

## Burnout in elite junior tennis players: a multiple case study

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### Abstract

This cross-sectional, descriptive study aimed to identify the prevalence and risk of burnout in Brazilian elite young tennis players, using a multiple-case approach. A total of 130 participants were recruited using a random, non-probabilistic method, based on participation in 2 international tournaments. The Athlete Burnout Questionnaire (ABQ) was used to measure burnout in the players. The results showed that 10% of the athletes ( $n = 13$ ) had a moderate risk of burnout, 3.1% had a high risk, and 2.3% showed signs of burnout. Analysis of the categories of players with a high risk of burnout and those with signs of burnout showed that there were five categories: recurrent burnout, burnout in career transition, changes in burnout level, burnout related to high expectations, and burnout related to overtraining. The findings of the study reinforce recent models showing that athlete burnout is a complex phenomenon that can manifest in different ways, depending on the athlete's characteristics and life experiences in the sport.

**Keywords:** Burnout; Athletes; Sport; Tennis.

Burnout is considered a multidimensional construct that manifests in athletes through three dimensions: *physical and emotional exhaustion*, with a sensation of physical and mental fatigue as a result of excessive training or competition; *devaluation*, with negative feelings and attitudes toward the sport; and a *reduced sense of accomplishment* as increasing dissatisfaction and frustration with sport performance (Raedeke and Smith, 2001; Raedeke and Smith, 2009). Burnout in athletes is a complex phenomenon that involves physical, psychological, and behavioral components and considers the interactions between one's environmental and personal characteristics (Gustafsson, Madigan and Lundkvist, 2018) and can be better understood using an integrated model (Gustafsson, Kenttä and Hassmen, 2011). Burnout is a cause for concern because it may lead to declined performance and permanent dropout from the sport. Burnout is often accompanied by negative thoughts and regrets about involvement in the sport, leading to practice avoidance after dropout, even if performed only for enjoyment or health (Gustafsson, Madigan and Lundkvist, 2018).

The scientific literature on athlete burnout has grown over the past 30 years (Garces de los Fayos and Vallero, 2010, Goodger, Gorely, Lavallee, and Harwood, 2007, Gustafsson, Hancock and Coté, 2014, Li, Wang, and Pyun, 2013). Despite this growth, 75% of the studies on burnout in

athletes have a quantitative basis (Gustafsson et al., 2014), and only this method does not allow full understanding of the phenomenon. Therefore, studies combined quantitative and qualitative approaches are necessary and have been recommended for the investigation of psychological phenomena (Hagger and Chatzisarantis, 2011, Gustafsson, Kenttä, Hassmén and Lundkvist, 2007, Gustafsson et al., 2014). These enrich the analyses and increase the credibility of the finding using data triangulation (Gustafsson et al., 2007, Yin, 2001).

Burnout has different causes and symptoms and can manifest as a unique experience for each athlete (Gustafsson et al., 2011). Studies have also shown different antecedents associated with it, such as high competitive demands, sport practice, early competition, trainer style, injuries, training monotony, training load, and performance decrements (Verardi et al., 2015; Gustafsson, Kenttä and Hassmen, 2011; Casagrande et al., 2014). In this sense, case studies investigated burnout in rugby players (Cresswell and Eklund, 2007) and endurance athletes (Gustafsson, Kenttä, Hassmen, Lundkvist and Durand -Bush, 2007) using mixed methods.

In a case study, the identification and report of the prevalence of athletes with burnout is necessary. The ABQ is considered the most reliable instrument for measurement of burnout in athletes (Garces de los Fayos and Valerino,

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2010, Goodger et al., 2007), despite limitations (Lundkvist et al., 2018). In a recent review study that made recommendations for research on athlete burnout, Gustafsson, DeFreese and Madigan (2017) suggested that the development of sport-specific diagnostic cut-offs for the Athlete Burnout Questionnaire (ABQ) are needed to improve clinical diagnoses and gain a clearer picture of the prevalence of burnout across sport types and levels. The authors highlighted that future research is also needed in specific athletes with higher levels of burnout because the bulk of sports research is based on samples of athletes performing low to moderate burnout levels.

