

Associations between perceived social support from teammates and athlete's burnout in futsal players

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Abstract

Researchers have found that the maladaptive experience of exercise called burnout is a determining factor in athletes' athletic development and performance. To reduce or mitigate the burnout phenomenon, research examines the relationship between social support provided by teammates and athlete burnout in futsal players. This research is expected to find aspects of social support that have the greatest role in preventing athletes' burnout experiences. This type of research is descriptive correlation. The sample used was 20 UKM Futsal UPI athletes who had participated in national competitions. Social support was measured using the Social Provisions Scale and adapted to refer specifically to teammates as a source of support and athlete burnout was measured using the Athlete Burnout Questionnaire. Based on the research results, it found that social support and burnout had a correlation coefficient of -0.490 with a Sig value. of 0.028. This means that there is a negative correlation between social support and burnout in futsal athletes. And based on the regression test carried out, the attachment aspect of social support is the most dominant aspect in preventing burnout in futsal athletes.

Keywords: *Social Support, Burnout, Futsal*

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INTRODUCTION

Every athlete experiences many affective-cognitive experiences that influence the athlete's psychological health and well-being (DeFreese & Smith, 2014). Athletes can experience mental fatigue or psychological disorders caused by cognitive activities that are required to be carried out for a long time (Russell et al., 2019). When athletes are unable to deal with this kind of situation, athletes can experience burnout syndrome (Smith, 2016). Athletes who suffer from burnout usually experience a degradation in psychological and physiological aspects (Gustafsson et al., 2018). In detail, the impact of burnout on athletes can affect the athlete's motivation, physical, affective, cognitive, and even behaviour (Schaufeli & Buunk, 2004).

(Gustafsson et al. (2011) express that burnout is a multidimensional construct consisting of three dimensions, namely: emotional/physical exhaustion resulting from psychosocial and physical demands related to training and competition in sports; reduce of accomplishment which is defined as a feeling of helplessness and a tendency to evaluate oneself with a negative attitude in terms of performance and abilities; devaluation which means a negative attitude or the emergence of an attitude of not caring about sports which is reflected in the athlete's attitude due to a lack of attention to the quality of performance. The impact of the burnout phenomenon

can spread to various aspects, such as motivation, performance, fitness level and athlete psychology (Gustafsson et al., 2018; Lu et al., 2016). The worst case of athletes who suffer burnout syndrome is that the athlete is stop being athletes or sport drop out (Stulberg & Magness, 2017).

In team sports, team members must provide support to each other to achieve a common goal. To achieve success, each team member needs good internal coordination (Gréhaigine et al., 1997). Just like in Futsal, each team member must work together and support each other to achieve victory in every match. Relying on external support or support from other people can play an important role in improving athlete well-being, overcoming difficulties, and achieving goals (Reinboth & Duda, 2006). Apart from being able to improve athlete welfare and making it easier for athletes to compete, good social support can increase the athlete's own mental strength (Connaughton et al., 2010).

Weiss (1974) divides into six types of social support, including: Attachment which refers to feelings of intimacy, peace and security; social integration leads to a sense of belonging to a group with whom one shares interests and carries out the same social activities; opportunity for nurturance, which means receiving support, providing a sense of care that is usually provided by closest friends and family members; reassurance of worth which refers to having validation of one's competence and worth from others; and finally guidance which refers to having people who provide advice and solutions if needed. According to him, each type of social support is embedded in a network of social connections, and several types of social provision can occur through a single connection.

The causes of burnout include a negative team atmosphere, lack of friends on the team, and having an unhelpful coach. In other words, social relationships with other people are one of the factors causing burnout in athletes (Pacewicz et al., 2019). Social interaction, in the form of social support, has an important role on the involvement in human health and functioning (Uchino, 2006). In the world of sport, athletes' social perceptions have the potential to influence the relationship between athletes' psychological health variables (DeFreese & Smith, 2014). Therefore, athletes' perceptions of social support should be considered as a factor influencing fatigue and well-being in athletes. In line with what was stated (Holt & Hoar, 2006), social support can prevent the effects of burnout on athletes over time.

METHOD

This research uses quantitative descriptive methods. The population in this study were members of the UKM Futsal UPI with a sample of 20 student-athletes. The Sampling used a

purposive sampling method with the condition that the athlete had participated in a national championship. The data collection technique in this research uses a questionnaire. The social support variable uses the Social Provisions Scale questionnaire (Cutrona & Russell, 1987) modified with reference to research (DeFreese & Smith, 2013) 24 test items with a reliability value of 0.91. Meanwhile, the burnout variable uses the Athlete Burnout Questionnaire (T. D. Raedeke & Smith, 2001) 14 test items with a reliability value of 0.91. The data analysis stage begins with a normality test with the aim of testing whether the variables have a normal distribution or not. Then a simple linear regression test was carried out which aims to find out the extent of the influence of the independent variable on the dependent variable and find out which aspect of social support has the most dominant influence on burnout. And the last one is the t test which is used to show how much influence the independent variable has on the dependent variable with a significance level of 5%.

RESULTS AND DISCUSSION

Based on the results of collecting social support data using the Social Provisions Scale questionnaire and burnout using the Athlete Burnout Questionnaire. The following are the results of the data analysis carried out:

Table 1. Data Descriptive Result

Variable	N	Mean	Std. Deviation
Social Support (X)	20	61.20	12.940
Burnout (Y)	20	35.80	11.528

The table above shows the results of descriptive analysis which shows the N value (Number of samples) involving 20 research samples and the mean or average results. The average value of the social support variable is 61.20 and the average result of the burnout variable is 35.80. The normality test aims to test whether the independent and dependent variables have a normal distribution or not.

