



## Title: Resistant personality and burnout in judo athletes from national teams

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# Introduction

Sport has been a tool used for the protection of health for decades as demonstrated by Kobasa (1979) and today it is an activity that is maintained and that has been followed by the benefits it offers to society in general, it has been become a core activity.



# Introduction

**Support the improvement of the health of the masses, that is why international sporting events such as the Olympic Games impact young people who, seeing the example of elite athletes, are beginning in the training and development of the systematic practice of sport of their choice and this is documented by Bauman, Bellew and Craig (2014), where they describe how there is a positive impact on society. And not only do they encourage them to practice sports, they also increase their motivation and self-confidence (De la Cruz, 2020).**





Challenges strengthen me and I love to improve myself, no matter how much I have to train

I'm already tired and I don't enjoy it anymore, I don't care if I lose, I'd rather do something else

# RESISTANT PERSONALITY AND BURNOUT

# Methodology



The design of this research is empirical associative, simple correlation and cross-sectional (Ato, López-García, & Benavente, 2013), the sample is composed of 169 national selected Judo athletes from 21 countries, participants in the Veterans World Cup and the International Grand Prix, held in Cancun Quintana Roo in 2018, the age of the participants ranges between 18 and 70 years ( $M = 32.56$ ,  $SD = 11.48$ ), of which 92 are men (59%) and 64 women and 13 subjects who preferred not to put their gender, representing 7.7%.

# INSTRUMENTS



The first of the instruments used to measure resistant personality was the Resistant Personality questionnaire in Athletes from Central America and the Caribbean (RPAAC; Ponce et al., 2015) this questionnaire consists of 18 items: 6 commitment, 6 items that measure the control dimension, and 6 challenge s. The Likert-type scale is 4 points where 0 totally disagree to 3 totally agree. The reliability of Cronbach's alpha of the RPAAC variables ranges between .71 and .72 (Ponce, 2017).

The second of the instruments used to measure burnout syndrome is the Sports Burnout Questionnaire (Athlete Burnout Questionnaire; ABQ; Raedeke & Smith, 2001). The questionnaire is composed of 15 items and three variables that are: Reduced Sense of Achievement (RSA), Physical and Emotional Exhaustion (PEE) and Devaluation of Sports Practice (DSP), each of 5 items. The items are evaluated



# Results



## ALWAYS IMPROVING AND GROWING

In the correlations (Tabla 1), negative and significant results were presented in the total resistant personality in the variable of physical and emotional exhaustion (PEE) with a value of  $r = -.209 *$  and Devaluation of Sports Practice (DSP) with a value of  $r = -.265 **$ . In this sense, the result shows that the higher the resistant personality, the lower the PEE and the lower DSP, which presumably strengthens **staying in sport voluntarily despite the fatigue that continuing to train and compete may represent.**

# Results

**ANY EFFORT IS ALWAYS WORTH IT AND THE CHALLENGES ARE PART OF MY DEVELOPMENT**



And the correlations of the resistant personality variables with burnout were presented in the control variable with a value  $r = -.177^*$  and the commitment with a value of  $r = -.281^{**}$  with the devaluation of sports practice. In this case, the result shows that the greater control and commitment, the greater the value the athlete perceives of the importance of his sport practice because he considers it part of his development as an athlete, and in the challenge with a value of  $r = -.188^*$  with the Physical and Emotional Exhaustion (PEE) and in this same challenge variable it was correlated with the Devaluation of Sports Practice (DSP) with a value of  $r = -.258^{**}$ , **with this result it is presumed that the taste for Changes, and due to new challenges, athletes consider it part of their training, so it is not relevant how physically and emotionally tired they are, it is worth continuing their preparation and this adds value to their systematic practice of training.**



# Conclusions

It is worth mentioning that there were no existing correlations with respect to the variables of resistant personality and the Reduced Sense of Achievement (RSA). Judo athletes are perceived as winners because they achieve the goals they set for themselves

A resistant personality implies a high resistance to stress, which predisposes athletes to perceive problems with greater lightness and ability to solve difficulties and at the same time feel capable of solving whatever it is during competitions, and in this research athletes show a low burnout and a high resistant personality, they do not feel exhausted, physically or mentally, and they value their sports practice. Their love of their sport has kept them motivated over the years.

# Conclusions

Emotional control in various situations ensures sporting success, since it maintains the balance and order of the athletes' mental processes and being involved in an activity that they enjoy does not allow negative feelings or loss of interest in their sport.

High performance athletes are highly committed people, they go about specific objectives, focused on a task, in search of achievable goals in the short to medium and long term, these characteristics have led them to achieve the highest objectives that have been set, they are athletes who prefer to make an effort every day in training in order to perceive themselves as successful, aware that this takes a process that can take years.

# Conclusions

Challenges are part of the growth and development processes of high-performance athletes, they learn to achieve goals and establish new and greater new challenges each season, they are excited by the permanent idea of improving and involving themselves in body and spirit during their training, the challenges are opportunities to achieve new records, new brands, new experiences that they consider positive for their training. therefore, the practice of judo for these athletes has become a very incredible way of life, learning and experiences that make them feel successful.

The judokas in this sample are perceived to be successful, warriors, successful, able to resist any degree of stress, they love their sport and want to stay in it for many years, which is a mental, emotional and physical benefit.

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