A new criterion that makes it possible to identify athletes with burnout and high risk of developing the syndrome has been developed (De Francisco, Garces de Los Fayos and Arce, 2014). In the study, that investigated different modalities, the results showed that 12.4% athletes from a sample of 442 athletes had high risk of developing burnout, and 4% did have burnout. Thus, further investigations using these criteria may enable follow-up and prevention and contribute to a better understanding of burnout analyzing athletes at high risk of burnout syndrome.

Tennis was one of the first sports in which burnout was studied (Gould, Udry, Tuffey and Loehr, 1996a; Gould, Udry, Tuffey and Loehr, 1996b; Gould, Udry, Tuffey and Loehr, 1996c), although there have been few reports on burnout in tennis in recent years. In particular, few case studies (Gould et al., 1996c; Goodger, Wolfenden, Lavalley, 2007) and prevalence studies (Martínez and Gómez-Mármol, 2014; Balaguer et al., 2009) involving tennis players have been conducted.

Therefore, this study aimed to identify the prevalence and risk of burnout in elite young tennis players and verify the associated risk factors using a case study method.

## Method

This case study design involved a quantitative and qualitative approach, a recommended design in which the objective is to analyze a complex and multifactorial phenomenon like burnout syndrome (Yin, 2001; Gustafsson et al., 2007).

### Participants

Young tennis players were selected from among participants of two international competitions sponsored by the Brazilian Tennis Confederation (CBT), which has nearly 1,500 athletes in the Junior Circuit. According to the classification criteria proposed by Swann, Moran and Piggott (2015), these athletes are competitive elite because they compete at an international level, most athletes have national titles and 2–5 years of experience, and because tennis in Brazil is among the five leading sports and a regular global Olympic sport.

Sample size was calculated to estimate the prevalence of burnout in young competitive elite tennis players considering that *a posteriori* calculation assumed a 5% prev-

alence of burnout (Martínez and Gómez-Mármol, 2014) with a 4% margin of error, 95% confidence interval, 15% loss allowance, and 1.0 design effect, resulting in an estimated sample size of 122 (Bernardo et al., 2012; Jones, Carley and Harrison, 2003). The total sample consisted of 130 elite tennis players (78.5% boys) aged 13–18 years (mean,  $15.12 \pm 1.31$  years).

### Procedure

This study was approved by the ethics committee of the local university. The participants were selected in two international competitions held in Brazil that scores for the rankings of the South American Circuit (COSAT) and Junior World Circuit (ITF). All athletes were informed about all the research procedures, and written consent was obtained from them. The athletes completed questionnaires individually in a reserved location.

### Instruments

The Athlete Burnout Questionnaire (ABQ) (Raedeke and Smith, 2001) has been validated for use in Brazilian athletes (Pires, Brandão and Silva, 2006) and is composed of three subscales: a) reduced sense of accomplishment; b) *devaluation*; and c) emotional and physical exhaustion. Participants respond to items on a 5-point Likert scale (1 = almost never; 5 = most of the time). Internal consistency has also been verified in the current study for the three ABQ subscales with Cronbach's (alpha) values of 0.860, 0.639, and 0.729, respectively. This instrument has been used in studies investigating burnout in tennis players (Casagrande, Coimbra and Andrade (2018), Casagrande et al. (2014), Goodger, Wolfenden and Lavalley (2007).

A Sports Characterization Questionnaire was used. This instrument has been used in recent studies in sports research (Andrade, Bevilacqua, Coimbra, Pereira and Brandt, 2016; Brandt, Bevilacqua and Andrade, 2017; Andrade, Casagrande, Bevilacqua, Pereira, Alves, Goya, and Coimbra, 2018). The instrument measured a) participant characteristics including age and sex; b) sport practice factors including age at initial participation and duration of playing tennis (years), age at first competition, duration of competitive play (years), thoughts about dropping out (n), actual dropout (n), team change (n), and injuries (n); and c) current sport training factors including season injuries (n), training load (hour), and sessions (n). Data on rankings were collected from the CBT website.

