

**PREVENTION OF BURNOUT  
USING COACHES FEEDBACK  
TO INFLUENCE SELF  
PERCEPTION IN ATHLETES**

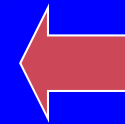
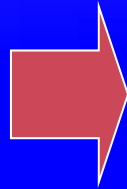
**Group - Quick 5**

# KEYWORDS

- ◆ Burnout
- ◆ Feedback
- ◆ Coaching
- ◆ Self perception
- ◆ Perceived competence
- ◆ Athletes

# Background

parents



coach

- ◆ Gould (1993)
  - two way communications in order to prevent burn out.
- ◆ Horn (1985)
  - feedback from coach has strong influence on athletes athletes.



# Why is this a “hot topic”?

## Burn out

- ◆ Because burnout is a big problem for sports person in all over the world.

# Burnout



A barrier for hardworking individuals  
that contribute to society.

(Flett, no date)

# Why do athletes burnout?

Athletes are prone to burn out

Achievement  
oriented

Higly  
dedicated

stress

(Feighley, 1984)



# What is feedback?



Information about reactions to a product, a person's performance of a task. Which is used as a basis for improvement.

(Oxford Dictionary of English)

# Feedback

- ◆ High quality positive, evaluative and specific feedback is the most effective in developing self confidence and intrinsic motivation

(Smith,1986; Vealy,1989)





# Theory

- ◆ Theorist: Deci and Ryan (1980)
- ◆ Theory: Cognitive Evaluation Theory
- ◆ Concept: changes in feelings of competence cause changes in intrinsic motivation; an objective assessment of the present state of affairs yields different results.

# Research Questions

- ◆ How does the quality and quantity of the feedback affect the perceived competence of the athlete?
- ◆ Can coach feedback and perceived competence provide indicators for burnout?

## Continued.....

- ◆ To what extent does coach feedback affect perceived competence in comparison with actual competence? How highly are the constructs correlated?

# Methodology

subjects:

- ◆ football players

Research Design:

We use Mixed method design

- ◆ Qualitative
- ◆ Quantitative



# Continued....

## Method

- Qualitative:

## Instruments

- Semi structured interviews (RQ 1 and RQ 2)
- Questionnaires (RQ 1 and RQ 2)
- Field Diary Observations (RQ 1 and RQ 2)

# Research Design

## Method

- ◆ Quantitative

## Instruments

- ◆ Intrinsic motivation → SMS (Sports Motivation Scale) (RQ 3)
- ◆ Perceived competence scale (RQ 3)
- ◆ Actual competence scale (RQ 3).

# Data Analysis

- ◆ SPSS Data Correlation:
- ◆ Qualitative: inductive analysis developed into categories based on thoughts/perceptions was defined as a statement conceptually consistent with a single idea. (Casey and Fletcher, 2011)

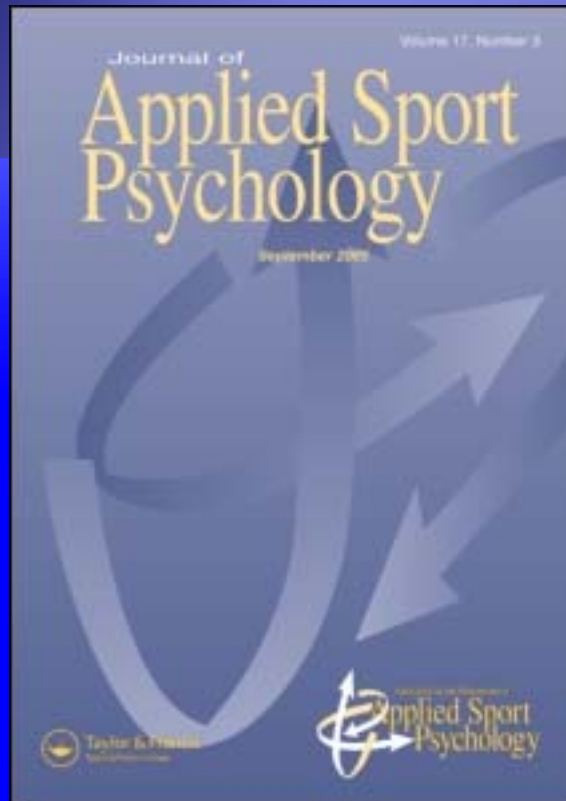
# Journals

## **Athletic Insight**

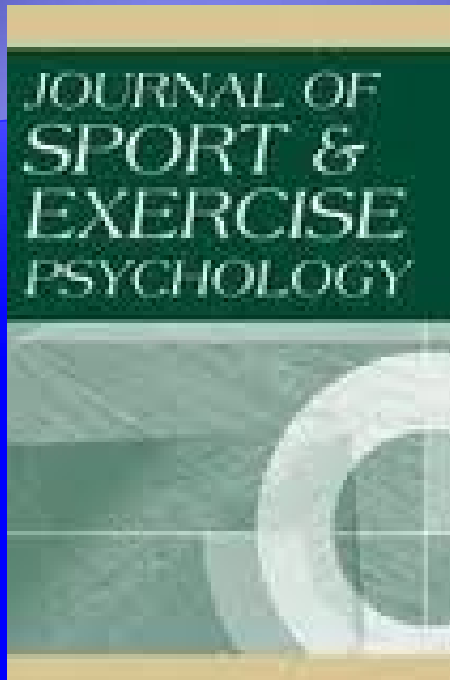
*The Online Journal of Sport Psychology*

- ◆ The Online Journal of Sport Psychology intended to provide discussion of topics that are relevant to the field of sport psychology. This is achieved through the article publication focusing on specific issues in the field as well as responses from readers to the articles.





- ◆ The *Journal of Applied Sport Psychology* a refereed journal to advance thought, theory, and research on applied aspects of sport and exercise psychology. Submissions specific to sport and/or exercise and applied research conducted in these settings or having significant applied implications to sport and exercise are appropriate.



- ◆ The **Journal of Sport & Exercise Psychology** is designed to communicate research theory in all areas of sport and exercise psychology.

# Conferences

- ◆ AISEP: Share information in the Physical Education Academic Community, network, discuss your own and other ideas, create potential collaborations, creates opportunity to give insight to your work.
- ◆ AfPE: Share your work with a professional audience as well as gain the same benefits as AISEP.

# THANK YOU FOR LISTENING



# QUESTIONS

