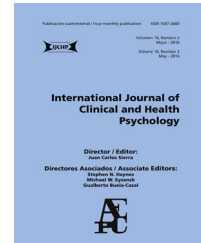




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ORIGINAL ARTICLE

Antecedents and consequences of burnout in athletes: Perceived stress and depression

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KEYWORDS

Burnout;
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Stress;
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Abstract *Background/Objective:* The aim of this study was to investigate the relationship among perceived stress, burnout and depression in a sample of athletes. It was hypothesized that stress is an antecedent of burnout and depression a possible consequence of both stress and burnout. *Method:* A sample of 453 athletes participated in the study. Stress and depression were measured with Depression Anxiety Stress Scales (DASS) and athlete burnout with Athlete Burnout Questionnaire (ABQ). Data analysis was conducted under the approach of structural equation modelling (SEM). *Results:* The direct effects of stress on burnout and depression were .66 and .24, respectively, and the direct effect of burnout on depression .53, all of them significant ($p < .001$). Stress accounted for 43% of the variance of burnout, and jointly stress and burnout for 50% of the variance of depression. Indexes of overall model fit were: $\chi^2(224) = 520.881$ ($p < .001$), $\chi^2/df = 2.32$, Goodness of fit index (GFI) = .91, Comparative fit index (CFI) = .89, Root mean square error of approximation (RMSEA) = .054 (90% confidence interval, .048-.060), and Standardized Root Mean Square Residual (SRMR) = .063. *Conclusions:* This study provides evidence of the relationship among stress, burnout and depression in an only model. © 2016 Asociación Española de Psicología Conductual. Published by Elsevier España, S.L.U. This is an open access article under the CC BY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/4.0/>).

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PALABRAS CLAVE

Burnout;
depresión;
estrés;
deportistas;
estudio descriptivo
de encuesta

Antecedentes y consecuencias del burnout en deportistas: estrés percibido y depresión

Resumen *Antecedentes/Objetivo:* El objetivo fue investigar la relación entre estrés percibido, burnout y depresión en deportistas. Se presenta el estrés como antecedente del burnout y la depresión como consecuencia de ambos. *Método:* Participaron en el estudio 453 deportistas. Estrés y depresión fueron medidos con *Depression Anxiety Stress Scales* (DASS) y burnout en deportistas con *Athlete Burnout Questionnaire* (ABQ). Los datos fueron analizados desde la perspectiva de modelos de ecuaciones estructurales (SEM). *Resultados:* El efecto directo del estrés sobre el burnout y la depresión fue de 0,66 y 0,24, respectivamente y el del burnout sobre la depresión de 0,53; todos ellos significativos ($p < 0,001$). El estrés explica el 43% de la varianza del burnout y el estrés conjuntamente con el burnout, el 50% de la varianza de la depresión. Los índices de ajuste del modelo fueron: $\chi^2(224) = 520,881$ ($p < 0,001$), $\chi^2/df = 2,32$, el índice de bondad de ajuste (GFI) = 0,91, el índice de bondad de ajuste comparativo (CFI) = 0,89, la raíz del residuo cuadrático promedio de aproximación (RMSEA) = 0,054 (90% intervalo de confianza, 0,048-0,060) y raíz cuadrada de la media cuadrática del residual estandarizado (SRMR) = 0,063. *Conclusiones:* Este estudio permite conocer la relación existente entre estrés, burnout y depresión en un único modelo.

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Considerable effort in sport and exercise psychology has been devoted to identifying personal and situational factors that contribute to athlete burnout (Madigan, Stoeber, & Passfield, 2015). Burnout was defined for the first time in the early 1970s by Freudenberger (1974) as a behavioral pattern suffered by volunteers of the Free Clinic of New York for drugs addicts. This pattern included progressive loss of energy, demotivation, lack of all interest in work until arriving at exhaustion. Forty five years later the syndrome has become a popular topic among athletes and coaches. Consequently, sport area should keep assessing burnout in separate than workplace because there are many variables that are not the same (Vargas, Cañadas, Aguayo, Fernández, & De la Fuente, 2014). After numerous definitions of the syndrome in the sport context, currently Raedeke's definition is the most accepted in this context (Goodger, Gorely, Lavalley, & Harwood, 2007). Raedeke (1997) established burnout as a psychological syndrome composed by three dimensions: (a) physical/emotional exhaustion, (b) reduced sense of accomplishment and (c) sport devaluation. Raedeke's definition derives from Maslach and Jackson (1981) description of this syndrome in human services where burnout is characterized by emotional exhaustion, depersonalization, and reduced personal accomplishment. Raedeke (1997) modified Maslach and Jackson (1981) definition in order to adjust to particularities of sport. He added physical exhaustion to emotional exhaustion because of physical load in sport, he redefined reduced personal accomplishment in terms of sport performance and ability instead of relationship, and he stood out devaluation over depersonalization because devaluation represents negative attitudes toward sport, the most important in this particular domain: sport and not clients such as labor context.

Based on the definition proposed, Raedeke and Smith (2001, 2009) proposed the Athlete Burnout Questionnaire (ABQ), for measuring these three dimensions.

Regarding explanatory models of burnout, one of the first theoretical models about the origin of athlete burnout has been the cognitive-affective stress model proposed by Smith (1986). Smith, Gustafsson and Hassmén (2010) display it as the most influential theory on burnout. Also it has been showed empirically shone to be the best explicative model in comparison with other classic models like Coakley's social model and Silva's model (Gould, Tuffey, Udry, & Loerh, 1996). Smith (1986) defined the syndrome like a response before chronic stress. Specifically, Smith conceptualized burnout as a process with four components. The first component involves the imbalance between demands and resources. When the sport demands exceed athlete's resources, the situation may be perceived as stressful. This is the second component of the process which is cognitive appraisal of the situation. This component is influenced by a variety of personality and motivational factors. The third component is physiological responses that can reaffirm the appraisal of stress. The fourth component is behavioural responses, task behaviours and coping responses, including decreased performance, interpersonal difficulties and also withdrawal of sport domain. Applying this model to burnout, the situation would be characterized by high demands or in conflict with resources, low social support, low autonomy, scarce reward or low demands that take to the boredom. All these factors cause an imbalance between demands and resources. If this imbalance is maintained for long period of time it leads to a valuation of perceived overload and learned defencelessness. This model is reminiscent of transactional model of stress proposed by Lazarus and Folkman

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