
THE SYMPTOMS OF FEMALE JUDOISTS' EMOTIONAL BURNOUT SYNDROME IN THE PRE-COMPETITIVE PERIOD

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- emotional burnout,
- symptoms of burnout,
- female judoists.

Abstract:

The article deals with the psychological aspects of skilled female judoists' emotional burnout in the pre-competitive period. The main factors triggering off the symptoms of emotional burnout during the preparation for the contest have been elicited. It has been found out that the majority of female athletes pass the stages of forming the symptoms of three phases of the emotional burnout influencing the future contesting activity. The main symptoms are: "inadequate emotional responding", "emotional detachment", "personal detachment", "professional duties reduction".

INTRODUCTION

The rapid development of female wrestling caused the necessity of conducting various scientific researches into the most effective ways of achieving great sport results without any negative consequences for the female athletes' health. The topicality of this issue determines the significant spread of female sport contests, as well as the considerable growth of a number of achievements both on the Ukrainian tatami and on the international one.

Elaborating the basic theoretic and methodological principles of optimizing the content and structure of the process of teaching and training female athletes, the researchers [1; 2; 3; 8] acknowledge the sport training as a core element of the continuous growth of the female athletes' proficiency, the psychological training being its peculiar part.

Any human activity is reflected in his/her personality, has an impact on the personal qualities and forms consciousness. The devastating factors of educational, professional, sport and other types of activity cause the so-called emotional burnout syndrome [4, 5].

MATERIAL AND METHODS

The research is based on H. Fredenberger's conception of emotional burnout, treated as a complex psychophysiological phenomenon of the emotional, mental and physical devastation under the influence of constant emotional load [6].

The following methods have been used: the theoretical (the analysis of the research-related sources) and practical (V.V. Boyko's method of diagnosing the level of emotional burnout, the Questionnaire "Professional Burnout", the Questionnaire "The Assessment of Burnout-Provoking Activity Conditions") ones.

RESULTS AND DISCUSSION

The emotional burnout syndrome is the reaction of the organism to the continuous influence of the mid-intensive professional stresses [3]. The paper presents the data concerning the symptoms of the skilled female judoists' emotional burnout.

The research resulted in tracing the indices of emotional burnout among the skilled female judoists. Thus, the emotional burnout syndrome consists of three stages (“tension”, “resistance” and “exhaustion”), each having 4 characterizing symptoms [6, 7].

In our research we managed to engage 18 female judoists, namely 9 national-level and 9 international-level athletes. The questioning results enabled us to elicit the psychological symptoms of female judoists’ emotional burnout in the pre-competitive period.

As a result of the research it has been found out that the national-level female judoists’ “tension” stage is slightly expressed, its symptoms being unformed. It proves that the athletes’ attitude to themselves is not dominant. The “resistance” stage symptoms exceed the norm, except for the symptom of “broadening the sphere of the emotions saving”. It may indicate the exaggerated emotiveness of young female athletes, the underestimation of their training and contesting responsibilities, as well as the highly inadequate emotional responding. This can be explained by the fact that the training process does not meet the emotional needs of female judoists with inherent maximalism. Besides, the strong level of the indices of the symptom of “inadequate selective emotional responding” confirms the previous suppositions. At the “exhaustion” stage we observe the strong level of the indices of the symptoms of “emotional detachment” and “personal detachment (depersonalization)”. It lets us state that the female athletes lack communication.

The suchlike research has been conducted concerning the international-level female judoists. The obtained results testify that the “tension” stage and the symptoms of “experiencing the psycho-traumatic circumstances”, “being dissatisfied with oneself”, “feeling caged”, “anxiety and depression” are absolutely unformed. It makes it possible to state that with time the athletes have acquired some experience of communicating with their trainers and team mates, became more confident in themselves, and that the stress-provoking situations seem to be no big trouble. As for the “resistance” stage, we should mention a slightly oversized level of the indices of the symptoms of “inadequate selective emotional responding”, “emotional and moral disorientation” and “professional duties reduction”. These indices ensure the statement that both the national-level female judoists and the international-level ones underestimate their capabilities concerning their training and contesting responsibilities. Unlike the international-level athletes with their steep emotiveness, the national-level female judoists acquire some experience, get to know some competition refinements. At the “exhaustion” stage we observe the strong level of the indices of the symptoms of “emotional detachment” and “personal detachment (depersonalization)”. It can be explained by the fact that the contesting activity has caused the national-level female judoists’ exhaustion and has brought no “emotional innovations”.

The comparison of the research results concerning the two groups of the female athletes makes it possible to state that the “exhaustion” stage of both the national-level and international-level female judoists is slightly expressed, but the more vivid manifestation of the symptom of “experiencing the psycho-traumatic circumstances” is characteristic for the international-level athletes.

Thus, no burnout dynamics can be traced. This phenomenon can be explained by the fact that the national-level female athletes lack the responsible attitude to the competitive process, while the international-level female judoists, being more experienced in suffering from the contest-related hardships, feel greater responsibility for the sport achievement caused by the deeper understanding and recognition of the importance of the competitive activity.

CONCLUSION

1. It has been found out that the majority of female athletes pass the stages of forming the symptoms of three phases of the emotional burnout influencing the future

contesting activity. The main symptoms are: “inadequate emotional responding”, “emotional detachment”, “personal detachment”, “professional duties reduction”.

2. The research results showed that there is no discrepancy between the emotional burnout level among the athletes of both the national and international levels. It enables us to state that international-level female judoists waste less emotional energy on the pre-competitive activity.

The perspectives of the future research lie in the thorough investigation of the factors triggering off the symptoms of emotional burnout at various levels of the training and competitive activities.

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