### Data Analyses

The results were analyzed using descriptive statistics (frequencies, percentages, maximum and minimum, mean and standard deviation).

Recent studies have proposed approaches that classify athletes based on the percentage of the total burnout score (Balaguer et al., 2009, Martínez and Gómez-Mármol, 2014). To offer results on the percentage of athletes with burnout and based on statistical criteria, the following cate-

gorization based on De Francisco et al. (2014) classification criteria was adopted: Low risk of burnout (athletes whose T score is  $\leq 50$ ); Moderate risk (athletes with T scores of 50–60); High risk (athletes with T scores of 60–70), and Burnout (athletes with T scores  $> 70$ ). The cases identified as having high risk of burnout and burnout were analyzed.

The analysis included personal and sports characteristics, in addition to the burnout profile presented by each player. The differences and similarities allowed the identification of 5 categories: recurrent burnout, burnout in career transition, changes in burnout levels, burnout related to high expectations, and burnout related to overtraining. These categories were based on athlete characteristics, the-

oretical approaches, and empirical studies on burnout in tennis players and other athletes and were presented on a case-by-case basis. This design is similar to that used in previous studies (Dubuc, Schinke, Pys, Battochio and Zachkowsky, 2010), and the qualitative analyses were based on recommendations (Yin, 2001).

## Results

Among all tennis players, 10% ( $n = 13$ ) had a moderate risk of burnout, 3.1% ( $n = 4$ ) had a high risk, and 2.3% ( $n = 3$ ) showed signs of burnout (FIGURE 1).

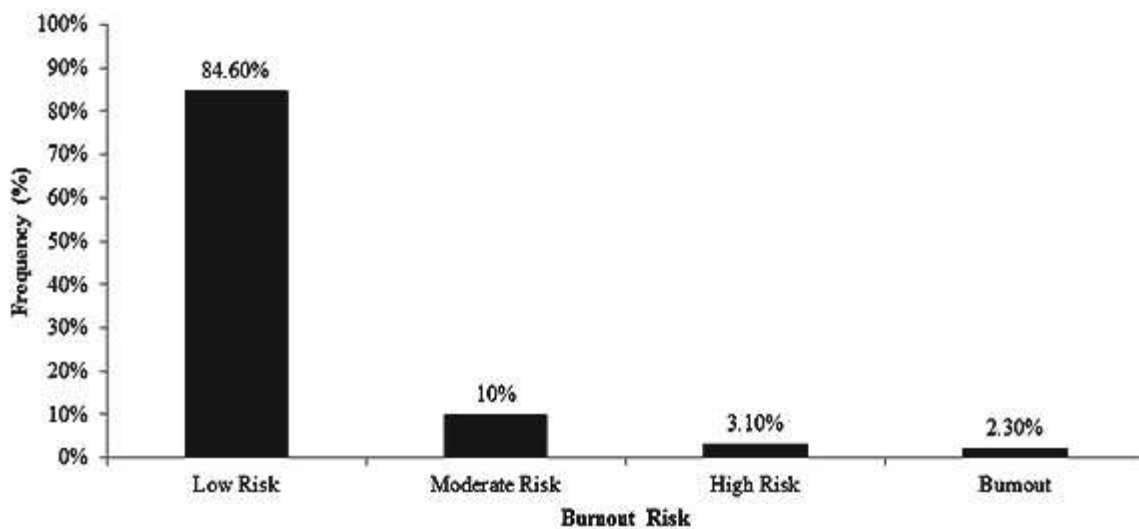


Figure 1. Prevalence of burnout in young elite tennis players.

In the 7 tennis players with a high risk of burnout or with signs of burnout, the general score was greater than 3 points (TABLE 1). The dimension with the highest score was *devaluation* ( $3.62 \pm 0.68$ ), followed by *reduced sense of accomplishment* ( $3.42 \pm 0.42$ ) and *emotional and physical exhaustion* ( $3.40 \pm 0.89$ ). The individual scores of the 7 players are shown in FIGURE 2.

