper aims at bringing the most important sources and symptoms of burn-out of professional players in India taking into view, based on conducting research related to the study of the level of feeling of psychological burnout. These will be discussed follows: First- reasons 1. Self reasons, 2. Social reasons 3. Professional reasons of the professional players in India, related to sporting environment in which professional player lives and Second- Psychological burnout symptoms. The psychological burnout symptoms by professional players in the presence of psychological symptoms resulting in emotional stress, feeling dullness, feeling of non-achievement and behavioral symptoms such as: declination of athletic performance, continuous absence of training, cognitive symptoms represented in weak mental Skills, including concentration decline, weak self-confidence. Regarding physiological symptoms, they include physical pains, rise in blood pressure, extreme fatigue, losing enthusiasm and activity, and general weakness in body. Such symptoms subsequently may lead into many psychological problems, such as introversion, anxiety, fear and lack of motivation, which would negatively reflect on the player's character, health, his partner players, and the club or state he plays.

The concept of Burn-out: Maslash (1997) defines burn-out as: the psychological symptoms represented in emotional psychological exhaustion and developing negative trends towards work, in addition to losing care for the persons found in work environment. The person feels emotional fatigue and exhaustion that makes him lose the feeling of achievement and generates in him negative trends towards the other persons. Consequently, the player loses his sympathy towards the others. Maslash also describes burn-out as a negative individual emotional experience that leads to experiencing a severe state of exhausting the person's efforts on the physical, emotional and cognitive levels.

Lazarus (1984) defines it as follows: a state of exhaustion that results from the effect of fatigue and continuous and excessive requirements imposed on the persons in a manner that exceeds their energies and professional abilities.

Awambor (1996) ^[5] defines burn-out as: the inability of adapt to the pressures resulting from the work requirements and personal life.

Keywords: Psychological burnout, professional players India, emotional exhaustion, burnout symptoms, sporting environment

Introduction

A professional player performs his professional functions in a way characterized by regularity and continuity. He or she is an athlete who is committed towards his society to present high leveled beneficial sporting professional services within the limits of game or sport. In return, he wishes to be approved by society as a professional player who has social requirements, such as social position and financial rights connected to professionalism in the field.

In the India, we also find that the professional players suffer from various difficulties and obstacles, which in turn lead to a feeling of burn-out and early retirement of practicing their sport. Reasons and factors, leading to feeling burn-out of professional players, are represented in three major aspects. The first aspect is related to personal or Subjective reasons and their relationship to the occurrence of burn-out, where as the second one focuses on social reasons and the nature of relationship that should exist between the player and their sporting federation, which imposes certain social and struggle features on the professional players and the precise understanding of the requirements of the field of sport. It is also concerned with understanding the nature of the relationship that exist between professional player and his sporting agencies or federation, and the third aspect is to identify the psychological difficulties and problems facing the players which lead to feeling burn-out. As the third aspect, it deals with the causes of burn-out from the viewpoint of the nature of the sporting environment that

controls practicing of sport, what it dictates on player and the policies and conditions it contains. Therefore, the real interaction between these three aspects affects greatly the degree to which professional players are exposed to burn-out phenomenon. These reasons can be revealed as follows:

1. Subjective Reasons

Subjective reasons are linked to the player himself, in terms of loyalty and keeping to continuous training. Therefore, we find that the player who is more loyal and devoted to the programs of training and preparation is more vulnerable to burn-out than other players. This is due to the fact that this player is much affected by the pressures of competition and training, as he does not accept failure in any of his skills or in any situation to which he is exposed. Consequently, he or she discovers that he is suffering from several problems, making him or her feels burn-out. Other subjective reason, which plays an important role in burn-out in professional players, include the ability of the player to find adaptive means with the sporting environment within which he practices. The player who has effective subjective abilities is less vulnerable to feel burn-out than the player who lacks such abilities.

2. Social Reasons

Social aspect also contributes to the burn-out of professional players in India. We find that several fans and members of the administrative and technical staff ask players to bear all

responsibilities and results of sporting competitions. This result in increasing the level of the burden imposed on players. We also find that the more devoted and loyal players are unable to provide excellent performance for reasons beyond their wills. As a consequence, they feel disappointed and weak in front of their society requirements and the sporting field and this makes them feel unbalanced and overwhelmed with a feeling of burn-out.

3. Professional Reasons

These problems and reasons are obvious in the following points:

- Multiple problems that occur between players and sports bodies because of physical and technical drop in performance of the professional players as a result of an absence of a systematic morning and evening training program for the professional players, like such programs in the foreign countries. This results in physical fatigue and burn-out of professional players because of their declined level of sporting performance.
- Players and their requirements are the most prominent aspect and the most important dimension of the player's feeling of burn-out. Thus, if the professional player, managed to achieve his sporting objectives, he will feel satisfied, secure and psychologically stable. On the other hand, if the player failed to meet his basic needs through practicing as a professional player, this will make him feel demoralized, disheartened and unsatisfied. Moreover, it will make him more vulnerable to burnout.

Burn-Out symptoms

Burn out symptoms, as classified by Smith (1999), are as follows:

- Psychological symptoms: Where the player feels some changes in his emotions, which are always negative and disturbing. The fiercest of these symptoms is usually the feeling of disappointment. They even extend to include the feelings of psychological exhaustion, weakness, despair, anxiety, depression and loneliness.
- Behavioral symptoms: Represented in the drop-in sporting performance, dissatisfaction and the continuous absence from training.
- Cognitive symptoms: Represented in the lack of psychological skills of the player such as concentration, attention, self-confidence and psychological energy decline in addition to feeling mental and physical exhaustion and feeling of being unproductive, and consequently feeling burnout.
- Physiological symptoms: include body pains, rise in blood pressure and severe exhaustion. In such cases, the player loses his enthusiasm and activity. This feeling of exhaustion may turn into real disease. Moreover, feeling fatigue leads to a feeling of continuous and severe headache and general weakness of body.

Awambor (1996) ^[5] pointed out that burn-out symptoms are obvious in three levels:

- **The First Level:** The feeling of burn-out in this level is short and irregular that can be easily controlled many researchers' sees that the treatment of this type lies in practicing mind and physical relaxation and some favorable hobbies.

- **The Second Level:** the phenomenon of burnout in this level has special form of intensity and clarity and takes a longer time in terms of its continuity to the extent that it is difficult to be treated or difficult to eliminate its symptoms by the ways mentioned in the first level.
- **The Third Level:** at this level, the symptoms continue and some psychological problems arise that cannot be quickly eliminated by psychological and medical treatment. In this condition, we observe that the patient is always questioning his performance ability. Depression and negative feelings become obvious at this level.

Therefore, psychological burn-out harms professional players in India, as it leads to many psychological problems such as introversion, despair, anxiety, fear, lack of motivation, decrease in production and indifference, resulting often from psychological pressures to which the players are exposed during practicing and competing. All these problems have negative effects on their personalities, health, their colleagues and the performance itself. This matter leads to what is called the phenomenon of "extinction" or "psychological fatigue", represented in the extinction of the player's enthusiasm, scorning his sporting performance and spreading this feeling to his fellow players. These feelings may cause physical psychological disturbances to the Players.

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