

## The level of psychological burnout among coaches of athletes with motor disabilities

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### Abstract:

The study aimed to identify Burnout factors levels and also differences in factors of burnout for coaches of athletes with motor disabilities according to the variables of the type of sport activity and field experience, the descriptive method was used on a sample of 26 coaches for the season 2019/2020, we applied the scale factors of burnout design of Hassan Allawi (1998). After statistical treatment of the results of the research, we found: burnout factors are moderate in the research sample, there are also differences in burnout factors among the trainers of athletes with disabilities according to the type of sports activity in favor of the collective sports coaches, there are also differences according to the field experience variable in favor of coaches with less experience.

**Keywords:** burnout factors; coaches; motor disabilities.

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## 1. INTRODUCTION

Sport is developing greatly at the local and international levels, In order to intertwine all scientific efforts and experience towards developing the coach's performance level in terms of knowledge and science. To reach a high level of achievement in all sports activities, and this review was mainly due to its interest in the primary role in the device is the coach.

Featuring training characterized coaching profession as one of the professions that are different attitudes and different, those positions may be clear and control on the coach for adopting the resolution, may be the opposite and calling the coach to wait and think on the whole, there are several causes and the opportunities that emerge in the future and become decision making positions represent a crossroads in this profession, so sometimes I show these methods for planning, but it often appear as the coach expects it.

Although the coach of peoples with disabilities builds and makes his main decision, and it is his duty for the athletes to improve and raise their level of sports performance, and he bears many major responsibilities, and this corresponds to additional responsibility for the performance of athletes with disabilities. Where the coach is exposed during his career of his life for many of the obstacles that affect the achievement of his objectives in the short term, including psychological pressure caused by excess burdens, These pressures have a great impact on him, as the coach feels a physical, mental and psychological state during and after the training process, so it is difficult for him to regain vitality and activity, and he becomes less motivated to make

efforts in planning for the future. goals with his team, this is where psychological burnout occurs (Samira,2008).

And about burnout, it is one of the terms that appeared in the early seventies, especially in the field of work pressure. Duquette & al (1994) suggest that burnout as a state of exhaustion and weakness affects the body depleted of vital energy (Duquette & al, 1994, p43). Burnout has mainly been associated with the helping professions, such as education, health, and social services (Alexander, 2000,p51), (Grunfeld et al, 2000,p166), (Koustelios, 2001), (Koustelios & Tsigilis, 2005), Tsigilis et al, 2004,p666). A multidimensional syndrome, often afflicts professionals whose jobs require close and continued interactions with others (Maslach & Jackson,1986). Maslach (1982) adds that burnout is a state of tired and mental stress and physical and emotional abuse, characterized tired, despair, helplessness and develop the concept of negative and negative attitudes towards work and life (Maslach,1982).

And the causes of burnout is the cravings and pressing of the individual to achieve perfect goals may be inconsistent and not chime with the actual reality, these objectives have been imposed by the person himself or imposed by society, when the individual fails to achieve these goals, it is located under the weight of stress and with repeated failure to think of and most of his attempts at achieving ambitious moves to Burnout, which appears as a sense of helplessness and failure to perform work and ambition.

The increasing interest in the training process and its various elements (the player, the training methodology, the coach) and the coach taking over his position (pedagogical,

educational and training) has an effective impact on the general development and balanced personality, they include different areas of practical life in training and supervising the team in games and in administrative bodies responsible for personal as well as social group being part of a group, so play the personal characteristics of the coach and what affected by different psychological phenomenal an important role in reaching desired the goal to prepare the team or training process, Which is characterized by the leadership role of the coach, as it falls on him many educational and training tasks that contribute to the manufacture of the sports team.

In the field of sports coaching profession is among the most sports professions linked to pressures of all kinds, sports instructor work under several factors characterized by anxiety, tension, stress and psychological excitement. Which may contribute to a strong coaches and energies lassitude of the athlete and deprive them of enjoying life to the fullest, and reduce his confidence in himself and negative concepts towards development and towards others and believe he's incompetent at his job. And Rady Jaber and Abdel Hafez Qassem (2012) indicate that the different causes are what lead to fatigue from one individual to another, and this difference is due to the variation in the psychological endurance of the individual's ability to continue and dealing with the causes and sources of fatigue (Radi & Qassem 2012).

