

BURNOUT IN PROFESSIONAL SOCCER PLAYERS: THE ROLE OF AGGRESSION AND ANXIETY

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Abstract: Burnout is a complex syndrome and it can be caused by cognitive, physiological, behavioral and situational influences of excessive stress as well as personal factors. Although it can be seen in all professions, it has been mainly associated with sports, especially with soccer for the last 10 years. The purpose of this study was to determine predictors of player' burnout levels related to age, marital status, education level, league level, position, and to determine the relationship between competition anxiety, competitive state anxiety and aggression of players. Participants were 554 professional male soccer players with a mean age of 24.40 + 2.88 years, completed the Athlete Burnout Questionnaire. Sport Competition Anxiety Test, The Competitive State Anxiety Inventory-2 and Aggression Inventory were used. A hierarchical regression analysis was conducted to predict burnout from anxiety and aggression. Results of the hierarchical regression analysis indicated that age of the athletes ($\beta = .23$; $t = 5.02$; $p < .01$), competition anxiety ($\beta = .19$; $t = 4.45$; $p < .01$) and competitive state anxiety ($\beta = .23$; $t = 5.43$; $p < .01$) were significant predictors of players' burnout levels. Although aggression levels were insignificant predictor of athletic burnout. The current study has provided a good basis for identifying variables that may be associated with the players, but further research needs to be conducted with players in order to better understand the development of burnout in these populations.

Keywords: *burnout, soccer, aggression, anxiety, match fixing.*

INTRODUCTION

In general, Burnout has become a topic of increasing interest to the sport community. When asked what feelings they associate with being burned out, athletes and coaches often cite internal and external sources of pressure, physical and mental exhaustion, mood changes, increased anxiety, and lack of caring (Weinberg & Gould, 2007). When individuals

encounter dissatisfaction with their performance, are emotionally drained from the stress of their job, and eventually distance themselves from their clients or colleagues, they are considered to be professionally burned out (Arlotto, 2002). A neglected issue in sports in the past, burnout has become of growing concern in sport and exercise. Burnout in sport as defined by Raedeke and Smith (2001) as “ a psychological syndrome of emotional/

physical exhaustion, reduced sense of accomplishment, and sport devaluation.” The evidence for the problem of burnout in sport may be found in athlete’s recounts on their experiences of burnout and their withdrawal from sport. Burnout may involve a psychological, emotional, and in some cases a physical withdrawal from a sport or activity the athlete once pursued and enjoyed (Cox, 2007). In attempting to meet the overwhelming competitive pressures of sports many athletes experience conflicting physical, emotional, and mental demands which can in turn lead to burnout (Smith, 1986). Therefore, burnout can also be seen as a condition that results from excessive stress from an activity over an extended period of time. Athlete burnout has become of greater concern due to the potential performance decrements and negative welfare outcomes such as personal and family problems (Smith, 1986). Through a review of two studies on burnout it is understood that burnout is dynamic and multidimensional in nature and therefore may require many different intervention strategies, however this paper will focus on perhaps the two most widely accepted interventions for burnout; rest (time off from the offending activity) and relaxation. Cox (2007) presented a definition of burnout in sports as a syndrome characterized by both physical and emotional exhaustion. He offered also that burnout may also involve a reduction in athletic accomplishment. The athletes are not the

only ones who may experience the effects of burnout, coaches, athletic trainers and other administrative staff may also suffer from burnout sometime in their athletic career. burnout is a phenomena that can be described as emotional, physical and psychological secession from a previously enjoyable activity (Smith, 1986) and it can be caused by cognitive, physiological, behavioral and situational influences of excessive stress as well as personal factors (Gould, 1996). Since burnout involves several symptoms, it can be referred as a syndrome. Burnout consists of three components as (1) depersonalization, (2) emotional exhaustion and (3) low accomplishment motivation (Jackson et al., 1986). Later, Raedeke (1997) modified these components and modified depersonalization as devaluation for burnout in sports. It is reported that burned out people not only experience psychological effects of burnout but also physiological effects such as depreciation of energy resources, increased risk of cardiovascular diseases, inflammation and higher risk of injury (Gustafsson et al., 2011). These maladaptive psychological and physiological outcomes of burnout strongly affect performance and success in sports, more specifically in competitive team sports such as soccer which requires dedication of the player.

