

ORIGINAL ARTICLE



The Level of Burnout of Swimming Coaches in Summer Clubs at Jordanian Secondary Schools

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ABSTRACT

Background. Most of swimming coaches facing psychological issues during their work at swimming pools due to the dangerous elements in the swimming pool; to keep the swimmers in safe conditions. **Objectives.** To identify the level of burnout among swimming coaches working in summer clubs in schools, as well as to identify the differences in burnout according to the variable (gender, years of experience). The study sample consisted of 22 male and female coaches in summer clubs. **Methods.** The descriptive approach used for its suitability to the nature of the study and its objectives, where the questionnaire was used as a tool to obtain the study data after the researcher conducted the truthfulness and stability transactions to ensure its safety and suitability for the current study, the data obtained statistically were processed using the necessary statistical tests. **Results.** Showed the level of burnout among swimming coaches came with an average degree. Also, there are statistically significant differences due to the variables of the study (gender) and in favor of males, also there are no statistically significant differences due to the variable (years of experience). **Conclusion.** Circulating the results of this study to improve the standard of living of swimming coaches and holding specialized programs for coaches to help them get rid of the phenomenon of burnout.

KEYWORDS: *Swimming, Burnout, Coaches.*

INTRODUCTION

Burnout is one of the psychological phenomena that cause a sense of pressure in many individuals who face challenges and obstacles that prevent them from carrying out the tasks required of them by the profession they practice, which causes them a sense of inadequacy and helplessness and inability to accomplish and perform work perfectly, and often this results in psychological, social and physical pressure that leads to psychological burnout in individuals (1, 2).

It is a syndrome that may be represented by the occurrence of stress and physical, mental, and emotional insomnia, in addition to a sense of dissatisfaction arising from the pressures that the individual is exposed to during certain situations

during work (3). The state of stress, anxiety, and discomfort that accompany the rescue profession results in negative effects on the rescuer that may affect the nature of his life, whether physically, mentally, or psychologically (4).

The phenomenon of burnout has spread widely in recent years due to the increase in pressures associated with the training process, whether in the economic, social, or physical aspects experienced by the trainer (5).

Bani Hamad and Bilge, stated that there is a range of symptoms associated with burnout in individuals, such as physical and physical symptoms of stress, convulsions, headaches, insomnia, nerve irritation, high blood pressure, and social symptoms

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such as isolation, constant grumbling, and irritability (5, 6). Also Tilaly added other symptoms of burnout reflected on the mental side and lead to poor individual ability to make the right decision and a weak ability to process information (7).

In addition to many psychological symptoms that may affect the individual, such as anger, apathy, denial, justification, and others. Also, Maslash believes that psychological burnout negatively and significantly affects the social, health, and physical aspects, which constitutes a serious psychological crisis in individuals with burnout (8). As for Al-Saied et al they pointed out that the exposure of the individual to pressure and difficulties during the performance of the work required of him, may constitute an imbalance and an additional burden on him, and its results are negative and make him feel discomfort and anxiety during work and form unpleasant experiences (9).

Khader and Al-Qaisi stated that the coaching profession is one of the professions that includes a lot of pressures and burdens that lead to the emergence of some negative psychological symptoms in the trainer and may affect his professional future (10, 11).

The researcher believes that the profession of swimming training is a fertile field for the emergence of symptoms of psychological burnout among coaches because of the nature of the profession its seriousness and the required focus, anxiety, tension, and fear for the lives of swimmers, which leads to the swimming coach feeling physical and mental fatigue and may become frustrated (12).

Al-Smadi and Koustelios point out that there are many challenges and difficulties facing coaches during their work in swimming pools, whether these difficulties are related to swimmers or the nature of the coaching profession (13, 14). This is indicated by Allawi and Jaber, where the psychological burnout of trainers is associated with the psychological, physical, and social pressures faced by trainers (15, 16).

The researcher believes that the profession of swimming training is one of the professions whose practitioners are exposed to psychological burnout, due to the nature of the work and the consequent great responsibility placed on the shoulders of the coach to preserve the safety and lives of swimmers and protect them from serious sports injuries or drowning, which threatens their lives and leads to death, in addition to working during periods of holidays and official holidays.

The importance of the study is that This study is a new addition to the scarcity of Arab studies, according to the researcher's knowledge, which reveals the relationship between swimming coaching in summer clubs and the level of burnout. Also, This study may contribute to providing officials and decision-makers with the swimming coaches to provide the best care for this category, which reduces the symptoms of psychological burnout that appear on them.

