

Psychological stress and its relationship with burnout and confidence sports of water polo players

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Introduction

Studies in the field of psychological stress began during the past few years in focus on the positive aspects of the personal (٣٨٩ :٦)

Individual in his life is faced by many stressful situations which includes unwanted experiences in all fields of life. (١٥٥ : ٣)

The burnout in the sports field is response characterized by intellectual and emotive exhaustion that appear as a result of repeated great effort inefficient to confront training and competition requirements (١٦ :٢)

Osama Rateb he thinks that the burnout serve as the case of exhaustion in physical and intellectual aspects that lead to negative concept about the same person added to the formation of negative attitudes towards work and life and other people, as well as the lack of idealism and feeling of anger . (١)

Research problem

Various psychological pressures faced by water polo players during the playing situations during training and matches affect their psychological state largely and may reflected on their performance in general And perhaps even to their absences , leaving the game or the team defeat. The psychological state greatly affect the physical condition where the decline state lead to a decline in physical condition, and if they could not overcome this pressures could lead to a breakdown in their psychological state or occring to them the so-called the burnout, The researcher believes that sporting confidence also has a big role in facing of stress and burnout for water polo players , Low level of sporting confidence may lead to loss of player capacity to confront the psychological pressures that are exposing and therefore may happen to him burn out.

Research objectives:

The research aims to identify the

- The level of Stress and burnout and confidence sports of water polo players
- To identify the relationship between stress and burnout of water polo players
- To identify the relationship between stress and confidence sports of water polo players
- To identify the relationship between burnout and case confidence sports of water polo players

Search queries

- What is the level of stress and burnout and confidence sports of water polo players
- Is there a statistically significant relationship between stress and burnout of water polo players
- Is there a statistically significant relationship between stress and confidence sports of water polo players
- Is there a statistically significant relationship between burnout and confidence sports of water polo players

Search Terms:

- 1- Stress: A state of psychological and physical stress resulting from disturbing events or frustrating situations. (112 : 9)

2- Burnout (Gorkin) defined as a gradual process in which the person is exposed to tighten state of constant and physical, mental and emotional pressure (8 : 299)

3- confidence sports : is the psychological state that the sees player himself as he is submitted on a particular sporting activity

Previous studies

- 1- Mohamed Ibrahim Mohamed Khalil (2005) entitled psychological stress and its relation to achievement motivation at short distance swimmers, the researcher used the descriptive method, the research sample included 251 swimmers, scale was used psychological pressure for swimmers, of the most important results that there are differences between swimmers in being subjected to psychological pressures according to the level sporting achievement for the benefit of levels of sports low (4)
- 2- (Toms. d., Rardeke, L. 1997) entitled psychological stress and its relation to the phenomenon of combustion for athletes, descriptive approach

was used the study sample consisted of 236 swimmers, the results showed that the athletes who practice from the perspective of coercion are more prone to psychological pressures (11)

3- (Beatti et al,2011) entitled development and validation of a trait measure of robustness of self confidence most important results of this study the health of the extent of the link between athletes and self-confidence (v)

Research procedures

Research methodology: descriptive method was used to suitability and the nature of the research procedures

The research sample water Polo players from clubs 6 October (15) Zamalek (10) Heliopolis (13) Alahly (12) Total (50) 15-year phase.

In addition to the 10 players of the reconnaissance study

Data collection methods

- Questionnaire to psychological stress from Mohamed Ibrahim (6)

- Questionnaire to Burnout from Maslach & Jackson (10)

- Questionnaire to case confidence Sports from M.Allawy (5)

Scientific transactions for questionnaires (psychological stress - burnout - confidence sports)

The researcher applied questionnaires on the number of 10 players from the same research community and to make sure that the scientific transactions questionnaires used

1 - Virtual Honesty: For the sincerity of the questionnaires used in the search presented to a group of specialists in water sports and psychological sciences and after collecting the forms and discharged show a percentage of agreement (90 - 100%) and this procedure was make sure the honesty of questionnaires used in the current research.

