

Training Burnout and Leisure Participation of Athletes in College

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Abstract : The study intends to explore how the athletic trainings (12 hours per day, four days per week) have impacts on athlete burnout and their leisure participations. The connection between athlete burnout and leisure participation of collegiate athletes is also discussed. Athlete burnout and leisure participation questionnaire were administrated and 186 valid responses were collected. The data were analyzed with descriptive statistics, t-test, one-way ANOVA, Pearson product-moment correlation coefficient. Results suggest that athlete burnout among collegiate athletes with different specialties are significant distinct. Participants who train more days per week are more likely to participate in entertainment activities while those who have higher training hours per day tend to avoid knowledge-based activities. The research also finds there is a significant positive correlation between athlete burnout and leisure participation of collegiate athletes while sport devaluation is negatively correlated with sport activities in leisure participation. Hence, adjust and well-arrange training quality and quantity may help to avoid over-trainings. Away trainings, uploading training volumes, and group leisure activities are suggested to be arranged properly to allow athletes cope with the burnout and stress caused by long-term trainings and periodical competitions.

Keywords : emotional and physical exhaustion, leisure activities, sport devaluation, training hours

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