Although burnout term has been widely used for other professions since 1974, the effect of burnout on athletes and coaches has only been started to be studied after

Taylor et al. (1990) and Dale and Weinberg's (1990) studies. Taylor et al. (1990) stated that burnout may increase in soccer towards the end of the season with the fear of failure, exhaustion and increasing stress. Dale and Weinberg (1990) identified other stressors causing burnout as frustration, high expectations and pressure to perform. Alternatively Coakley (1992) explained burnout of athletes from a social perspective rather than stress based model. He stated that burnout is experienced due to more social concepts such as lack of participation and autonomy and missing other social experiences because of intense work in sport training. Burnout due to match fixing rumours may be associated with both stress based and social models. In addition, as Hunnicutt and MacMillan (1983) reported, lack of environment of trust is also an important determinant of burnout. The problem of burnout is not new. In fact, it has been studied for many years from a physiological perspective, it is only in the last few decades that burnout has been thoroughly investigated and discussed from a psychological perspective by scholars and researchers (Wiggins, Cremades, Lai, Lee, & Erdmann, 2006; Wiggins, Lai, & Deiters, 2005). Anxiety continues to be one of the most researched topics in sport psychology literature, with one of the major theoretical models used being the Multidimensional Anxiety Theory (Martens, Burton, Vealey, Bump, & Smith, 1990), which addresses the in-

tensity of cognitive and somatic anxiety associated with performance. Some researchers testing hypotheses derived from the Multidimensional Anxiety Theory have supported the model (Burton, 1988), while others indicate the theory seems not to predict accurately effects of anxiety on performance (Cerin, Szabo, Hunt, & Williams, 2000). Recently, investigators have expanded the theory by including a directional dimension in addition to the intensity dimension. Direction of anxiety, first examined by Jones and Swain (1992), is operationally defined as the athlete's interpretation of the effects of anxiety on performance as facilitative or debilitating. In some studies, direction of anxiety predicted better than intensity for comparisons of elite versus nonelite performers (Jones, Hanton, & Swain, 1994; Jones, & Swain, 1995). In addition to the previous studies of the state measures of direction of anxiety researchers have also examined direction of anxiety from a trait perspective. Competitive trait anxiety is a term which describes general feelings associated with stress and athletic performance. Such research to date with trait anxiety includes observed differences between athletes of different skill levels (Perry & Williams, 1998; Wiggins, 2001). Additionally, comparison by sex of high school athletes' direction of trait anxiety was investigated by Wiggins (2000). Although there appears to be considerable work on direction of anxiety and performance, there has been no in-

investigation of the relationship between direction of anxiety and other aspects of sport performance such as burnout. For instance, the inability to cope with anxieties and pressures associated with sports may place an athlete at a higher risk for burnout.

Aggressiveness is a behavior pattern that we frequently encounter in sports environments. It is defined as a negative personality feature regarding the types of sportive participation as well (Keeler, 2000). Aggressiveness in general is defined as “an overt verbal or physical act that can psychologically or physically injure another person or oneself” (Husman & Silva, 1984). Additionally, it is noted that there are two types of behaviors those we can label as aggressive. The first of these is hostile aggression and the other is instrumental aggression (Anderson & Bushman, 2002; Cox, 1994; Cratty, 1989) Hostile aggression is an impulsive behavior, contains rage (Bushman & Anderson, 2001) and aims to harm a person psychologically or physically. In instrumental aggression, the basic motive is to achieve a certain goal. Harming other people accidentally occurs during the process of achieving goals (Anshel, 1997; Weinberg & Gould, 1995). Besides these two types of aggressiveness, there is one more type of behavior that is frequently confused with aggressiveness. This behavior is called assertiveness. Assertive behavior is defined as escalated physical behavior including the use of appropriate verbal or

physical power and strategy in order to achieve a goal.

