

The Influence of Achievement Motivation on Burnout in Swimming Athletes



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ABSTRACT: Currently burnout is a crucial problem in the world of athletes, because it often hampers the performance rate of athletes who ultimately harm themselves and the surrounding environment. The purpose of the study was to influence achievement motivation on burnout in swimming athletes in Sleman Regency. This research is quantitative, with an ex post facto design. The subjects were swimming athletes totaling 75 athletes. The instrument used was a questionnaire. The analysis technique used regression with Statistical Package for Social Science (SPSS) version 21 software. The results show that there is a significant effect of achievement motivation on burnout in swimming athletes in Sleman Regency, with a calculated t value of $-4.080 > t$ table 1.666, p -value $0.000 < 0.05$. Negative value, meaning that if achievement motivation is higher, burnout will be lower. The contribution of achievement motivation variables to burnout of swimming athletes in Sleman Regency is 18.60%, while the remaining 81.40% is influenced by other factors outside this study. For future researchers to be able to reveal other variables that can affect burnout in swimming athletes, because our report found only 18.60%.

KEYWORDS: self achievement motivation, burnout, swimming athletes

INTRODUCTION

Athletes are one type of profession that is classified as heavy. This is because athletes are required to constantly improve professionalism. The quality of professionalism in question includes expertise, high concentration, knowledge, being able to behave professionally when faced with problems related to coworkers, coaches, family and opponents. Being an athlete requires hard work from start to finish, such as preparation during hard training, preparing physical conditions, and mental preparation, so it is not uncommon for athletes to experience burnout. Currently burnout is a crucial problem in the world of athletes, because it often hampers the performance rate of athletes who ultimately harm themselves and the surrounding environment. Burnout occurs because the recovery process from the match is inadequate. That means burnout can be caused by too busy a schedule, while the period for player recovery is lacking. Research on the adverse effects of burnout on athletes has pushed the topic to become important among researchers (Gustafsson et al., 2014).

The term burnout was first defined as a pattern of behavior experienced by volunteers from the Free Clinic of New York for drug addicts. This pattern of behavior included a profound loss of energy, decreased individual motivation, and loss of interest in work to the point of exhaustion (De Francisco et al., 2016). Burnout is a condition that is filled with a sense of saturation, so that a lot of energy and energy is wasted. Burnout is generally defined as a cognitive-affective syndrome consisting of emotional and physical exhaustion, a reduced sense of accomplishment, and devaluation of exercise (Gustafsson et al., 2017). Sport burnout is a psychophysiological syndrome that includes physical and emotional exhaustion, decreased achievement as an athlete, indifference to important things, role conflict and role ambiguity experienced by an athlete. The term burnout is defined as a state of physical fatigue, emotional and mental fatigue (Maslach & Leiter, 2016). This symptom is synonymous with a feeling of failure to achieve goals. Saturation can also be interpreted as an attitude where a person is at a level of boredom that affects the person's routine, thus making a sense of participation in a lack of self.

Burnout is a psychological stress, somatic disorder consisting of emotional exhaustion, cynicism and reduced personal accomplishment (Edú-Valsania et al., 2022). Exhaustion is mental fatigue from intense and frequent interpersonal contact. Cynicism is a tendency to withdraw from work. Reduced personal accomplishment is a reduction in personal ability and achievement caused by external factors beyond the individual's control (Lee, 2015). Burnout in the world of sports is something

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that has a bad impact because it can affect achievement (performance and achievement decrease). If athletes experience burnout, especially when competing, it will result in decreased motivation and achievement.

Achievement motivation is the drive within a person to achieve success, which tends to cause behavior to maintain and improve the success that has been achieved by being guided by the best achievements (Brunstein & Heckhausen, 2018). Achievement motivation is closely related to competitive traits and situations. Competitive nature is a tendency to feel satisfied if that is the driving force for behavior. Achievement motivation also affects athlete performance. It can be said that achievement motivation is a "standard of excellence" or a tendency in athletes to perform as well as possible. Athletes who have high achievement motivation have a positive attitude towards a situation that refers to achievement.

