

Investigating the relationship between basic psychological needs and burnout of Iranian men's kabeddi league players.

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ABSTRACT / EXECUTIVE SUMMARY

Due to the intense periods of competition and performance stress during a season, athletes can experience fluctuations in exhaustion that may pose additional risks to their health. Putting too much pressure on athletes to achieve good results or the inability to enjoy physical activity can even lead to quitting sports. This study investigated the relationship between the satisfaction of basic psychological needs and the sports burnout of Iran's men's kabeddi league players. The current research is a descriptive and background research that was conducted in the field. The number of 120 Kabeddi players from a total of 144 people were selected as a statistical sample. The measurement tool included two basic psychological needs satisfaction questionnaires ($\alpha=0.72$) and burnout questionnaire (ABQ) ($\alpha=0.78$). Descriptive statistics were used to analyze the data and multivariate regression was used to predict the role of the independent variable on the dependent variable with emphasis on spss 19 software. The findings of the research showed that there is a negative and significant relationship between the factors of satisfying psychological needs, the need for competence and Related, and the need for Autonomy has a positive and significant relationship with burnout, so that with the increase in the need for competence and Related, burnout will also decrease. While the need for Autonomy increased, depletion increased. Therefore, it is suggested to the coaches, in order to prevent the erosion and negative effects of this factor on the sports performance of the players, to try to satisfy the need for competence and consistency of their athletes by establishing proper communication and creating opportunities for initiative in them, and for more Autonomy. Too much will cause the performance of the players to drop, so try not to give too much Autonomy to the players.

Keywords: Satisfying basic psychological needs, burnout of sports, kabeddi

1. INTRODUCTION

Due to the intense periods of competition and performance stress during a season, athletes can experience fluctuations in exhaustion that may pose additional risks to their health. Putting too much pressure on athletes to achieve good results or the inability to enjoy physical activity can even lead to quitting sports.

Failure to satisfy basic psychological needs in sports can be associated with many consequences such as decreased performance, apathy, isolation, decreased motivation, exhaustion, etc. These processes can have more or less serious consequences for the athlete.

Athletes with high levels of burnout often develop behaviors that drive them away from sports and clearly disengage from physical training.

According to the contents and things that should be mentioned as important in this research, it is that when human needs are identified, according to these needs, problems that prevent success can be avoided. On the other hand, attrition is highly contagious and a person who is

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attrition soon infects a group of his colleagues, so it is very important to recognize the symptoms of attrition and prevent it. Considering that the needs of people are diverse and numerous, and in order for the team and the club to achieve significant success, they must know the needs of the athletes and try to fulfill them. Therefore, not paying attention to the above variables in sports performance It can cause the team to not achieve the expected results despite spending huge amounts of money and capital.

Therefore, if it is possible, by conducting such conscious research on coaches and paying attention to them, to what extent they can accelerate the growth and flourishing of talent and meet the basic psychological needs of players and cases of prevention of apathy. Have. We have given a great help to the sports clubs and coaches and in general to the country's sports officials and liver teams.

2. ANALYSIS

The current research isa descriptive and background research that was conducted inthe field.The number of 120 Khabadi players from a total of 144 people were selected as a statistical sample.The measurement tool included two basic psychological needs satisfaction questionnaires ($\alpha=0.72$) and burnout questionnaire (ABQ) ($\alpha=0.78$) Descriptive statistics were used to analyze the data and multivariate regression wasused to predict the role of the independent variable on the dependent variable with emphasis on spss 19 software.

Table 1. Variables' normality test

Variable	Number	mean	The standard deviation	kmo	sig
need for competence	120	11/11	2/40	2/177	0/000
need for Related	120	39/19	8/75	2/281	0/075
need for Autonomy	120	15/76	3/95	1/924	0/001
Emotional exhaustion	120	9/92	4/52	1/890	0/002
Reduced Sense of Accomplishment	120	10/08	4/91	2/366	0/000
Devaluation	120	12/98	2/92	1/681	0/007

According to the results of the table, the KMO test value is higher than one, and the test value at the error level of 0.05 indicates the normality of the mentioned variables.

Table 2. The regression coefficient

Criterion variable	predictor variables	amount B	beta coefficient	Amount T	sig
Devaluation	need for competence	-0/36	-0/19	-2/36	0/020
	need for Related	-0/26	-0/51	-6/05	0/007
	need for Autonomy	-0/17	-0/15	2/03	0/045

Reduced sense of accomplishment	need for competence	-0/05	-0/04	-0/43	0/664
	need for Related	-0/01	-0/32	-3/20	0/002
	need for Autonomy	0/14	0/19	2/19	0/030
Emotional exhaustion	need for competence	0/50	-0/24	-2/91	0/004
	need for Related	0/24	-0/43	-4/99	0/006
	need for Autonomy	0/10	0/08	1/05	0/296

3. CONCLUSION

The findings of the research showed that there is a negative and significant relationship between the factors of satisfying psychological needs, the need for competence and Related, and the need for Autonomy has a positive and significant relationship with burnout, so that with the increase in the need for competence and Related, burnout will also decrease. While the need for Autonomy increased, depletion increased. Therefore, it is suggested to the coaches, in order to prevent the erosion and negative effects of this factor on the sports performance of the players, to try to satisfy the need for competence and consistency of their athletes by establishing proper communication and creating opportunities for initiative in them, and for more Autonomy. Too much will cause the performance of the players to drop, so try not to give too much Autonomy to the players.

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