This study was conducted during postponement of soccer season by a month due to match fixing rumors in Turkey. The aim of this research was (a) to investigate the effects of match fixing rumours in Turkey on burnout level of professional soccer players as well as the role of aggression and anxiety and (b) to determine predictors of player’ burnout levels related to age, marital status, education level, league level, position, and to determine the relationship between competition anxiety, competitive state anxiety and aggression of players during match fixing rumours. As these rumours increase the pressure on soccer players and cause lack of environment of trust we hypothesized that match fixing rumours cause increased stress and burnout of soccer players. In this regard, this study was unique among the studies investigating the burnout of athletes. We also hypothesize that these rumours may increase aggression and anxiety of the players. In order to better understand the development of burnout in players based on the above findings, the main purpose of this study is to investigate the relationship between professional soccer players’ burnout, their anxiety, and levels of aggression experienced by male soccer players. Studies show that the burnout experienced by athletes and coaches has different antecedents and perhaps even different psychological, physiological,

and behavioral consequences (Vealey, Udry, Zimmerman, & Soliday, 1992). Therefore, research in the area of athletes' burnout seems to be warranted not only in Turkey but also other parts of the world. Furthermore the understanding of the athletes' level of burnout, anxiety and aggression will assist coaches to use interventions with their athletes in order to correct problems and even avoid problems in the future. Players can experience burnout and can mentally and physically withdraw from a sport they once used to enjoy. So this study emphasizes that it is apparent that a great deal of significance rests in the understanding of burnout both by the coaches and players.

METHODS

Participants

A total of 554 Super league (n=20), First league (n=31), Second league (n=172), and Third league (n=331) male participants were aged 19 to 30 years (Mean = 24.4, SD = 2.88) volunteered for the study and their teams selected randomly. This study was conducted during postponement of soccer season by a month due to match fixing rumors. 31 of these soccer players were playing as a goalkeeper, 134 as a stopper, 55 as a fullback, 125 as a midfield, 79 as a wing and 130 as a forward player. 428 of these soccer players were single, 119 were married and 7 were divorced. Education levels of the players

included 18 elementary school, 10 secondary school, 225 high school, 45 associate, 128 university and 2 master degree. 74 of 554 players started playing soccer at the age lower than 7, 275 between 8-10, 132 between 11 and 13, 45 between 13 and 16 and 28 higher than 17. In addition, 90 of 554 players have been playing in professional league for less than a year, 139 for 2-4 years, 201 for 5-7 years, 68 for 8-10 years and 56 for more than 11 years.

Measures

This study is quantitative in nature and was conducted using a survey methodology. The researcher approached the coaches and players at their respective teams to get their permission to conduct the survey. Participants were given a demographics questionnaire and three inventories to fill out. The demographics survey asked the respondents to identify their age, marital status, educational level, division and position. The first inventory, Competitive Trait Anxiety Inventory-2D (CTAI-2D) and Sport Competition Anxiety Test (SCAT) were given for the purpose of collecting general anxiety perceptions related to the athlete's respective sport. Athletes also filled out the Athlete Burnout Questionnaire (ABQ; Raedeke & Smith, 2001) and Aggression Inventory which was developed by İpek İlter Kiper (Kiper, 1984). In this study Athlete Burnout Questionnaire (ABQ) was used for the assessment of burnout in professional soccer players. On the other

hand anxiety of the players was assessed from two perspectives as competitive state and competition anxiety. For the assessment of anxiety, Competition anxiety and Competitive state anxiety tests were used.

Athlete Burnout Inventory (ABQ). Athlete burnout questionnaire that is developed by Raedeke and Smith (2001) was used for the assessment of burnout of soccer players. The ABQ is a 15-item multi-dimensional questionnaire that measures three components of burnout in athletes, emotional/physical exhaustion (5 items), question no: 2, 4, 8, 10, 12, reduced sense of accomplishment (5 items), question no: 1, 5, 7, 3, 14, and devaluation (5 items), question no: 3, 6, 9, 11, 15. Each subscale is measured on a 5-point Likert-type scale ranging from 1 (almost never) to 5 (almost always). The emotional/physical exhaustion subscale indicates feelings associated with being emotionally and physically exhausted by the demands of training and competition (e.g., I feel “wiped out “from [sport]). The reduced sense of accomplishment subscale assesses athletes’ feelings of personal growth and successful achievement through their sport participation (e.g., I am not achieving much in [sport]). The devaluation subscale assesses athlete’s loss of interest in sport and their desire to withdrawal (e.g., I have negative feelings toward [sport]). In terms of reliability, Raedeke and Smith reported internal consistency estimates of .91 for emotional/physical exhaustion,

.85 for reduced sense of accomplishment, and .90 for devaluation.