**Table 1**  
Burnout Scores of Tennis Players with Higher Burnout

	$\bar{X} \pm SD$	Min	Max
General Burnout	$3.48 \pm 0.49$	3.07	4.47
Physical and emotional exhaustion	$3.40 \pm 0.89$	2.20	5.00
Reduced sense of accomplishment	$3.42 \pm 0.42$	2.80	4.00
Devaluation	$3.62 \pm 0.68$	2.80	4.80

Player T7 had the highest scores for general burnout. The score for the *physical and emotional exhaustion* di-

mention was the maximum, at 5.0, and was close to the maximum for *devaluation* (4.8). There were six male players and one female player. Three competed in the 18-year-old category, three in the 16-year-old category, and one in the 14-year-old category. Players T2 and T3 started later in tennis and in competitions and were the lowest ranked. T5 was the highest ranked and was among the top 50 in the national ranking. Players T1 and T4 each had played for 9 years, and T4 had competed for the longest duration. Five players had thought about quitting the sport, and T1 had effectively dropped out and then returned. Five players had already changed teams, and 4 had done so more than once. Five players had sustained career injuries, and T7 had been injured more than 10 times, including 4 times in the previous season. Two players trained more than 30 hours per week (T2 and T3), and 2 trained approximately 10 hours per week (TABLE 2).

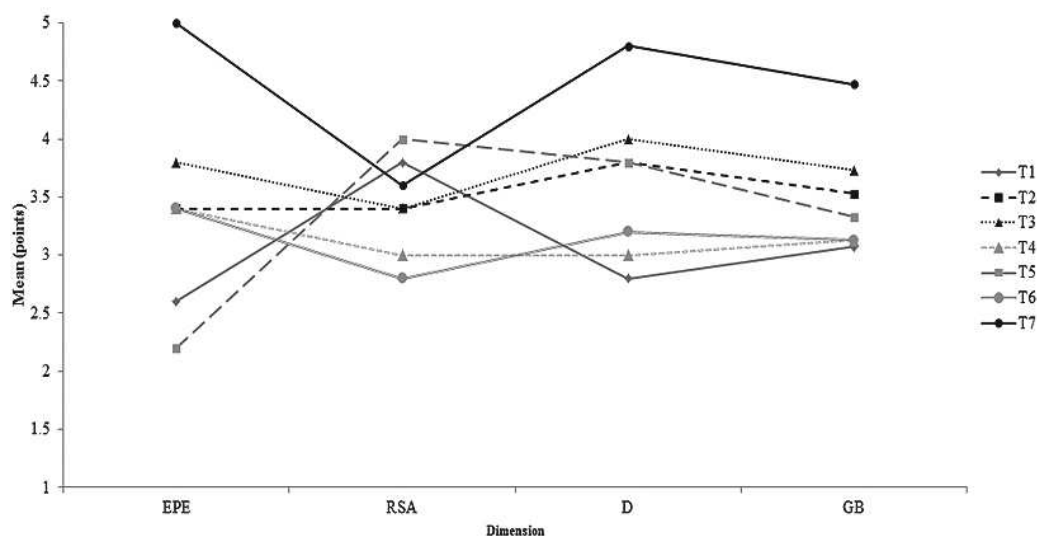


Figure 2. Scores (ABQ) of young elite tennis players with high risk and burnout. Note. Emotional and physical exhaustion (E), Reduced sense of accomplishment (RA), Devaluation (D) e General Burnout (GB).

**Table 2**  
Participant Characteristics, Sport Practice and Current Sport Training of Young Tennis Players with High Risk and Burnout.