Some researches, such as the study of Kelly and al (1993), the study of Pastore (1993). the study of Gould (1996). the study of Hassan Allawi (1998), the study of Kelly et al (1999), the study of Kallus & Kellmann (2000), the study of Hjalms (2007), the study of Athansios(2010). From the above, there are

many coaches who deal with disability in the sports field in daily training and sports competitions.

dealt with burnout in terms of factors and symptoms with a community of coaches, athletes, among coaches and players. That emphasized the importance of studying burnout among athletes, coaches, and even teachers. As a result, there are many coaches who deal with the disabled in the field of sports who suffer from professional pressures, and in the absence of studies at the local and international levels about psychological burnout among the coaches of the disabled, and from it the researchers try to study the level of fatigue factors among the coaches of athletes with motor disabilities.

#### **Research objectives:**

- Determine the level of burnout factors among coaches of athletes with disability.
- Identify differences in the level of burnout factors between coaches of athletes with disabilities to the variables of sports activity type and field experience.

#### **Search terms**

**psychological burnout:** is the state in which the coach is during the training or competition process as a result of the internal and external pressures and factors that he is experiencing.

**level psychological burnout:** It is the total score obtained by the trainer by answering the paragraphs of the applied scale.

**Coach:** In this research, it is the individual who deals with people with disabilities during training and competitions in individual or collective sports.

**Athletes with motor disabilities:** They are individuals with motor impairment, including cases of amputation, paralysis, or postural deviations

## 2. METHOD

**2.1 Research methodology:** the researches used descriptive survey method due to the nature of the problem.

**2.2 Research community:** The research sample consisted of trainers in the sport of disabled (motor disabilities) represented in the following sports (athletics, swimming, football, basketball). The main sample consisted of 26 trainers who were chosen randomly. They were contacted during the training sessions for the 2019/ 2020 sports season.

- The research sample is distributed as follows (Table 1).

**Table 1.** distribution of the research sample

Variables		Number
Sports type	Individual sports	11
	Collective sports	15
Experience of field	(1-4) years	15
	(5-8) years	11
	more than 8 years	00

### 2.3 Scale of fatigue factors for the coach:

This measure was designed by Mohamad Hassan Allawi (1998) to identify the factors that contribute to increasing the pressure on the sports coach, which may lead to the fatigue of the sports coach.

- The scale consists of 30 statements divided into five factors as follows:

- Factors associated with the players or sports team (statements 1-6-11-16-21-26)
- Factors associated with the Athletic Trainer and personality characteristics (statements 2-7-12-17-22-27)
- Factors associated with the supreme management team or players (statements 3-8-13-18-23-28).
- Factors associated with the media (statements 4-9-14-19-24-29).
- Factors associated with the audience (statements 5-10-15-20-25-30).

As for the correction key (5-4-3-2-1), as shown in table (2)

**Table 2.** Shows Scale correction key

Level	Very high	High	Middle	Low	Very low
Degree	5	4	3	2	1

**Source:** Hassan Allawi, 1998, 481-488

### **Determine Burnout levels by arithmetic average**

**Table 3.** Shows degrees of burnout factors by arithmetic mean

Level	High	Middle	Low
Range	[05 - 3,68]	[2,34 – 3,67 ]	[1 - 2,33]

## **2.4 Scientific foundations**

**2.4.1 Stability:** The researchers used the method of test et retest of the scal, where we conducted the test on a sample outside the main sample in two phases separated by 07 days, and we also applied Cronbach alpha coefficient to calculate the stability, and the table shows the results obtained.

**Table 4.** stability coefficient of scal

The scal	R calculated	Cronbach alpha
Burnout factors	0.90	0.82

Through Table (4), we notice that the value of the stability coefficient for the survey sample is equal to 0.90, which is greater than the tabular R value of 0.66 at the significance level 0.05 and the degree of freedom 07. The internal consistency of the scale was also calculated according to the factors using the Cronbach alpha coefficient, where its value was 0.82, which is a high value, which indicates that the scale has a high degree of stability, and this is evidence of the possibility of using the scale on the research sample.