A- Calculation of honesty coefficient for (Psychological stress- Burnout) questionnaires

Table (1)
correlation coefficient between the degree of axes and the overall degree of questionnaires

Correlation coefficient	Number of phrases	Axis name	Questionnaire
*.969	7	The nature of the training	Psychological stress
*.966	9	Sports competition	
*.966	7	Time Management	
*.809	7	trainer	
*.996	6	Family	
*.990	9	emotive stress	Burnout
*.978	0	Sag feelings	
*.966	8	Shortage a sense of accomplishment	

Table (1) show is that there is a statistically significant correlation between the degree of each axis and the total score to measure psychological stress and burnout questionnaire

which shows how sincerity of axes to measure what is they are placed for.

B - Calculation of honesty factor to the confidence sports questionnaire

Table (2)
shows the correlation between the degree of each phrase and the total score to the confidence sports questionnaire

Correlation coefficient	No. phrase	Correlation coefficient	No. phrase	Correlation coefficient	No. phrase
*.944	11	*.844	6	*.840	1
*.910	12	*.999	7	*.998	2
*.881	13	*.92	8	*.960	3
		*.869	9	*.900	4
		*.970	10	*.878	0

Value (t) tabular 20

Evident from the table (2) that there is a statistically significant relationship between the degree of every phrase and every degree of questionnaire which shows the sincerity of the axes to

measure what is they are placed for.

2 - Calculation of reliability coefficient for questionnaires of Psychological stress and burnout and confidence sports

Table (3)
shows values of the correlation between the first and second application to search questionnaires $n(10) =$

Correlation coefficient	The second application		The first application		Axis name	Questionnaire
	SD	MA	SD	MA		
*.992	4.76	21.3	4.99	21.6	The nature of the training	Psychological stress
*.993	4.87	19	5.16	19.3	Sports competition	
*.994	5.00	15.3	5.0	15.1	Time Management	
*.979	4.32	22	4.28	21.9	Trainer	
*.976	3.41	18.1	3.79	18.2	Family	
*.971	2.14	16.8	2.33	16.9	Emotive stress	Burnout
*.962	2.06	8.4	2.06	8.5	Sag feelings	
*.982	3.71	16.6	3.4	16.7	Shortage a sense of accomplishment	
*.994	5.97	82.20	6.33	82.10	Confidence sports	

Value (t) tabular 20

Evident from the table (3) that there is a statistically significant correlation between the two applications questionnaire psychological stress and burnout and confidence sports

Presentation and discussion of results

1- The level of psychological stress and burnout and confidence sports of water polo players

Table (4)
The arithmetic mean and standard deviation to psychological stress burnout and confidence sports questionnaire axes $n(10) =$

Biggest value	Less value	Deviation	Average	Axis name	Questionnaire
38	13	7.24	23	The nature of the training	Psychological stress
30	14	4.4	20.68	Sports competition	
20	9	4.91	17.06	Time Management	

Follow Table (4)
The arithmetic mean and standard deviation to psychological stress burnout and confidence sports questionnaire axes $n(0.0) =$

Biggest value	Less value	Deviation	Average	Axis name	Questionnaire
32	14	0.48	22.3	Trainer	
31	14	4.10	19.82	Family	
106	64	26.18	102.86	Total	
22	11	2.49	10.78	emotive stress	Burnout
12	6	1.09	7.82	Sag feelings	
20	9	3.23	13.66	Shortage a sense of accomplishment	
04	26	7.31	40.26	Total	
100	71	9.24	90.32	Total scores	Confidence Sports

It is clear from the above table that the arithmetic mean of the psychological stress questionnaire for water polo players 102.86 where the degree of the training nature axis 23 and the degree of sports competition axis 20.68 and the degree of time management axis 17.06 and the degree of trainer axis 23.3 and the degree of family axis 19.82 . and the arithmetic mean of the burnout questionnaire 40.26 the degree of emotive stress axis 10.78 and the degree of sag feelings 7.82 and the degree of a sense shortage of accomplishment 13.66 . And arithmetic mean to confidence sports state questionnaire 90.32 The previous data show it is clear that the total degree of

questionnaire of score psychological stress for water polo players is % 02.0 researcher finds that the degree is medium, and this indicates that psychological pressure ratio of the water polo players under study is of average level The researcher believes that this ratio is the proper index to the progress training and psychological level for the players as the level of stress if increased this limit will have negative results, and vice versa if decrease this level, the player will not find what excite him to struggle and come forward and achieve results that dreams