	Tennis players						
	T1	T2	T3	T4	T5	T6	T7
<i>Participant characteristics</i>							
Sex	W	M	M	M	M	M	M
Age	16	18	17	16	16	15	14
Category	16/18 <sup>a</sup>	18	18	16	16	16	14
Ranking	>100	>100	>400	Top 100	Top 50	Top 100	> 100
<i>Sport practice</i>							
Age at initial participation (year)	7	12	11	7	8	8	8
Age at first competition (year)	12	16	12	10	11	11	11
Duration of playing (years)	9	6	6	9	8	7	6
Duration of competitive play (years)	4	2	5	6	5	4	3
Thoughts about dropping out	Y	N	N	Y	Y	Y	Y
Dropout	Y	N	N	N	N	N	N
Team change (n)	N	Y (2)	Y (2)	N	Y (3)	Y (3)	Y (1)
Injuries (n)	Y (3)	Y (3)	N	N	Y (3)	Y (1)	Y (10)
<i>Current sport training</i>							
Season injuries (n)	Y (1)	Y (1)	N	N	N	N	Y (4)
Frequency of training (days/week)	4	6	4	6	5	5	4
Training hours (day)	5	6	8	2	2	4	5
Week training volume (h)	20	36	32	12	10	20	20
Sessions (day)	One	Two	One	Two	One	Two	One

F: Women; M: Men; S: Yes; N: No; <sup>a</sup> 16 years-old ranking, competing at 18 years-old category.

**Pattern 1**

Player T1 is 16 years old and is the only female. She has been practicing tennis for 9 years and has participated in

competitions for 4 years. Currently, she competes in the 18-year-old category. She has already thought about quitting the sport and has done so previously. This player had

the lowest scores for general burnout between the seven cases and moderate scores in the *physical and emotional exhaustion* and *devaluation* dimensions. However, when we examined the *reduced sense of accomplishment* dimension, this athlete scored higher than the other five players.

### Pattern 2

Players T2 and T3 are 17 and 18 years old, respectively, and both compete in the 18-year-old category. These athletes started participating in competitions at age of 12 and 11 years old, respectively. They are poorly positioned in the rankings. They show similar profiles of burnout. However, these players were highly involved with the sport and had higher training volume (>30 hours per week) than the others.

### Pattern 3

Players T4 and T6 are in the 16-year-old category; both started in the sport at similar ages and are ranked high, positioned among the top 100. Both have thought about quitting the sport, but have never quit the sport. Compared to others, they had lower weekly training volume (12 and 20 hours, respectively); among the male players, both had lower burnout rates than the other players.

### Pattern 4

Player T5 showed personal and sports-related characteristics similar to those of T4 and T6. However, T5 had the highest score for *reduced sense of accomplishment* and a lower score than others for *physical and emotional exhaustion*. This player, although high-ranked and positioned in the top 50, had a low perception of sports achievement and devalued the sport.

### Pattern 5

Player T7 is the youngest, at 14 years old, and is ranked among the top 200 in his category. Even at age 14, this athlete has already thought about dropping out of the sport. Despite only 3 years of competitive practice, he has had a high number of career injuries (10), and suffered 4 injuries in the previous season. He had the highest scores for general burnout and the maximum scores for *physical and emotional exhaustion*.

## Discussion

### General discussion

This study identified the prevalence and risk of developing burnout in elite young tennis players by using a multiple-case approach. In this study, 2.3% had burnout, with values similar to Balaguer et al. (2009) and Martínez and Gómez-Mármol (2014) studies. However, 3.1% of the players also showed a high risk of developing burnout. These players should receive special care and attention because they may be suffering from the symptoms and consequenc-

es of burnout, with impaired performance, compromised physical and emotional health, and continuity in sport (Goodger et al., 2007; Gould et al., 1996b).

Studies in tennis players (Goodger et al., 2007; Gould et al., 1996b) have shown that *physical and emotional exhaustion* is associated with loss of energy, eating disorders (loss of appetite), sleep disturbances, and mood changes. *Devaluation* may indicate a change in priorities, and the athlete may show lack of concern about performance and results (Goodger et al., 2007; Gould et al., 1996b). Burnout can also trigger behavioral changes in youth tennis players, changing the quality of personal relationships inside and outside the sports environment. Some also end up distancing themselves, avoiding teammates and coaches (Gould et al., 1996b, Goodger; Lavalle and Wolfenden, 2007). A major consequence of burnout is dropout from a sport. The athlete who leaves due to burnout sometimes does so with negative feelings and reflections about the sport and regrets having participated in the sport (Goodger et al., 2007). Some tennis players lose their enjoyment and may even stop playing for recreational or health purposes (Gould et al., 1996b).