Swimming coaches in summer clubs are exposed to many psychological and physical work pressures that have the largest role in depleting their energies during work, which may occupy their thinking between continuing to work as coaches and bearing the burdens of the difficult profession and between retiring and searching for another less dangerous profession.

The profession of swimming coaching is one of the most difficult professions facing coaches due to the danger of some skills in the lives of participants in summer clubs. The instructor plays a very important role that requires them to be vigilant and focused to a higher degree during working hours to protect swimmers from serious injuries and drowning that may lead to the loss of the swimmer's life. This leads to the impact of coach with physical and psychological fatigue and it may be difficult for him to recover his activity and reduce his vitality and he may become less motivated to continue in the coaching profession (17).

From the point of view of the researcher, the category of swimming coaches during summer clubs is worthy of attention and needs extensive studies in everything related to training and coaches, including a statement of the level of burnout exposed to swimming coaches during the performance of duties required by the nature of their profession and the consequent psychological, social and physical pressure they have may lead to the emergence of symptoms of psychological burnout for them, The problem of the current study lies in revealing the level of psychological burnout that the trainer is exposed to in swimming pools during summer clubs.

Tawfiq conducted a study aimed at identifying the relationship between psychological stress and symptoms of burnout manifestations among swimming coaches (18). The study sample consisted of 32 trainers. The researcher used the descriptive approach by applying the Allawi scale for the psychological burnout of the sports coach (15), and after statistical treatments, the results of the study

indicated that the manifestations of psychological burnout among swimming coaches were as follows (emotional exhaustion, mental exhaustion, physical exhaustion, personality change for the worse), The results also indicated that the more years of experience, the lower the symptoms and manifestations of burnout for swimming coaches.

Koustelios also conducted a study aimed at identifying the level of burnout among football coaches in Greece (14). The study sample consisted of 132 coaches, the researcher used the descriptive approach by applying the Maslach scale for burnout, and after processing the data, the results indicated that football coaches have a low level of burnout, The results of his study also indicated that there were no differences in the level of burnout of trainers according to the variable of age and years of experience (8).

In Cano study which aimed to identify the relationship between the professional pressures of trainers and symptoms of burnout in the training profession, the study sample consisted of 30 trainers, the researcher used the descriptive approach by applying the psychological burnout questionnaire for trainers prepared by Lela, the results of the study indicated that personal change, emotion and exhaustion are among the most manifestations of psychological burnout to which trainers are exposed, The results also indicated an inverse relationship between years of experience and the manifestations of burnout of trainers (19, 20).

The objectives of the study were: a) Identify the level of burnout among swimming coaches in summer clubs, b) Identify the level of burnout among swimming coaches according to the variables of the study. So, the researcher used these

study questions: a) What is the level of burnout among swimming coaches in summer clubs? b) are there statistically significant differences in the level of burnout due to the study variables?

MATERIALS AND METHODS

Ethical approval was taken from Hashemite University no 24/1/2022/2023.

Research Methodology. the descriptive approach by applying a questionnaire to find out the level of burnout of swimming coaches.

Community. Swimming coaches working in summer clubs during the 2022-2023 season.

The study sample was randomly selected, numbering 22 coaches. Table 1 indicates the distribution of the sample of the study.

Study Tool. The researcher accessed theoretical literature related to the difficulties faced by swimming workers, such as the study of Khader and Al-smadi and Jaber (10, 13, 16).

The paragraphs of the questionnaire were formulated in proportion to the nature of the study and its objectives, where the questionnaire in its initial form of 25 items measures the psychological burnout of coaches.

The researcher presented the study tool to specialists in the field of swimming and after the tool was retrieved from the arbitrators, the required adjustments were made, the response was according to the Likert pentagram scale, where the tool was adopted in its final form consisting of 21 items.

Tool stability. the internal consistency of the scale was applied using the Cronbach-alpha equation and the results were as in the following Table 2.

Table 1. Distribution of the sample according to study variables

Variable	Level	No	%
Gender	Male	14	63 %
	Female	8	37 %
	Sum	22	100 %
Experience	Less than 2	8	37 %
	3 – 5	12	54 %
	More than 6	2	9 %
	Sum	22	100 %

Table 2. Values of internal consistency stability coefficients (Cronbach alpha)

No	Variable	Paragraph no	Cronbach-alpha
1	Psychological burnout	21	0.877

It is clear from the previous table that the value of the stability coefficient reached 0.877, which is a high value indicating the stability of the tool.

