

Abstract

Název: Burnout Syndrome in Professional Team Sports

Cíle: The aim of this study is to assess a prevalence of burnout syndrome and engagement in team professional sports and explore relationships between burnout and engagement and social resources and demands produced by teammates, coaches, and global sport environment and other selected variables (motivation, perfectionism etc.).

Metody: The research was carried out by means of an electronic survey. The questionnaire was constructed from 7 separate questionnaires, each focusing on one of the selected predictors of burnout and engagement. It was distributed to professional male and female players of volleyball (extra-league), hockey (Chance League and 2nd League) and handball (extra-league). A total of 102 professional athletes participated in the study. The obtained data were processed using descriptive statistics and correlation and regression analysis.

Výsledky: The results provide an overview of the relationships between burnout and engagement and the selected predictors, which are types of motivation, effort goals, perfectionism, coach-created motivational climate, and team cohesion. The general assumptions of the relationships of engagement and intrinsic motivation, and conversely burnout with extrinsic motivation and its related introjected regulation, were confirmed. Examination of effort goals revealed that task-orientation was positively associated with engagement, as was ego -orientation, which was expected to be positively associated with burnout. A link between socially prescribed perfectionism and burnout was demonstrated, suggesting that high environmental expectations have a negative effect on an individual's sport experience. The motivational climates created by the coach can be divided into two groups. The first is positively related to engagement and includes an autonomy-supportive, social and task-oriented climate.

These environments promote the individual's participatory role in decision making and he or she is left in control of their behaviour. The second group is positively related to burnout and involves ego-oriented and controlling motivational climates that are characterized by directive coaches, intimidation and punishment.

Klíčová slova: burnout syndrome, motivation, sports environment, support, team cohesion, engagement