The Competitive State Anxiety Inventory-2 (CSAI-2). Inventory was developed to assess the anxiety state by Martens et al. (1990). The CSAI-2 is a 27-item inventory composed of three 9-item subscales that measure cognitive state anxiety, somatic state anxiety, and self-confidence. Items are rated on a 4-point scale anchored by 1 (not at all) and 4 (extremely), with larger scores reflecting greater A-state and self-confidence. This scale corresponds to the range of scores (9 to 36) for each component in the CSAI-2. The Cronbach’s alphas for the Turkish translations of the CSAI-2 subscales used in the present study were: 0.82 (self-confidence), 0.88 (cognitive anxiety), and 0.74 (somatic anxiety) for female athletes; 0.87 (self-confidence), 0.89 (cognitive anxiety), and 0.76 (somatic anxiety) for male athletes. Additionally, test-retest reliabilities for the three scales were reported as 0.94, 0.96 and 0.92., respectively (Koruç, 1998).

Sport Competition Anxiety Test (SCAT). SCAT measuring continuous competition anxiety levels was developed in order to measure the level of anxiety of competitors in a competition by Martens (1977). This test is composed of 15 items aiming to measure anxiety level in a competition. While 10 of these 15 items is related to anxiety, 5 of them is testing items which aim to reduce subjective answers. All items

are answered as Never, Sometimes and Frequently. This scale's reliability testing for Turkish society was made by Özbekçi (1989).

Aggression Inventory. In the study, a 30-item aggression inventory which was developed by İpek İlter Kiper (Kiper, 1984) is employed in order to determine levels of aggression of football players. This inventory is a 30-item self-report measure with three subscales of 10 items each. The three subscales include Hostile aggression, Passive aggression and Assertiveness. Using a 7-point Likert scale, respondents indicated the degree to which they engaged in the above mentioned dimensions (from *not at all* to *very much so*).

Procedures

Head coaches were contacted by the authors, and asked to allow their players to participate in a study about anxiety, aggression and burnout. After an agreement was made with the coaches, inventories were administered during postponement of soccer season by a month due to match fixing rumors. Players were visited at their camping hotels and asked to fill athlete burnout questionnaire, aggression inventory, competitive anxiety test and competition state anxiety inventory by informing managers, coaches and players about content, aim and application of the tests in the observance of coaches and pollsters. Tests were translated in English for foreign players. . Along with the surveys, directions were also given on how

to handle the confidential and contact information; the questionnaires; and participant consent forms. In most cases, individual athletes completed the demographics questionnaire and the inventories during a team meeting. Otherwise, they were given to the athletes prior to practice. All information was then returned to the authors sealed in an envelope to help assure anonymity and confidentiality.

Analysis

In the analysis of the data obtained from the research, firstly, descriptive statistics was presented. Then, Pearson correlation analysis and multiple regression analyses with stepwise method were conducted to examine the relationship between burnout and variables. Three step hierarchical regression models were used to understand the effects of different predictor variables on professional soccer players' burnout levels. Age, marital status and educational levels were in first model. After than league level and game positions were used in second model. Competition anxiety and competitive state anxiety and aggression levels were used for in the last model of the hierarchical regression analysis. Veriler için IBM SPSS 20 programı kullanılmıştır.

RESULTS

Descriptive statistics (means and standard deviations) and correlation matrix were presented in Table 1. The mean of aggression, competitive state anxiety,

burnout, competition anxiety and age were found for the sample (respectively, $M = 113.63$, $SD = 25.42$; $M = 63.17$, $SD = 6.74$; $M = 31.15$, $SD = 7.24$; $M = 30.48$, $SD = 3.14$; $M = 24.38$, $SD = 2.87$). Burnout was significantly related to age ($r = .17^*$; $p < 0.01$), competition anxiety ($r = .20^*$; $p < 0.01$), competitive state anxiety ($r = .30^*$; $P < 0.01$).