The researcher adopted a three-level scale to determine the level of burnout among coaches as follows:

Obtaining a score of 3.76-5 indicates a high level of burnout.

Obtain a score of 2.34-3.66 indicating an average level of burnout.

Obtain a score of 1-2.33 indicating a low level of burnout.

RESULTS

The first question: What is the level of burnout among swimming coaches in summer clubs?

To answer this question, the arithmetic averages and standard deviations of the level of burnout of swimming coaches were calculated, as shown in [Table 3](#):

Table 3. Arithmetic averages in descending order, standard deviations, and degree of approval of the level of psychological burnout among swimming coaches

Rank	Paragraph no	Paragraph	Arithmetic averages	SD	Grade of approval
1	3	I get angry a lot when swimmers ignore my instructions	3.13	0.66	Average
2	5	I feel burnout because of my work as a coach	3.03	0.67	Average
3	4	Work and direct contact with participants in summer clubs is a great pressure on me	3.01	0.55	Average
4	2	I deal with swimmers very carefully	3.00	0.57	Average
5	1	I feel that my job as a coach is draining me emotionally.	3.00	0.71	Average
6	18	Summer club subscribers can't do my job appropriately.	2.97	0.89	Average
7	9	If I were to choose again, I wouldn't choose a swimming coaching career.	2.90	0.88	Average
8	11	I deal with my fellow trainers in the pool with great negativity	2.89	0.63	Average
9	14	I feel that my daily work in the pool is causing me stress	2.89	0.86	Average
10	16	I don't do my job as a coach in the required and ideal way	2.88	0.90	Average
11	6	I feel like my energy is consumed at the end of the workday	2.86	0.79	Average
12	13	I'm frustrated with my career as a coach	2.85	0.74	Average
13	17	My personal life has been negatively affected because of my work as a coach	2.85	0.14	Average
14	8	I think that the effort I put into the pool is not appreciated by the management	2.85	0.87	Average
15	12	I find it difficult to deal with some coaches	2.84	0.89	Average
16	20	I think there is no career development in the swimming coaching profession	1.82	0.66	Low
17	15	I find it hard to deal with some swimmers.	1.81	0.84	Low
18	10	I don't care about the problems that happen between swimmers in the pool	1.80	0.79	Low
19	19	I've become harsher toward society since I worked as a swimming coach.	1.80	0.98	Low
20	21	I'm a quick irritable.	1.73	0.91	Low
21	7	I feel happy working as a swimming coach	1.11	0.81	Low
Total			2.48	0.57	Average

SD: Standard deviation

It is clear from [Table 3](#) that the arithmetic average of the level of psychological burnout among coaches was 2.48 with a standard deviation of 0.57, and with an average degree of approval, and the arithmetic averages of the paragraphs of the scale ranged between 1.11-3.13.

Results related to the second question: Is there a statistically significant difference in the

level of burnout among swimming coaches in summer clubs due to gender variables and years of experience?

To answer this question, the arithmetic averages, and standard deviations of the level of burnout of swimming coaches were extracted according to the study variables (gender and years of experience), and [Table 4](#) illustrates this:

Table 4. Arithmetic Averages and Standard Deviations of the Level of Burnout among Swimming Coaches in Summer Clubs According to Variables (Gender and Years of Experience)

Variable	Level	No	Arithmetic Averages	Standard Deviations
Gender	Male	14	4.08	0.22
	Female	8	3.55	0.89
	Sum	22	3.78	0.57
Experience	Less than 2	8	4.11	0.26
	3-5	12	3.22	0.65
	More than 6	2	3.91	0.31
	Sum	22	3.78	0.48

Table 4 shows that there are apparent differences between the arithmetic averages of the level of burnout among swimming coaches in summer clubs according to variables (gender and years of experience), and to verify whether

these differences between the averages are statistically significant at the level of significance ($\alpha=0.05$), a triple variance analysis was applied to their responses, as Table 5 shows:

Table 5. Results of Triple Variance Analysis (Three Way ANOVA) to Indicate the Differences in the Level of Burnout among Swimming Coaches According to Variables (Gender and Years of Experience)

Source of variance	Sum of squares	Degrees of freedom	Mean of squares	Value of F	p
Gender	3.76	1	3.89	16.83	*0.00
Experience years	0.54	2	0.41	1.81	0.14
Mistake	6.12	28	0.21		
Total	12.55	37			

*: significant at the level $p<0.05$.