Table 2. Normality Test Result

N		20
Normal Parameters	Mean	0.0000000
	Std. Deviation	10,04640753
	Absolute	0.126
	Positive	0.126
	Negative	-0.069
Test Statistic		0.126
Asymp. Sig. (2-tailed)		0.200

Based on the results in the Normal table above, it seems that the significance value is $0.200 > 0.05$, so it can be concluded that the residual value is normally distributed. Simple linear

regression analysis is an analysis to determine the extent of the influence of the independent variable on the dependent variable.

Table 3. Simple Linear Regression Test Result

Model	Unstandardized Coefficients		Standardized Coefficients		
	B	Std. Error	Beta	t	Sig.
1 (Constant)	62.545	11.435		5.470	0.000
Social Support	-0.437	0.183	-0.490	-2.388	0.028

Based on the results in the table above regarding calculations for simple linear regression analysis, a simple regression equation can be formed as follows:

$$Y = 62,545 - 0,437X \tag{1}$$

Information:

- a = Constant
- b = Coefficient
- X = Social Support
- Y = Burnout

Based on the regression equation that has been formulated, it can be explained as follows:

(a) constant value of 62.545 means that if social support has a value of 0 or is fixed, then burnout will increase by 62.545; and (b) the social support coefficient value is 0.437 with a negative value indicating that for every one unit increase in social support, burnout will decrease by 0.437.

The T test aims to show how much influence the independent variable has on the dependent variable with a significance level of 5%. There is an indication that the dependent variable is influenced by the independent variable, shown by the calculated t significance value which does not exceed 0.05.

Table 4. T Test Result

Model	Unstandardized Coefficients		Standardized Coefficients		
	B	Std. Error	Beta	t	Sig.
1 (Constant)	62.545	11.435		5.470	0.000
Social Support (X)	-0.437	0.183	-0.490	-2.388	0.028

Based on the test results above for the partial test (t test) it can be seen that for n = 20 with a significance level (α) = 5% with 1 independent variable it is known that the t table is 1.734. It is known that the calculated t value for the social support variable is -2.388 which means that t calculated > t table (-2.388 > 1.734) with a significant t calculated value of 0.028 which is smaller than the probability value of 0.05 or 0.028 < 0.05 which shows that social support has a significant negative effect on burnout.

Coefficient determination analysis (R^2) is used to predict how much influence the independent variable contributes to the dependent variable or in other words to measure the extent of variation in the dependent variable.

Table 5. Coefficient Determination Analysis Result

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	0.571	0.326	0.289	0.694

a. Predictors: Constants, *Attachment*

Based on the data analysis, the R^2 result from one aspect of social support, attachment, is the highest (32.6%) compared to other aspects of social support, meaning that the attachment aspect is the aspect that has the most influence on burnout of futsal athletes.

Researchers have agreed that burnout has a negative impact on athletes. The impact is not only in his sporting life. The negative impacts caused by burnout include depression, athlete withdrawal, reduced performance levels, and physical illness (De Francisco et al., 2016; T. Raedeke et al., 2002). Of course, their sporting performance will decline, coupled with the mental pressure experienced by athletes in sport which is quite high and it is possible that their participation in sport could have a negative impact on their lives (Newman et al., 2016).

There are at least four psychological factors related to burnout. Motivation, athletes basic psychological needs, and passion (Bicalho & da Costa, 2018; Groenewal et al., 2021; Li et al., 2013). The next research (Pacewicz et al., 2019) suggest that social construction influences burnout, including social support, negative social interactions, and connectedness. And finally, a meta-analysis written (Lin et al., 2022) specifically states that stress is related to burnout. These studies strengthen the findings from the meta-analysis of (Pacewicz et al., 2019) that social support has a negative effect on athlete burnout.

The aim of this research is to find out the influence of social support from teammates on futsal athlete burnout and which aspects of social support have the most greater role on preventing athlete burnout. In line with the research by (Martínez-Alvarado et al., 2021), social support has a direct influence on athlete burnout. With the findings in this research, sports players can emphasize that social support and a positive environment are important factors for athletes to maintain athlete performance on and off the field. Apart from reducing the risk of athletes experiencing burnout, the social support provided by teammates is effective in increasing athletes' self-confidence (Katagami & Tsuchiya, 2017).

With the findings result in this research that the attachment aspect of social support is the aspect that has the most influence on reducing risk on athlete burnout, it proves that the relationship between teammates and athletes who are just friends has less influence on preventing burnout. However, the emotional closeness and sense of security provided by teammates has a big influence on preventing athlete burnout. This finding is in accordance with the theory put forward by (Weiss, R, 1974) that attachment aspect is that usually provided by people who are emotionally close to the recipient.

CONCLUSION

Based on the results and discussion, it can be concluded that social support provided by teammates has a negative relationship with futsal athlete burnout. In other words, the more social support provided by teammates, the lower the possibility of athletes experiencing burnout. And the most dominant aspect of social support to reduce the risk of athletes experiencing burnout is the attachment aspect. Suggestions that can be given for further research are to increase the number of samples used so that the results are more accurate. In addition, it is necessary to determine at which stage of the competition the research will be carried out because the level of burnout experienced is different at each stage of the competition.

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