Table 1: Means, Standard Deviations and Correlations of Variables

Variables	\bar{X}	SS	1	2	3	4	5	6	7	8
1. Burnout	31.15	7.24								
2. Age	24.38	2.87	.17*							
3. Marital Status			-.04	.32						
4. Educational Level			.04	-.25	-.04					
5. League Level			-.13	-.08	.09	-.08				
6. Position			-.05	-.05	-.18	.06	.05			
7. Competition Anxiety	30.48	3.14	.20*	-.16	-.08	.01	-.08	.21		
8. Competitive State Anxiety	63.17	6.74	.30*	.11	.03	.20	-.13	-.01	.17	
9. Aggression	113.63	25.42	.01	-.17	.13	-.13	.01	-.14	.06	.01

* $p < .01$

Three step hierarchical regression analyses was conducted in order to examine the effects of different predictor variables on elite soccer players' burnout levels (Table 2). Model 1 in hierarchical regression for athletic burnout covers ages, marital status and educational levels of players. After model 1, the model was significant, $R^2 = .05$, $\Delta F = 8.90$, $p < .01$. Although the marital status and educational level variables contributed to explain the variance on athletic burnout, ages of athletes ($\beta = .23$; $t = 5.02$; $p < .01$) was significant predictors for athletic burnout. In model

2, league level and player position were added to model. After controlling, the model was found insignificant. In model 3 adding competition anxiety, competitive state anxiety and aggression resulted in significant increment in the explained variance, $R^2 = .16$, $\Delta F = 21.5$, $p < .01$. After controlling league level and player position, competition anxiety ($\beta = .19$; $t = 4.45$; $p < .01$) and competitive state anxiety ($\beta = .23$; $t = 5.43$; $p < .01$) contributed significantly to the model.

Table 2: Results of Linear Regression Analysis

Model 1				R ²	Adj. R ²	Std. Dev.	R ² Chan.	F
Athletic Burnout				.05	.04	7.01	.05	8.90
	B	β	t					
Age of athletes	.57	.23	5.02*					
Marital Status	-1.86	-.10	-2.39					
Educational Level	1.36	.09	2.13					
Model 2				.06	.05	7.06	.01	3.5
Educational Level	1.27	.08	1.97					
League Level	-2.28	-.09	-2.15					
Position	-.85	-.06	-1.39					
Model 3				.16	.15	6.70	.10	21.5
Competition Anxiety	.43	.19	4.45*					
Competitive State Anxiety	.25	.23	5.43*					
Aggression	.01	.05	1.12					

* $p < .01$

DISCUSSION

In this study soccer players were evaluated from different perspectives such as competition anxiety, competitive state anxiety, aggression and burnout. It is especially important for this study to evaluate the burnout levels of professional soccer players at the time of postponement of soccer season in Turkey. In addition, the correlation levels between burnout, aggression, competition anxiety and competitive anxiety as well as age, education level, position, league and marital status are assessed.

Mean values of the parameters assessed in this study give that competition anxiety levels are quite high as its mean value is 30.48 in a 3 point scale. Therefore this anxiety level falls between sometimes and often. Thus total mean value for competition anxiety test comes out to be 37,7 which is much higher than the reported values for other athletes. For example Jensen (2010) reported this level as 22 for elite athletes. Aggression mean values as 113.63 over 7 point scale indicate that the overall aggression of soccer players is close to "neutral" which is close to the values reported previously

(Donahue et al., 2009). In addition to aggression and competition anxiety of the players, competitive state anxiety is also tested by using competitive state anxiety inventory. Mean value for the result of this test is found to be 63.17 (corresponds to “sometimes”). Thus mean total competitive state anxiety is calculated as 52.4 which falls in the range for high anxiety. This value is higher than previously reported values for soccer players (Horikawa & Yagi, 2012). Guelberto (2008) reported also Cognitive Anxiety Intensity, Self-Confidence Intensity, and Self-Confidence Direction are predictors of an athlete’s level of RA while controlling for gender and sport type, while gender is the only variable found to predict Exhaustion. In the study of Gümüşdağ (2013) showed that Hostile aggression was associated with Self-Confidence, Somatic Anxiety and Trait Anxiety. Self-confidence was the most important predictor of Hostile aggression. Passive Aggression was positively predicted by Somatic Anxiety, Self-Confidence and Cognitive Anxiety. In addition, Somatic Anxiety, Self-Confidence, Trait Anxiety and Cognitive Anxiety were significant predictors of Assertiveness. Somatic Anxiety was the most important predictor of Passive Aggression and Assertiveness. Moreover, mean burnout scores assessed by ABQ is calculated as 31.15 which corresponds to “sometimes” in the scale. This result is slightly higher than the data collected for young counterparts of soccer players

(Harris & Watson, 2011). By looking at the mean values, it may be concluded that match fixing rumours did not result in abnormal increase in aggression, competition state anxiety and burnout levels. However high competitive state anxiety increase may be associated with match fixing rumours. Further studies are required for confirmation of this relation.

