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Серебренникова Н.А. Сформированность феномена эмоционального выгорания у баскетболистов в спортивной деятельности

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Formation of a phenomenon of emotional burning
out at basketball players in sports activity

В данной статье рассмотрены особенности феномена эмоционального выгорания и его сформированность в спортивной деятельности у спортсменов баскетболистов. Проанализированы характерные особенности сформированности эмоционального выгорания по фазам: напряжение, резистенция, истощение. Выявлено и обосновано, что спортсмены подвержены синдрому эмоционального выгорания или находятся на стадии формирования, но при проведении определенной коррекционной работы большее количество спортсменов может справиться с негативными проявлениями синдрома эмоционального выгорания

Ключевые слова: эмоциональное выгорание, спортивная деятельность, баскетбол

This article examines the phenomenon of burnout and its establishment in sport of basketball athletes. Analyzed the characteristic features of formation of burnout in phases: tension, rezistsentsiya, exhaustion. It identified and justified that athletes are subject to burnout syndrome, or are in the process of formation, but during certain corrective work more and more athletes can cope with the negative manifestations of burnout

Key words: emotional burnout, sports activities, basketball

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Introduction. Emotional burnout occurs and is manifested as a result of personal strain, as a result of psychological and psycho-physiological stress associated with a reduction in athletic success and satisfaction with the results of its operations and in general. Overtrained and overworked athletes have a high risk of burnout, which can lead to a decrease in the level of sports activity and retiring from sport, so coaches and teachers need to carefully monitor the level of training and competitive pressures of each athlete.

Methods and organization of study:

– Research methods: survey methods, teacher observation, statistical and mathematical data processing (counting the test Student's t-distribution in the field of statistical deduction);

– Research methodology: methods Boyko.

The sample of subjects consisted of 20 athletes, basketball players.

The results of the research and their discussion. In basketball there is a deep study of all life and reassessment of personal meanings and values. In this pre-march life (its process efficiency and locus of control) are underestimated.

During the study of the phenomenon of burnout as described in V. Boyko, we got the following results:

1) in basketball, in all phases the syndrome is fully formed;

2) in a phase of tension 12 people do not have symptoms of burnout: 9 people have this symptom in its infancy; 4 people have formed a symptom;

3) in a resistance phase 11 players didn't form the symptom: 12 people have this symptom in its infancy; 2 people have formed a symptom;

4) in the phase of exhaustion 9 people have no symptoms of burnout: 12 people have this symptom in its infancy; 4 people have symptoms emerged.

In the phase of "tension" in the group of basketball players dominates the symptom of "traumatic experience of circumstances" (37.5% respectively), which means that they are currently experiencing the impact of stressful factors, increases stress, which results in frustration and resentment. Undecidability of the situation leads to the development of phenomena of "burnout."

The feeling of "self dissatisfaction" formed among the very small number of basketball players (5%), it means that in general they do not feel discontent in a sporting activity and the specific circumstances in the course of a workout. But among 45% of all athletes this symptom begins to take shape, and we can say that the mechanism starts to act "emotional transfer", i.e. all the strength of emotions is not directed to the outside, and for themselves. This is reflected in the intense internalization of responsibilities, increased conscientiousness and sense of responsibility, that is sure to increase tension, and in the subsequent stages of the "burnout" can provoke a psychological defense.

Symptom "trapped in a cage" in a group of basketball players formed among 25% and 25% is in the formative stages. This means that these athletes feel, or are beginning to feel the state of intellectual and emotional congestion, impasse. This can be a result of organizational deficiencies, daily routine, etc.

In the phase of "resistance" is the dominant symptom of "expanding the economy of emotions." This symptom was formed in 32.5% of basketball players. This suggests that this form of protection is carried out beyond the sports field – in communication with family and friends.

The following is a symptom of "inadequate emotional response." This symptom has developed in 30% of basketball players. Maturity of this symptom indicates that the professional ceases to capture the difference between two fundamentally different phenomena: the economical expression of emotions and inadequate selective emotional response. Inadequate "savings" of emotions limits the emotional impact due to

the selective response in the contacts. This man thinks that he entered a valid way. The subject of communication records just the opposite – the emotional callousness, indifference and lack of respect for the individual.

The next symptom severity is the "reduction of professional duties." This symptom has developed in 25% of basketball players and develops among 5%.

The least vivid in the phase appeared symptom of "emotional and moral orientation." This symptom is got by 5% of basketball players. For such athletes mood and subjective preferences affect the performance of the duties in sport.

In the phase of "exhaustion" is the dominant symptom of "personal detachment." It was formed among 27.5% players, but develops this symptom at 7.5%. This symptom is manifested in the process of communication in the form of partial loss of interest to the subject of sports activities.

The next symptom severity is "psychosomatic and psycho-vegetative disorders." Symptom formed among 22.5% of basketball players. It is developing among 12.5% of basketball players. Symptom "emotional deficit", was formed in 20% of basketball players. It manifests itself in the feeling of their inability to help their subjects of activity in emotional terms, are not able to get into their position. The least severe symptom is "emotional detachment". It was formed among 17.5% of basketball players, but develops this symptom among 17.5% of basketball players. Athletes almost do not care, do not cause an emotional response – positive circumstances or negative.

Conclusions: We see that the largest number of athletes is in the second phase of burnout, in the phase of "resistance"; in the phase of "exhaustion" 50% of the subjects are not subject to burnout syndrome. This fact may indicate that, during a certain corrective work more and more athletes can cope with the negative manifestations of burnout. Athletes included in this group were the most susceptible to burnout syndrome.

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