In the burnout scale and found medium grades, where the results of axes came medium level, ie, those water polo players under study do not

suffer from the burnout as shown by the previous results. The previous data shows that the degree of confidence sports is 77.19% it is a relatively high percentage indicating a high

confidence sports state of water polo players under study

2 - The relationship between psychological stress and burnout for water polo players

Table (5)

shows the values of the correlation between axes questionnaire of psychological stress and burnout $n(0.0) =$

Psychological stress							Burnout
Total	Family	Trainer	Time Management	Sports competition	The nature of the training		
*.701	*.788	*.522	*.700	*.739	*.762	Emotive stress	
*.792	*.597	*.711	*.727	*.501	*.788	Sag feelings	
*.828	*.7	*.748	*.773	*.726	*.807	Shortage a sense of accomplishment	
*.884	*.737	*.701	*.819	*.771	*.807	Total	

Evident from the table (5) that there is a positive correlation relationship between psychological stress and burnout for water polo players in terms of questionnaire and axes where the result of the positive correlation relationship between all axes of psychological stress and burnout for water polo players occur.

The researcher believes that this result is the logical consequence as the greater the psychological stress on the player there is increased the

likelihood of suffering a Burnout, in the current search, the result of psychological stress is medium and the result of burnout is medium. This is what was agreed upon by Mohamed Ibrahim (4) and Raiedk and Thomas (11) in that whenever raised the technical level of the player recede psychological stress on the player whenever the sports love.

3- The relationship between psychological stress and the state of confidence sports of water polo players

Table (6)
values of the correlation between questionnaire axes of
psychological stress and that of confidence sports $n(50) =$

Psychological stress						Axles
Total	Family	Trainer	Time Management	Sports competition	The nature of the training	
-	-	*.770-	*.830-	*.747-	-	Confidence sports
*.804	*.711				*.764	

Evident from the table (6) that there is a strong inverse relationship between the overall degree of psychological stress questionnaire and the degree of a questionnaire confidence sports and that this inverse relationship between the degree of all axes of psychological stress questionnaire and between the overall degree of questionnaire confidence sports of water polo players. And researcher finds that the whenever increased psychological pressures on the player there will be increase in negative impact on his level and psychological condition and the player's confidence in its potential and abilities in the

current study actually found that the degree of psychological pressures on water polo players in the study is sample medium thus -the degree of confidence sports a relatively high, this is agreed by Mohamed Ibrahim (4) and Betty and others (7) that whenever there is rise the level of players declines the psychological stress on the player and the high sports level of record high degrees of self-confidence

4 - The relationship between burnout and questionnaire sports trust case for water polo players

Table (9)
correlation values between axes the psychological
questionnaire combustion and questionnaire confidence
sports N=50

Burnout				Axles
Total	Shortage a sense of accomplishment	Sag feelings	Emotive stress	
*.837-	*.811-	*.570-	*.771-	Confidence sports

Evident from the table (9) that there is an inverse relationship between the overall degree of burnout of degree and sporting confidence and that this inverse relationship between the degree of all axes of burnout scale and the total score to questionnaire sports trust state for water polo players.

The researcher believes that what has been reached is logical where the high levels of emotive stress and sag feelings and shortage a sense of accomplishment reflected negatively on the player and his confidence in himself and thus will be reflected at a technical level , in this study show that the level of dimensions of burnout characterized by the standard of the average state as mentioned in the normal level this led to high scale sports trust case this is confirmed by Beattie and others (7) that players with high level can maintain the highest state of self-confidence levels

Conclusions:

1-The level of degrees of stress and burnout for water polo players is medium.

2 - Confidence sports relatively high

3- There are statistically significant positive relationship between psychological stress and burnout for water polo players

4- There are statistically significant inverse relationship between psychological stress and the state of confidence sports of water polo players

5- There is statistically significant inverse relationship between burnout and sports trust status for water polo players

Recommendations:

- Creating incentives to reduce burnout with players
- The need for the presence of a psychologist for sports teams
- Consolidate and enhance the level of confidence of the players during , before and after training

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