Individuals who have high achievement motivation will have a sense of responsibility and high self-confidence, are more resilient, more active in carrying out a task, have a desire to complete their tasks well. Therefore, the achievements achieved will usually be better than individuals with low achievement motives. Individuals will be more resistant to social pressures, prefer to choose friends just familiar friends, in acting always consider moderate levels of risk.

Researchers depart from the assumptions of previous research conducted by Nastiti & Prakoso (Nastiti & Prakoso, 2018) athletes with high burnout conditions have low optimism for achievement. Furthermore, Hafidz's research (Hafidz et al., 2022) stated that petanque athletes train continuously without a match, this makes athletes experience boredom to burnout. In the world of sports, burnout is something that has a bad impact because it can affect achievement (performance and decreased performance). Based on this, the researcher is interested in conducting a study entitled "The Effect of Achievement Motivation on Burnout".

MATERIALS AND METHODS

Participants

The subjects in this study were swimming athletes in Sleman Regency totaling 102 athletes. The sampling technique was carried out by purposive sampling. The criteria are (1) willing to be a sample, (2) over 12 years old, (3) have participated in competitions, (4) still actively practicing. Based on these criteria, 75 athletes met.

Research Design

This type of research is descriptive quantitative with an ex post facto approach. Ex post facto which means after the fact, with survey data collection. Ex post facto research is research that aims to find possible causes of changes in behavior, symptoms or phenomena caused by an event, behavior or things that cause changes in the independent variable which as a whole has already occurred.

There are 6 dimensions of achievement motivation instrument grids, namely responsibility, task selection risk, innovative creativity, feedback, task completion time, and having realistic goals. The dimensions used to compile the burnout scale according to Maslach, namely emotional exhaustion, depersonalization, mental fatigue.

Statistical Analysis

The statistical analysis technique used the Statistical Package for Social Science (SPSS) version 21 software. Tingkat p-value statistik ditetapkan pada p-value < 0.05.

RESULTS

The results of descriptive statistics of self efficacy variables, social support, and achievement motivation of soccer athletes can be seen in Table 1.

Table 1. Descriptive statistics of Achievement Motivation and Burnout

Variable	Mean ± SD
Achievement Motivation	2.33 ± 0.22
Burnout	2.67 ± 0.29

Normality Test

The normality test uses the Kolmogorov-Smirnov Test, namely by looking at the significance value of the residual variable if the p-value > 0.05, it can be said that the data is normally distributed. The results are presented in Table 2.

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Table 2. Normality test results

<i>One-Sample Kolmogorov-Smirnov Test</i>		
		<i>Unstandardized Residual</i>
N		75
Normal Parameters ^a	Mean	0.000000
	Std. Deviation	0.26060650
Most Extreme Differences	Absolute	0.115
	Positive	0.046
	Negative	-0.115
Kolmogorov-Smirnov Z		0.994
Asymp. Sig. (2-tailed)		0.277

Based on the statistical analysis of the normality test that has been carried out using the Kolmogorov-Smirnov test, the normality test results are obtained with an Asymp. Sig (2-tailed) is $0.277 > 0.05$, which means the data is normally distributed.

Linearity Test

The linearity test is used to determine whether the independent variable and the dependent variable in this study have a linear relationship if the increase in the independent variable score is followed by an increase in the dependent variable score. The results of the Linearity test of this study can be seen in Table 3.

Table 3. Linearity test results

Variable	p-value	Description
Achievement motivation on burnout	0.284	Linear

Based on the table above, it can be seen that the relationship between the independent variable and the dependent variable obtained a p-value of $0.284 > 0.05$. So, the relationship between the independent variable (achievement motivation) and the dependent variable (burnout) is declared linear.

