

ERPA 2014

## Evaluation of the correlation between decision-making styles and burnout levels of the team-trainers who competed in regional amateur league

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### Abstract

The current study was done in order to discover whether or not there was a difference between decision-making styles and burnout levels of the team-trainers who competed in regional amateur league. The population of the study was composed of 160 team-trainers who competed in regional amateur league of Turkish Football Federation during 2012-2013 football season. The sample of the study was consisted of 95 team-trainers who were selected from the population with random sampling method. As the data collection tool; “*Melbourne Decision-Making Questionnaire*” Turkish adaptation of which was performed by Deniz (2004) and “*Maslach Burnout Inventory*” and Turkish adaptation of which was performed by Ergin (1992) were employed. According to the findings obtained from the study; it was found out that there was a correlation between subscales of self-esteem in decision-making and decision-making scale, and their burnout levels as far as correlation coefficient results were concerned.

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Peer-review under responsibility of the Organizing Committee of the ERPA Congress 2014.

**Keywords:** burnout; decision-making; burnout among trainers; decision-making among trainers.

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## 1. Introduction

Individuals have numerous decision-making experiences on daily basis. Human beings; who are able to make flexible adaptations in environment, demonstrate decision-making behaviors in order to continue the efforts to meet the needs. Decision-making can be defined as a solution that eliminates a problematic situation that occurs when there are many ways to answer a need. When it is necessary to make a decision for an important situation that requires decision-making; it becomes more important to get the most effective way that enables the power that attains the objectives and predicts outcomes (Kuzgun, 1992). Studies on decision-making represent different approaches. For example; since the end of 1940s; decision-making has been investigated by many different disciplines such as mathematics, sociology, medicine, politics, geography, engineering, administrative sciences and psychology. Glovich (1984) emphasizes that sportive world is the most ideal field for studies on decision-making because it is a potential laboratory where cognitive structures related with decision and decision-making are investigated (Bar-Eli and Raab, 2006). It is known that not only physiologic, psychological and technical and tactical exercises/efforts are necessary in sportive success but cognitive factors are also effective. Decision-making ability as a dimension in establishing sportive success plays a key role (Egesoy vd., 1999). Indeed; it is a significant research area that should be discussed under laboratory conditions to understand how people think during sportive situations and how they analyze and judge the current situation (Bar-Eli and Raab, 2006).

Maslach (1982) defines burnout as a syndrome that is seen in those who are subjected to intense emotional demands and are obliged to work with others and that involves a state of physical fatigue or persistent exhaustion and hopelessness-feelings that occur as negative attitudes towards occupation, life and others (Maslach and Jackson, 1981). It is identified that burnout syndrome is not an instantly rising event but occurs as a result of successive events (Sürgevil, 2006). Many studies have addressed the relationship between burnout and decision making styles (Price & Weiss, 2000). Sport Psychologist]. Research has shown that autocratic decision making increases burnout in athletes, while democratic behaviors decrease athlete burnout (Harris & Ostrow, 2008). In this sense; signs of burnout can be examined under three titles: physical signs, behavioral signs and psychological signs (Sürgevil, 2006). At first; effects of burnout is seen at personal level but in time, these effects go beyond personal level and cause some negative outcomes in individuals' professional life, too (Ardıç & Polatçı, 2008).

In short; it is concluded that trainers should be happy and get satisfied with the institutions where they work and thus should tolerate their burnout and continue positive decision-making mechanisms so that their decision-making mechanisms can work well.

## 2. Method

### 2.1. Population and sample

The population of the study designed in survey model was composed of 160 team-trainers who competed in regional amateur league of Turkish Football Federation during 2012-2013 football season. The sample of the study was consisted of 95 team-trainers who were selected from the population with random sampling method.

### 2.2. Data collection tools

*Melbourne Decision Making Questionnaire I-II (MDMQ I-II):*

“Melbourne Decision-Making Questionnaire” which was designed by Mann et al. (1998) was adapted into Turkish in order to discover decision-making styles of the Turkish university students and to conduct comparative studies where these styles are compared to the decision-making styles of other nations (Deniz, 2004). Melbourne Decision-Making Questionnaire involves two parts: the first part measures self-esteem in decision-making (self-confidence) and is consisted of six items and one sub-scale. The second part includes 22 items addressing decision-making styles and four sub-scales: 1) vigilance, 2) buck passing, 3) procrastination and 4) hypervigilance. Upon the administration on 154 university students, internal consistency coefficients of the MDMQ I-II were found by Deniz

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