Statistical calculations by using Student’s t test shows that aggression, burnout, competition anxiety and competitive state anxiety levels of soccer players are significantly correlated in $P < 0.01$ level. In addition to correlation of these parameters we found significant correlation between age and burnout, competition anxiety and burnout as well as competitive state anxiety and burnout. Interestingly, competition anxiety and competitive state anxiety status of the players is not found correlated. Previously reported studies that have also shown negative correlations between competition anxiety and competitive state anxiety points the contribution of self confidence evaluated within competitive state anxiety inventory (Martens et al., 1990). Wiggins (2005) indicated significant differences between the two groups, with the Facilitative group reporting lower mean scores on Burnout and Intensity of Cognitive Anxiety, while the mean Intensity of Self-confidence scores was significantly higher for the Facilitative group. Another significant correlation determined in this study is the relationship between

competition anxiety and burnout of soccer players. This correlation means that more burned out players experience less competition anxiety. This result seems contradictory when compared with the previous studies (Gualberto & Wiggins, 2008). However there is a positive moderate correlation between competitive state anxiety and burnout. This positive correlation is consistent with the previously reported data (Wiggins et al., 2005) and suggests that more burned out players experience a more comprehensive anxiety since competitive state anxiety inventory evaluates and tests anxiety from different perspectives. As hypothesized, athletes rating their trait anxiety as debilitating of performance reported a significantly higher mean Burnout score than those rating their anxiety as facilitative of performance. Even though the Debilitative group reported a higher mean Burnout score, both groups overall had relatively low mean scores. Nonetheless, athletes who perceive anxiety as debilitating appear to be more at risk for burnout, meaning that these athletes are expected to experience more emotional and physical exhaustion, devaluation of their personal accomplishments, and depersonalization toward their sport (Wiggins & Lai, 2005). Furthermore, correlation data of this study shows that aggression and burnout shows a insignificantly correlation which may imply that burned out professional soccer players tend to be less aggressive. Inconsistency with the literature at anxiety-

ety-burnout and competitive state-burnout correlations may be associated with the devaluation concept that may result in response to match fixing rumours. This perspective of burnout concept can be confirmed with further studies.

CONCLUSION

In this study, relationship between competitive state anxiety, competition anxiety, burnout and aggression were evaluated at an important time point for Turkish football and interesting deviations in aggression-burnout and competition anxiety-burnout correlations were determined. Although further studies are required for confirmation of these deviated correlations, this study may direct sport psychologists to study the effects of lowered environment of trust on burnout, aggression and competition anxiety; more specifically on devaluation. Thus, mental training might be used to mediate perceptions of burnout by teaching athletes to view their stress and anxiety associated with sport as more facilitative.

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PROFESYONEL FUTBOLCULARDA TÜKENMİŞLİK: SALDIRGANLIK VE KAYGI'NIN ROLÜ