Hypothesis Test Results

To determine the effect of achievement motivation on burnout of swimming athletes in Sleman Regency, it is done by analyzing the t test (partial) and F test (simultaneous), the results are as follows:

Table 4. Partial test analysis results (t test)

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	4.004	0.329		12.187	.000
	Self efficacy	-0.574	0.141	-0.431	-4.080	0.000

Based on the results of the analysis in Table 4, the t value is -4,080 and the p-value is $0.000 < 0.05$, so the hypothesis “there is a significant effect of achievement motivation on *burnout* in swimming athletes in Sleman Regency” is accepted. The value is negative, meaning that if achievement motivation is higher, *burnout* will be lower. The results also found an R Square value of 0.186. This means that the contribution of achievement motivation variables to burnout of swimming athletes in Sleman Regency is 18.60%, while the remaining 81.40% is influenced by other factors outside this study.

DISCUSSION

Based on the results showed that there is a significant influence between achievement motivation on burnout of swimming athletes in Sleman Regency, with a p-value < 0.05 , the results of the study are negative, meaning that the higher the level of achievement motivation, the lower the burnout of athletes. Based on the Coefficient of Determination (R²), it is known that the coefficient of determination R Square is 0.186. This means that the contribution of achievement motivation variables to the

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burnout of swimming athletes in Sleman Regency is 18.60%, while the remaining 81.40% is influenced by other factors outside this study.

The results of this study are supported in a study conducted by Akhyar (Akhyar et al., 2017) which aims to determine the relationship between achievement motivation and burnout in student athletes in Semarang City. The results showed that there was a significant negative relationship between achievement motivation and burnout ($r = 0.248$; $p = 0.018 < 0.05$). The coefficient of determination of achievement motivation on burnout with a contribution of 15.78%. The higher the achievement motivation of athletes, the lower the burnout experienced by athletes.

While the value of the relationship between achievement motivation and burnout is inversely proportional. This means that the greater the athlete's achievement motivation, the smaller the risk of burnout. The involvement of motivation is expected that the athlete's mentality is in good condition. Athletes with a tough mentality provide protection against experiencing burnout symptoms (Madigan & Nicholls, 2017). In addition to athletes taking the initiative to motivate themselves, coaches can also provide lectures or advice after training. That way athletes feel motivated to do better in training, so that they can minimize the occurrence of burnout. The coach's action in motivating his athletes is a form of social support that can be applied through oral and written communication. A significant negative relationship between social support and burnout. This means that the score of burnout and social support has an inverse value. The lower the social support, the higher the burnout score, and vice versa.

Achievement motivation can help individuals complete tasks well, besides that it can spur athletes to study harder and have full concentration in the training and competition process. Athletes who have high achievement motivation have several characteristics such as, having high motivation to achieve success, focus on the desire to succeed, still have good performance even though they get a lot of evaluation, and so on (Zach et al., 2017). Athletes who have some of the above characteristics can easily overcome burnout and continue to produce achievements in the field of sport they are engaged in.

Achievement motivation will make athletes have clear goals and can help these athletes achieve the expected success. Individuals who have high achievement motivation will want feedback and not experience potential frustration. Achievement motivation will be able to direct students to do something better and make athletes able to see the goal of achievement. Achievement motivation will also provide a clear view for the future. Achievement motivation possessed by athletes will produce an optimistic attitude and bring up efforts in facing existing challenges.

As is experienced by everyone, even athletes must have felt the name boredom or boredom, especially when participating in training. This opinion is reinforced by Wolff et al., (Wolff et al., 2021) which explains, boredom can be experienced by anyone in daily life activities, including in the context of sports. Burnout is a condition of physical or emotional exhaustion, depersonalization, and decreased personal achievement due to the continuous demands of work or training. Burnout is a form of fatigue that arises as a result of someone who is too intense in their activities, has high commitment and dedication, and has many wants and needs that must be met.