**2.4.2 Objectivity:** The scale was presented to a group of experts and specialists in psychology and sports psychology at the University of Mostaganem to express an opinion about the scale and modify what can be modified, the specialists agreed on the validity of applying the scale to the subject of the research

### 2.5 The Main Experience

- The scale was distributed to the coaches after the completion of the matches in the national championship so that the coach would have the freedom to respond to the scale items, and the coach was given a period of 5 to 10 minutes to answer it.
- The scale was distributed from 12/09/2019 to 20/01/2020.

## 3. RESULTS

### 3.1 View and analyze of the results

Levels of burnout factors among coaches of athletes with disabilities



**Table 5.** Arithmetic means to measure burnout factors among a sample search

Burnout factors	Means	Rank	Level
Players and sports team	2,83	02	High
Sports coach and his personality	2,59	03	Middle
Supreme management to players or team	2,88	01	High
The media	2,38	04	Middle
The audience fans	2,34	05	Middle
<b>All factors</b>	<b>2,60</b>		<b>Middle</b>

Source: Prepared by researchers

We note from Table (5) that the average of the burnout factors was limited between 2.18 and 2.88, while the arithmetic mean of the factors of the burnout scale as a whole was 2.60, which is in the middle range [2,34 - 3,67], this explains the level of burnout factors among the trainers was moderate.

As we can see through the ranking factors related to the supreme management of the players or the team, it came in first place with an average of 2.88. Then the factor associated with players and team sports with an arithmetic mean of 2.83 second place, in the third place was the coeche with an arithmetic average of 2.59; As for the fourth media factor it reached 2.38, and finally the audience factor, the lowest arithmetic average, with a score of 2.34.

The researchers attribute the reason for these results to the lack of pressure on the coaches because of lack of media interest in the sports of disabled, the fan base for the sport compared to their peers, and the results of the team are in line with the goals

of the tool according to or the followers according to the capabilities available to them.

### 3.2 View results of burnout among coaches of athletes with disabilities

#### 3.2.1 According to a variable type of sports activity

**Table 6.** Studying the differences in burnout factors among coaches according to the type of sports activity

Burnout factors	Sport collective		Sport individually		T Calculated
	Means	Sd	Means	Sd	
Players and sports team	2,81	0.81	1,51	0.7	4.33*
Sports coach and his personality	2,92	0.61	1,61	0.69	5.01*
Supreme management to players or team	2,71	0.51	1,41	0.60	5.65*
The media	2,81	0.61	1,51	0.72	4.98*
The audience fans	3,01	0.71	1,54	0.71	4.74*
<b>All factors</b>	<b>2,84</b>	<b>0.73</b>	<b>1,50</b>	<b>0.65</b>	<b>4.78*</b>

**Source:** Prepared by researchers

Note through the table (6) the T calculated was limited between the 4.33 and 5.65. And it is largest T student estimated table 2,06 significance level 0.05 and degrees of freedom 24 for all factors. While "T" student calculated for scale factors as all 4.78 at the indication 0.05 and degrees of freedom 24 more indexed T tabular. And conclude that the difference is statistically significant in favor of coaches of collective sport compared to coaches of individual sport.

### 3.2.2 According to a variable field experience

**Table 7.** Studying the differences in burnout factors among coaches according the field experience variable

Burnout factors	(1-4) years		(5-8) years		T Calculated
	Means	Sd	Means	Sd	
Players and sports team	2,95	0.92	1,50	0.71	4.53*
Sports coach and his personality	3,04	0.74	1,69	0.80	4.35*
Supreme management to players or team	2,95	0.84	1,01	0.7	6.46*
The media	2,59	0.90	1,10	0.6	4.96*
The audience fans	1.91	0.58	2.01	0.74	0.53
<b>All factors</b>	<b>2,85</b>	<b>0.79</b>	<b>1,37</b>	<b>0.61</b>	<b>5.48*</b>

**Source:** Prepared by researchers

We note through the table (7) to the calculated T was between 4.35, and 6.46, is greater than the value of T tabular of student estimated 2,06 significance level 0,05 and degrees of freedom 24 for all factors. While the calculated student T scale factors as all 5,48 at 0,05 significance and degree of freedom 24 and are larger than the T of tabular. And conclude that the difference is in favor for coaches who experience (1-4 years) compared to those with (5-8 years) experience.