However, even players at moderate risk deserve attention, as they may have experienced burnout previously or may be in a transitional period, since burnout may increase with increase in duration of participation in sports (Casagrande, Andrade, Viana and Vasconcellos, 2014) or worsen at the end of a competitive season (Cresswell and Eklund, 2006, Lai and Wiggins, 2003).

### Recurring Burnout

The results from tennis player T1 is similar to that described in Gould et al. (1996b) study that evaluated tennis players who quit the sport due to burnout. The results showed that not all tennis players quit permanently, but some decide to return after a rest period. In addition, the high *reduced sense of accomplishment* show that the perception of low achievement may be related to difficulties that she is having in her current category. Competing in older age categories is common in women's tennis (Cortella, 2010).

Previous studies showed that negative performance is one of the main antecedents for burnout (Gustafsson, et al., 2011) and can be related to sequential defeats. The high scores for *reduced sense of accomplishment* are worrisome, since studies have shown that other score in other dimensions may increase due to prolonged perception of reduced achievement (Goodger et al., 2007).

It is also important to note that there was only one woman with burnout in our sample despite the few number of female versus male tennis players in our sample and the predominance of male participants in a previous study of burnout in tennis players. (Casagrande, Coimbra and Andrade, 2018, Casagrande et al., 2014, Martínez; Gómez-Mármol, 2014, Chiminazzo and Montagner, 2009, Balaguer et al. 2009, Gould et al., 1996b, Gould et al., 1996a). Despite that, this player showed the lowest scores for general burnout. This result is reinforced by the

findings of a recent study that showed that women tend to have lower levels of general burnout than men (Reche, De Francisco, Martínez-Rodríguez, and Ros-Martínez, 2018). In the Balaguer et al. (2009) study, young tennis players also presented higher levels of burnout compared to women despite the use of a different instrument to measure burnout.

### **Burnout in career transition**

The results in T2 and T3 athletes showed high *devaluation* from players with the lowest rankings. *Devaluation* is characterized by a loss of motivation, interest, and desire for the sport (Raedeke, 1997) and is sometimes related to a decrease in commitment and training volume (Gould et al., 1996b). Casagrande et al. (2018) study investigated burnout in tennis players in different junior categories (CAT) and showed that players in CAT18 showed higher scores for global burnout and *devaluation* than those in CAT16 and CAT14. These differences in this age category may reflect requirements for transition from youth player to professional, with change of demands, like participation in professional tournaments, more and longer trips, increased commitment, and dual career management.

However, these players were highly involved with the sport but did not report thoughts about leaving the sport. These players may not be achieving good results and may have increased their involvement to “recover lost time.” Other studies on tennis player burnout have shown that this may occur, and some athletes frustrated by poor performance may further increase their efforts to try to reduce their losses (Goodger et al., 2007); this can become a negative and vicious cycle, and may lead to greater decline in performance due to insufficient rest and recovery. Other theoretical explanation for these tennis players, is the entrapment or sports commitment point of view. In Raedeke (1997) study, the authors suggest that some athletes maintain participation even when exhausted because they feel they must continue despite not wanting to. This happens when they perceive fewer alternatives in life other than a sports career; they develop a unique athletic identity and realize that they have invested too much (time, dedication, financial resources) to give up the sport at this point in their career (Coackley, 1992; Schmidt and Stein, 1991).