In the context of sports, specifically athletes are described as experiencing boredom over routine training. The reciprocal is that the training that was originally undertaken with enthusiasm turns into boring and athletes seem less productive undergoing training than usual. Burnout is a condition of athletes who initially respond enthusiastically to training, then turn into bored or boring activities. Burnout that occurs in athletes can occur due to several things such as situational demands (too high expectations, lack of social support), psychological responses (decreased motivation, fatigue), behavioral responses (decreased performance, difficulty in interpersonal relationships), and others.

Factors affecting burnout are divided into intrinsic and extrinsic, with details of intrinsic factors including; determination, self-awareness, discipline, and mentality, while extrinsic factors include diversity of training programs, communication, facilities, salary or gift bonuses, and training program design in terms of individual abilities. These factors can be improved in diverting from training burnout Athletes with strong willpower tend to feel more prepared. This feeling of readiness is needed to combat laziness in participating in training. Feeling ready for athletes will provide optimism and a feeling of resilience in undergoing training sessions.

The occurrence of burnout is also due to training not having variety or being too monotonous. If this is not addressed and continued, it is possible that the athlete will find training more nauseating and less challenging. Higher levels of burnout lead to faster physical decline. This situation is certainly not something that is expected. But on the contrary, athletes are expected to have adequate physical fitness. Overtraining, lack of fun, and too much pressure from self and others are sources of burnout (Kellmann, 2004).

The implications of burnout on athletes are a problem that cannot be underestimated because it can affect the athlete's performance, fitness level, motivation, and psychological state (Lu et al., 2016). Furthermore, at a more severe level the result of burnout is that athletes resign or stop being athletes. Another term is dropout. Boredom is the main reason athletes stop exercising, from children to professional athletes. According to (Schwartz et al., 2021) coaches and athletes should pay attention

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to boredom as a potential early warning signal to potentially become more severe. As a result of the boredom experienced, it is not surprising that training will be done lightly, such as underestimating the warmup. If the lack of seriousness continues, it will potentially lead to injury during the training session. Burnout is a risk factor for future injury.

Burnout has been shown to cause a variety of damaging psychophysiological and behavioral outcomes, in the form of negative consequences that include: depressed mood and psychological stress (Gustafsson et al., 2017). Athletes who suffer from stress tend to be less enthusiastic in practicing. Indications of stress felt by athletes are reliable predictors of burnout (De Francisco et al., 2016). Furthermore, coaches need to monitor the symptoms of burnout so that they are addressed immediately. Some athletes, among others, can show symptoms of active burnout even though they do not make a resignation (dropout). The condition of active burnout symptoms indicates that boredom is actually felt, and the deepest desire arises to stop being an athlete, but this cannot be done because there are specific causes that do not allow it to leave, such as demands from family (Kellmann, 2004).

In addition, the training program should not be too monotonous. Therefore, trainers need to plan a varied training program. It also doesn't hurt if the training program adds an element of fun in it to avoid boredom. Although training is fun, it still refers to the predetermined program, so that the training process runs continuously and in accordance with the performance targets to be achieved. The application of game sports methods is considered effective in dealing with boredom. Because the main orientation of game sports is to provide a feeling of fun and entertainment. This method can be applied by the coach at the end of the session or after training. Conversely, it is hoped that athletes will also take the initiative to increase motivation in the form of determination, self-awareness, and a feeling of readiness to participate in training, in order to anticipate feelings of boredom or saturation.

CONCLUSIONS

Based on the results of data analysis, description, testing of research results, and discussion, it can be concluded that there is a significant effect of achievement motivation on burnout in swimming athletes in Sleman Regency, with a calculated t value of $-4.080 > t$ table 1.666 , p -value $0.000 < 0.05$. Negative value, meaning that if achievement motivation is higher, burnout will be lower. The contribution of achievement motivation variables to burnout of swimming athletes in Sleman Regency is 18.60% , while the remaining 81.40% is influenced by other factors outside this study.

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