

BURNED OUT

Understand your burnout precursors to prevent it



Original Research
Hodge, K., et al.
Burnout in elite rugby: Relationships with basic psychological needs fulfillment. *Journal of Sports Sciences* 26(8):835-844, 2008.

BURNOUT CAN DECREASE YOUR PERFORMANCE, BUT MIGHT EVEN MAKE YOU DROP OUT OF YOUR SPORT. KNOW WHAT TO LOOK FOR AND HOW TO PREVENT IT IN THE FIRST PLACE TO STAY IN LOVE WITH YOUR SPORT.

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More than likely, the reason you are reading *JOPP* is because you are immersed in your sport and completely committed to performing at your best. Of course, that also means that you strive continually to improve your performance. So you read everything related to sports performance enhancement, you never miss a training session, and you always give it your all. So why so you sometimes feel less than enthusiastic about training or competing? Why do you have to drag yourself to the gym to do what you know you need to? And why is the thought that you are not really competent in your sport creeping into your head? All these effects could be related to burnout. Not much is known about burnout in elite athletes, so a group of scientists from the University of Otago in New Zealand set out to investigate. Even if you are not an elite athlete, you can learn from their findings.

Power Key: burnout, competence, exhaustion, sense of accomplishment