Özet: Tükenmişlik karmaşık bir sendrom olup, aşırı stress, bilişsel, fizyolojik, davranışsal ve durumsal etkiler gibi kişisel faktörler neden olabilir. Tükenmişlik, insanda sadece psikolojik değil aynı zamanda fizyolojik olarak etkiler, enerji kaynaklarının kaybı, kardiovasküler riskindeki artış, enfeksiyon ve sakatlık riskinin artması örnek olarak verilebilir. Tükenmişlik her ne kadar spor'un bütün alanların da görülsede son 10 yıldır özellikle de futbolda sıkça karşılaşılmaktadır. Bu çalışmada Türkiye'de önemli bir yere sahip olan futbol da tükenmişlik, yarışma kaygısı, yarışma durumluluk kaygısı ve saldırganlık arasındaki ilişki ve tükenmişlik seviyesini etkileyen yaş, eğitim seviyesi, medeni durum, oyun mevkiisi ve lig seviyesi gibi faktörler değerlendirilmiştir. Bu çalışma Türk futbolundaki şike söylentileri üzerine bir ay ertelenen futbol sezonu döneminde rastgele seçilen Türkiye profesyonel ligindeki takımların buldukları kamplara gidilerek, gerekli presedürler ve izinler alınarak yapılmıştır. Bu çalışmaya Türkiye profesyonel liglerinde oynayan 19-30 yaşları arasında (ortalama= 24.4, SS= 2.88) toplam 554 erkek profesyonel futbolcu gönüllü olarak katılmış olup, çalışmanın amacı kendilerine açık bir şekilde anlatılmış ve demografik, tükenmişlik, kaygı, saldırganlık anket, envantör ve ölçekler uygulanmıştır. Bu çalışma da, profesyonel futbolcuların tükenmişlik seviyelerini değerlendirmek için Raedeke ve Smith'in, (2001) 15 maddeden oluşan ve 5 dereceli likert tipi cevaplanarak, 3 alt ölçek olan duygusal /fiziksel tükenme , düşük başarı duygusu (kişisel başarı) ve duyarsızlaşma için güvenilirliği sırasıyla .91, .85, .90 olan Atletik tükenmişlik anketi (ABQ) kullanılmıştır. Yarışma kaygısı algılarını belirlemek için için Martens'in, (SCAT, 1977) 15 maddeden oluşan ve Türkçe güvenilirliği Özbekçi (1989) tarafından yapılan testin 10 maddesinin kaygı ile ilgili olan, geri kalan 5 maddenin ise öznel cevap azaltan sorularla ilgili olan testi, yarışma durumluluk kaygısı için Martens ve arkadaşları'nın, (CSAI-2, 1990) 27 sorudan oluşan ve 4'lü Likert ölçeği olan 3 alt ölçekli Türkçe güvenilirliği sırasıyla .94, .96, .92 olarak Koruç (1998) tarafından yapılan envanter, futbolcuların saldırganlık seviyelerini ölçmek için de Kiper'in (1984) geliştirdiği

30 maddelik 3 alt ölçekli ve 7'li Likert tipi saldırganlık ölçeği kullanılmıştır. Cronbach alfa güvenilirlik ve geçerlilik testi yapılarak verilerin ortalamaları, standart sapmaları, hesaplanarak Pearson Korelasyon analizi ve çoklu Regrasyon analizi yapılmıştır. Futbolcuların farklı değişkenlerinin, futbolcuların tükenmişlik seviyeleri üzerine etkilerini anlamak için üç adımlı hiyerarşik regresyon modeli kullanılmıştır. Birinci modeli yaş, medeni hali ve eğitim seviyeleri oluşturulmuştur. Daha sonra ikinci model de, lig seviyeleri ve oyun mevkiileri kullanılmıştır. Hiyerarşik regresyon analizi için son model de, yarışma kaygısı, yarışma durumluluk kaygısı ve saldırganlık seviyeleri kullanılmıştır. Model 1 ve 3'de belirgin ilişki bulunurken halbuki, model 2'de ilişki bulunmamıştır. Hiyerarşik regrasyon analiz sonuçları; sporcu'nun yaşı ($\beta = .23$; $t = 5.02$; $p < .01$), yarışma kaygıları ($\beta = .19$; $t = 4.45$; $p < .01$) ve yarışma durumluluk kaygıları ($\beta = .23$; $t = 5.43$; $p < .01$) arasında sporcuların tükenmişlik seviyelerinde belirlenmesinde bir ilişki tespit edilmiştir. Her ne kadar medeni halleri, oyun mevkiileri, eğitim seviyeleri, lig seviyeleri ve saldırganlık seviye değerleri yüksekse de bütün sporcuların tükenmişlik belirtileri ile ilişiksizlik ortaya çıkmıştır. Normal olarak saldırganlığın tükenmişliği tetiklediği düşünülse de çalışmamızda böyle bir ilişkiye rastlanmamıştır. Futbolcu yaşının tükenmişlik seviyesiyle ilişkili olması daha sakin ve tecrübeli olmalarına bağlanabilir. Yarışma kaygısı ve yarışma durumluluk kaygısının futbolcuların tükenmişlik seviyeleriyle ilişkili bulunması manidardır. Çalışmamız profesyonel futbolcuların tükenmişlik seviyelerini hangi değişkenlerin etkilediğini bilinmesi açısından spor adamlarına ve özellikle antrenörlere katkısı olacaktır ancak, bu konuda daha özel ve daha fazla çalışmalar da yapılmalıdır.

Anahtar kelimeler: Tükenmişlik, Futbol, saldırganlık, kaygı, şike söylentileri