DISCUSSION

Regarding Table 3 The researcher believes that this result reflects the difficult conditions experienced by swimming coaches and the psychological pressure they are exposed to during working hours, as any error or negligence may result in significant consequences ranging from minor injuries to drowning and death. Therefore, instructors must be constantly vigilant during working hours to preserve the lives and safety of swimmers and protect them from any injury .

The results of the current study agreed with the study of Tawfiq in terms of the level of burnout to a moderate degree, while it differed with the study Kastelious , which indicated that the level of psychological burnout of coaches was low (14, 18).

Regarding the paragraphs, paragraph 3: "I get very angry when swimmers ignore my instructions", in first place with an arithmetic average of 3.13, a standard deviation of 0.66, and an average degree of approval. And paragraph 5: "I feel psychological burnout because of my work as a coach", in second place, with an arithmetic average of 4.03, a standard deviation of 0.67, and an average degree of approval, and finally paragraph 7: "I feel happy during my work as a swimming coach", in last place with an arithmetic average of 1.11 and a

standard deviation of 0.81 and a low degree of approval. The researcher believes that paragraph 3 occupied the first place and the degree of approval of the average due to the psychological pressure and the nervous state experienced by the coach during the working day, and paragraph 7, which occupied the last place, and the degree of approval is low it expresses the satisfaction and happiness of workers in the field of swimming training.

Also, the results of Table 5 indicate the following: The existence of statistically significant differences in the arithmetic averages of the level of psychological burnout among swimming coaches according to the gender variable based on the calculated F value of 16.83 and the level of significance 0.00, and in favor of males. This may be because males are more concerned about the safety of swimmers, and the result of the current study agrees with the study of Koustelios (14). There were no statistically significant differences in the arithmetic averages of the level of burnout among swimming coaches in summer clubs according to years of experience, based on the calculated F values of 1.81, and the level of significance 0.14. From the point of view of the researcher, this result may be logical in terms of

the difference in years of experience does not affect the level of burnout of the coaches, as despite the difference in the number of years of experience, Where the researchers believe that the nature of the swimming training profession in the aquatic medium and the difficult conditions experienced by the coach during daily working hours, in addition to his keenness to adhere to the ethics of the profession in terms of care and attention, maintaining the safety of the souls of swimmers and upgrading their physical and professional level, necessitates the coach to remain constantly vigilant to perform his duty, whether he has little or great experience, as many of the pressures and burdens that the swimming coach is exposed to are considered a routine and a daily lifestyle that is constantly repeated, regardless of the number of years of news spent by the trainer in this field. Anxiety and stress and the importance of maintaining the safety and lives of swimmers is very important and necessary for all workers as a coach, This result agreed with the study of Khader (10) while the result of this study differed with the study of Al-smadi and Koustelios (13, 14).

CONCLUSION

The authors found that the level of burnout among swimming coaches came with an average degree from the point of view of swimming coaches, also, there are statistically significant differences due to the variables of the study (gender) and in favor of males, on other hand the

researchers found that There are no statistically significant differences due to the variable of the study (years of experience).

APPLICABLE REMARKS

- Managers of swimming pools at summer clubs must work to improve the standard of living of swimming coaches.
- The owner of swimming pools must relieve pressure on swimming coaches.
- The leaders of swimming pools must provide special psychological programs for swimming coaches to help them get rid of the manifestations and symptoms of burnout.

AUTHORS' CONTRIBUTIONS

Study concept and design: Faleh Sultan Abu Eid, Shamil Amin Al-Daghistani. Acquisition of data: Faleh Sultan Abu Eid, Shamil Amin Al-Daghistani. Analysis and interpretation of data: Faleh Sultan Abu Eid. Drafting the manuscript: Faleh Sultan Abu Eid, Shamil Amin Al-Daghistani. Critical revision of the manuscript for important intellectual content: Shamil Amin Al-Daghistani. Statistical analysis: Shamil Amin Al-Daghistani. Administrative, technical, and material support: Faleh Sultan Abu Eid, Shamil Amin Al-Daghistani. Study supervision: Faleh Sultan Abu Eid, Shamil Amin Al-Daghistani.

CONFLICT OF INTEREST

The authors declare no conflict of interest.

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