### **Changes in Burnout levels**

The T4 and T6 players are in the 16-year-old category. Both started in the sport at similar ages and are ranked among the top 100 and both have thought about quitting the sport, but have never quit the sport. These players may be alternating between wins and losses or may be having difficulty perceiving improvement and competence. *Reduced sense of accomplishment* may reflect an increased time and dedication linked to unrealistic expectations, resulting in perceived lack of progress in skills or advancement. Casagrande et al. (2018) investigated burnout tennis players in different junior categories and showed that players in CAT16 showed higher scores and a decreased sense of accomplishment compared

to those in CAT14 and the athletes at that age showed a decreased sense of accomplishment compared to other dimensions. Thus, these players should be monitored since their risk of burnout may increase as their achievement level decreases to prevent burnout and the intention to withdraw from tennis as reported in previous studies (Gould et al., 1996b), Goodger, Wolfenden and Lavalle, 2007)

### **Burnout related to high expectations**

Even the Player T5 showed personal and sports-related characteristics similar to those of T4 and T6, he is although high-ranked and showed and had a low perception of sports achievement and devalued the sport. High expectations and demand for results, early success, and perfectionism are related to burnout syndrome (Gustafsson et al., 2011). Studies indicate that early success and very rapid progress may be a risk factor for the development of burnout (Gustafsson et al., 2007), as it may lead to an early recognition of a problem (Stambulova, Alfermann, Statler and Côte, 2009). When very young players demonstrate talent, they receive increased attention from coaches, media, and parents; external expectations increase and the athlete's focus can shift from trying to achieve to avoiding failure and meeting expectations (Stambulova et al., 2009).

These factors favor the development of socially prescribed perfectionism, which involves the belief that self-acceptance and the acceptance of others is contingent upon the attainment of exceedingly high standards that are imposed by others. Studies have shown that athletes with socially prescribed perfectionism have higher rates of burnout than those with self-oriented perfectionism (Appleton, Hall and Hill, 2009; Hill, Hall and Appleton, 2010). In other studies on burnout in tennis players, excessive expectations by parents and coaches are also related to decreased enjoyment. Lack of pleasure or fun was another category related to tennis player burnout as well as the excessive pressure from parents, coaches, and the athlete himself (Chiminazzo and Montagner, 2009; Gould et al., 1996b).

Pressures is important to an athlete's development since it generally serves as an incentive for sports. However, some parents' behavior patterns and attitudes may negatively influence young tennis players' development, e.g. excess pressure and involvement, excessive emphasis on winning, restricting the athlete's social life, and sometimes assuming a competing role to that of the coach (Lauer et al., 2010).

### **Burnout related to overtraining**

The characteristics of the T7 tennis player highlights the youngest tennis player, at 14 years old, that has had a high number of career injuries, has already thought about dropping out of the sport and also showed the highest scores for general burnout and physical and emotional exhaustion. Injuries and high levels of *physical and emotional exhaustion* indicate that this player may be overtraining. Overtraining is a syndrome, often resulting from high training loads and competition, combined with insufficient recovery

(Lemyre, Roberts and Stray-Gundersen, 2007). As a precursor of burnout, these studies (Silva, 1990), Lemyre et al. (2007) found a positive association between overtraining and scores on the *physical and emotional exhaustion* dimension, reinforcing the existence of the burnout-overtraining relationship (Gustafsson, Hassmén, Kenttâ and Johansson, 2008). In tennis players, the relationship between overtraining and burnout goes beyond where components unrelated to training loads should be taken into account, such as fatigue with travel and dissatisfaction with routines of training (Chiminazzo and Montagner, 2009). A younger athlete, aged 14 years old, and less time for practice and competitions, with high levels of exhaustion runs differently to earlier results of burnout investigations with tennis players. Casagrande et al. (2014) found that youth players who practiced the sport for more than 7 years presented greater levels of *physical and emotional exhaustion* than beginners (1–3 years of practice), while other previous studies showed lower burnout rates for this age category (Casagrande et al., 2018). However, for youth tennis players, the time spent in training and travel can also restrict other activities (Gould et al., 1996b) and make it difficult to perform school activities and have a social life outside of tennis (Gould et al., 1996b; Chiminazzo and Montagner, 2009), possibly hindering their physical and emotional development.

