

## **Athlete Burnout and Moral Disengagement in Sports**

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**Abstract :** Burnout has been proved to be one of the factors that hinder the development and sport performances of athletes while moral disengagement is the psychological mechanism used by athletes to elevate the guilt caused by conducting the anti-social behaviors to gain competitive advantages and in sports which have both been discussed extensively. The sports devaluation in burnout may undermine the sportsmanship of athletes therefore may serve as one of factors of moral disengagement in sports. Nonetheless, the connection between athlete burnout and moral disengagement in sports is yet established. Hence, the study aims to investigate whether there is the correlation between athlete burnout and moral disengagement in sports. Participants of this study are 120 collegiate athletes who specialize in seven different sports (e.g., fence, boxing, taekwondo, and etc.) with average training hours of 3.7 per day and 4.5 days per week. Athlete Burnout Questionnaire and Moral Disengagement in Sports - Short were administrated as the research instruments. Data collected were analyzed with descriptive statistics, t-test, one-way ANOVA, and step-wise regression. The results show, participants demonstrate mild to moderate burnout and moral disengagement in their perspective sports disciplines. Moreover, athletes specialize in different sports experience distinct burnout situations while there is no significant variation of moral disengagement in different sports. It is also found, moral disengagement in sports has significant and positive correlations with emotional and physical exhaustion as well as sports devaluation in athlete burnout. Furthermore, athlete burnout can positively predict moral disengagement in sports while sports devaluation plays an important role within. It can be concluded that, athlete burnout may contribute to their tendency of moral disengagement in sport. By relieving the burnout level may help improve their moral disengagement inclination in sports. The finding may contribute to the current literature regarding athlete burnout and moral disengagement in sports.

**Keywords :** athlete burnout, dehumanization, moral disengagement, reduced sense of accomplishment

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