

Efforts To Overcome Training Burnout Among Badminton Athletes: A Quantitative Analysis

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Abstract

This study aims to examine the efforts to address training burnout among badminton athletes at PB Berkat Abadi in Banjar Regency. Utilizing a descriptive quantitative approach with a survey method, this research analyzes the intrinsic and extrinsic factors contributing to the efforts to overcome training burnout among badminton athletes. The study involved 38 athletes, selected through total sampling. Data collection was conducted using a questionnaire adapted from previous research on levels of effort to overcome training burnout, assessing various indicators including determination, awareness, discipline, psychological aspects, variation, communication, facilities, rewards, and individual training planning. The results reveal that intrinsic factors contribute 45% to the overcoming burnout efforts, with psychological/mental aspects showing the highest individual contribution (11.48%), followed by determination and inner strength (15.39%), discipline (9.09%), and awareness of the importance of training (9.04%). Extrinsic factors account for 39.02% of the total effort, with the highest contribution from facilities and infrastructure (9.21%), followed by training variation (8.48%), individual-based training planning (8.27%), rewards (7.24%), and communication (5.82%). All indicators were categorized as "Very Low" in their contribution to overcoming burnout. The study emphasizes the need for interventions targeting intrinsic and extrinsic factors to improve burnout overcome efforts among badminton athletes.

Keywords: *Training Burnout; Badminton; Intrinsic; Extrinsic.*

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INTRODUCTION

Sports represent a crucial element in society, serving not only to maintain physical health but also playing a vital role in developing spiritual and social potential (Chasciar, 2024; Chaudhary, 2024). Sports encompass various activities that systematically combine the mind, body, and spirit to encourage, nurture, and develop one's physical, spiritual, social, and cultural potential (Nwankwo & Deemua, 2018; Olenich et al., 2020). This potential can be shaped through activities such as games, competitions, and sporting events (Ridha & Rachman, 2023). The scope of sports generally includes several categories: educational sports, recreational sports, and competitive sports (Al Ahmed, 2024; Sumantri & Agustinah, 2024). Specifically, competitive sports aim to develop athletes in a planned, systematic, integrated, tiered, and continuous manner through competition, with the goal of achieving peak performance supported by sports science and technology (Gadjet & Deutsch, 2020).

Gloria Badminton is a highly popular sport enjoyed by individuals across various age groups, from children to elderly, making it a deeply ingrained activity throughout all levels of society (Syarifudin et al., 2023; Sun, 2024). The excellence of badminton lies in its broad

accessibility, where everyone can participate regardless of age, experience, or skill level (Oishi & Yamasaki, 2024). In Indonesia, badminton has become one of the most favored sports, with many people showing high interest in it (Azis, 2024). To achieve excellence in badminton, an athlete must possess proficient skills, which can only be attained through consistent and structured training (Karyono et al., 2024). Xiangqian et al. (2024), well-programmed training is key for athletes to enhance their abilities, prepare for competition, and ultimately achieve victory in matches.

Training is an essential component that every athlete must undertake to reach peak performance in sports (Amansyah & Daulay, 2019; Rahmadani et al., 2024). The primary objective of training is to hone skills, improve performance, and drive athletes' achievements to the highest attainable level (Budiwanto, 2012). Training is crucial in developing high-performing athletes and must be designed and implemented in a planned, programmed manner with adjusted intensity to achieve specific desired objectives (Yurevich, 2022; Wardana & Faruk, 2022).

Junaedi and Bawono (2022), stated that the training process often requires extended periods, ranging from weeks to months or even years, to achieve significant performance improvements. However, while training is essential, continuous and repetitive training with the same patterns can lead to boredom or burnout in athletes, which in turn can affect their performance and well-being (Velasco & Jorda, 2020; Wolff et al., 2024). Based on this opinion, it is highly likely that the same phenomenon occurs among badminton athletes at PB Berkat Abadi in Banjar Regency, who undergo a very intensive training schedule of six days a week, from Monday to Saturday, with three training sessions per day. Furthermore, there are not many championships organized in Banjar Regency within a calendar year (reference needed). This makes it very likely for athletes to experience boredom in the monotonous and repetitive training process (Woods et al., 2022). Burnout is a psychological syndrome characterized by emotional and physical exhaustion, a reduced sense of accomplishment, and devaluation of sport (Marangoni et al., 2023). Burnout not only reduces athletes' enthusiasm but also negatively impacts training effectiveness, making it increasingly difficult to achieve training objectives (Glandorf et al., 2023). Therefore, this study aims to examine efforts to overcome training burnout among badminton athletes at PB Berkat Abadi in Banjar Regency.