This study has limitations such as its cross-sectional design, which precluded the determination of causation. However, it is the first study to investigate the prevalence of burnout in tennis players at high risk of developing burnout or with burnout among a sample of >100 junior players. Larger-scale studies are needed in this population to confirm the prevalence of burnout using different modalities,

athlete levels, and with emphasis on including more female youth tennis players.

In conclusion, here we verified that the high risk of burnout and burnout has a prevalence of 5.4% among young elite tennis players. In addition, 10% of the sample was at moderate risk of developing burnout and required preventive monitoring. Education programs and strategies to prevent burnout in the sports context are needed that focus on athletes, coach, and parents to monitor and prevent burnout.

The seven tennis players at high risk of and with burnout showed different profiles in the burnout dimensions as well as different personal and sports characteristics. The results and analysis indicated one case each of recurring burnout, burnout in career transition, change in burnout level, burnout related to high expectations, and burnout related to overtraining. These findings had support from previous theoretical models in an empirical analysis, showing that athlete burnout is a complex phenomenon that can manifest in different ways depending on the characteristics and experiences of the athlete during a sports career.

Future studies should analyze the prevalence of youth tennis players from different competitive levels as well as professional tennis players. Furthermore, more case studies should be conducted that include interviews and/or ABQ longitudinal data collection to better understand the process of burnout and recovery.

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### Burnout en jugadores de tenis junior de élite: un estudio de caso múltiple

#### Resumen

Este estudio tuvo como objetivo identificar la prevalencia de tenistas con alto riesgo de burnout y en una muestra representativa de jóvenes tenistas brasileños de elite y analizar estos jugadores a través de un enfoque multi-caso. Este estudio de multicazos se llevó a partir de una pesquisa descriptiva y transversal. Los participantes fueron reclutados de forma no probabilística a esmo y por voluntariado en dos competiciones internacionales. Inicialmente, se analizaron 130 jugadores de tenis (78,5% varones). Para medir el burnout, se utilizó del Athlete Burnout Questionnaire (ABQ). Los resultados mostraron que 10% de jugadores de ténis están con riesgo moderado de burnout, 3.1% están con alto riesgo de burnout y 2,3% están con burnout. Después de la analise de los jugadores con alto riesgo de burnout e con burnout foran identificadas cinco categorías: Burnout recurrente, burnout en jugadores en la transición de la carrera, cambio en los niveles de burnout, burnout relacionados a un alto nivel de expectativas, burnout relacionado al overtraining. Estos resultados refuerzan los modelos más recientes de burnout em atletas que lo apuntan como un fenómeno complejo que puede manifestarse de diferentes maneras, dependiendo de las características del atleta y experiências en el deporte.

**Palabras clave:** Burnout; Deportitas; Deporte; Jugadores de tenis.

### Burnout em tenistas juniores de elite: um estudo de caso múltiplo

#### Resumo

O objetivo deste estudo foi identificar a prevalência de tenistas com alto risco de burnout e em uma amostra representativa de tenistas infanto-juvenis brasileiros de elite e analisar esses tenistas por meio de uma abordagem multicazo. Este estudo multicazo foi realizado a partir de uma pesquisa descritiva e transversal. Os participantes foram seleccionados de forma não probabilística a esmo e por voluntariado em duas competições internacionais. Inicialmente, foram analisado

130 tenistas (78,5% do sexo masculino). Para mensurar o burnout, o Athlete Burnout Questionnaire (ABQ) foi utilizado. Os resultados mostraram que 10% dos tenistas apresentaram risco moderado de burnout, 3,1% apresentaram alto risco de burnout e 2,3% estavam com burnout. Após a análise dos tenistas com alto risco de burnout e com burnout foram identificadas cinco categorias de burnout: Burnout recorrente, burnout na transição de carreira, transição nos níveis de burnout, burnout relacionado a altas expectativas e burnout relacionado ao overtraining. Esses achados reforçam os modelos teóricos mais recentes do burnout em atletas, um fenômeno complexo que pode se manifestar de diferentes maneiras em função das características dos atletas e experiências vividas dentro do esporte.

**Palavras-chave:** Burnout; Esportistas; Esporte; Tenistas.

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