## 4. DISCUSSION

Through the results obtained in Table (5), the level of burnout factors was moderate among the research sample. Although the arithmetic mean of the factors as a whole is 2.60

and it belongs to the range [2.34-3.67]. Where the order of the burnout factors came in order of the most influential factors to the least influential, The senior management team and players took first place. Second factor related to players and team sports, third place went to the sports coach, the fourth place went to the media, and finally the audience and fans factor.

This is in line with the study Duquette et al (1994) about factors that related to burnout, and approaching the study of Samira orabi (2008) to burnout among football coaches in Jordan was moderately, and this the ordinary to trainers. And equally among trainers in the sports of disabilities. As is similar the findings, Hassan Allawi (1996) which in the results for work associated with the senior management team at the largest degree of burnout. The similar result were with cheraiat mohamed study (2012) which stated that the most influential factors for burnout is related to senior management working group and associated working players and players and team sports.

As can be seen from table (6) that there are statistically significant of level the differences in burnout factor between coaches in individual sport and coaches of collective sport in faovr coaches of collective sport. The researchers attributed the statistical differences in burnout factors levels between coaches of individual sports and coaches of collective sport having some conflicts between the players and the team in collective activities which affect the work of the coach and his personality.

Increase the ability of the coach to achieve greater accomplishments of players and the team as a whole in the collective activities. Adding to the players' lack of commitment to help coach in sports competitions. These results are similar to

the results of the study of cheraiat Mohamed's study (2012) which confirms that the coaches do more physical and mental teamwork, because they deal with a greater number of athletes compared to the activities that have individual sports that have different pressures because team sports are fan base activities and media follow-up is greater compared to sports activities individuality.

And through the results of table (7) there are differences in levels of burnout factors when coaches have experience (1-4 years) and between coaches have experience (5-8year) difference in faovr coaches have experience (1-4 years). The researchers attributed these results to the efforts of coaches and their dedication to their work have more to prove themselves, and impose their opinion and their own style in order to achieve good results will satisfy senior management team, and the audience compared to most experienced who are accustomed to working with this category in accordance with objectives and possibilities, that the basic objectives of sports activities for disabled persons is to improve fitness level for health and integrate into the community to live in accordance with the requirements of daily life.

The researchers attributed the statistical differences in the levels of burnout factors among coaches have experience less as a results of the insistence of the new coaches in career achievements with the team to prove their personalities. In order to feel appreciated enough by the administration and players and cheerleaders. In addition some players underestimated to the coach's effort to raise levels for less experience of trainers, although some studies regarding the effect of years of work experience on burnout found no significant differences on the

burnout factors (Danylchuk,1993; Pastore,1993). Despite this, it appears in Pastore and Judd's study (Pastore, 1993) that levels of burnout seemed to decrease with age and years of coaching experience, while their levels of personal achievement increased slightly.

This refers to both Berger Freuden (1990) and Maslach (1982) it serves as a case of burnout and physical and mental aspects leads to a negative concept about the person himself or itself, as well as formation negative attitudes towards work and life and people and others as well as the lack of idealism and sense of outrage. And through what researchers said that as coach professionally supervise the sport training process catch a burning myself when faced with obstacles prevent his mission fully his full career, leading to a sense of helplessness and deficiencies in the performance of its work which entail psychological pressure and nervous tension leading to low interest motivation.

## **5. CONCLUSION**

- The level of burnout factors was moderate for the coaches of the motor disabled athletes
- There are differences in the level of burnout factors between the athletic trainers in the individual sports and the collective sports, which are in favor of the trainers in the collective sports in all factors.
- There are statistically significant differences in the level of burnout factors between trainers with experience (1-4 years) and trainers with experience (5-8 years) in favor of trainers with experience (1-4 years) in all factors.

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