METHOD

This study uses a descriptive quantitative approach with a survey method for data collection. This approach was chosen to objectively describe efforts to overcome training burnout among badminton athletes through measurable data collection. The study population

consists of 38 athletes from PB Berkat Abadi, and the sampling technique used is total sampling. By using total sampling, the entire population of badminton athletes at PB Berkat Abadi is included in this study, ensuring that the results accurately reflect efforts to overcome training burnout within the population (Sugiyono, 2021).

Table 1 shows the gender distribution of the 38 respondents who participated in this study.

Table 1. Distribution of Respondents by Gender

Gender	Number of Respondents	Percentage (%)
Male	31	81,6%
Female	7	18,4%
Total	38	100%

Table 1 shows the gender distribution of the 38 respondents involved in this study. The majority of respondents were male, with 31 individuals or approximately 81.6% of total respondents. Meanwhile, the number of female respondents was smaller, with only 7 individuals or 18.4% of total respondents.

Table 2 shows the age distribution of the respondents. This table illustrates the distribution of respondents based on age groups, along with their numbers and percentages.

Table 2. Distribution of Respondents by Age

Age (Years)	Number of Respondents	Percentage (%)
8-9	2	5,3%
10-11	8	21%
12-13	8	21%
14-15	12	31,6%
16-17	2	5,3%
18-19	6	15,8%
Total	38	100%

Table 2 illustrates the age distribution of the respondents. Respondents in the 14-15 age range constituted the largest group, with 12 individuals or 31.6% of total respondents. This was followed by respondents aged 10-11 years and 12-13 years, each numbering 8 individuals or 21%. The 18-19 age group had 6 respondents or 15.8%, while the 8-9 age group and 16-17 age group each had 2 respondents or 5.3%. This distribution shows that respondents aged 14-15 years were the most dominant in this study.

The research instrument is a questionnaire adapted from a previous study by Hermanto (2016) titled “Effort To Overcome The Boredom Of Training On Athletics Of Special Sport Class (KKO) And Athletes Of Central Of Development And Student Sport Training (PPLP) Yogyakarta Special Region”. This instrument was selected due to its proven effectiveness in measuring athletes' efforts to overcome training burnout, as well as its relevance to the context

of this research. The questionnaire has undergone validity and reliability testing in prior research and has been adjusted to fit the specific context of this study. Data collection was carried out by distributing the questionnaire directly to the athletes, with the researcher present to ensure a correct understanding of each question. The collected data was then analyzed using descriptive statistical methods to effectively examine the level of efforts to overcome training burnout among badminton athletes.

The following is Table 3, which presents the categories of Efforts to Overcome Training Burnout Levels in Badminton Athletes. This table covers a range of categories from Very Low to Very High.

Table 3. Categories of Efforts to Overcome Training Burnout Levels in Badminton Athletes

Percentage Range	Category	Description
0% - 20%	Very Low	Indicates very minimal efforts to overcome training burnout.
21% - 40%	Low	Efforts to overcome burnout are low, but there is still some attempt.
41% - 60%	Moderate	Efforts to overcome burnout are at a moderate level.
61% - 80%	High	Significant efforts are made to overcome burnout, showing strong intent.
81% - 100%	Very High	Maximum and substantial efforts to overcome training burnout.

RESULTS

The research titled "Efforts To Overcome Training Burnout Among Badminton Athletes: A Quantitative Analysis" is a survey research with a descriptive quantitative approach that aims to examine level of efforts to overcome training burnout among badminton athletes at PB Berkati Abadi in Banjar Regency.

The following Table 4 presents data regarding the efforts to overcome burnout experienced by athletes at PB Berkati Abadi Banjar Regency based on extrinsic and intrinsic factors.

Table 4. Efforts To Overcome Burnout Athletes at PB Berkati Abadi Banjar Regency Based On Extrinsic And Intrinsic Factors

Factor	Number of Items	Real Score	Max Score	Percentage	Category
Intrinsic	20	2599	5776	45,00%	Moderate
Extrinsic	18	2254		39.02%	Low

Based on Table 4 above, it is shown that the percentage of efforts to overcome burnout athletes at PB Berkati Abadi Banjar Regency from intrinsic factors is 45.00% and from extrinsic factors is 39.02%.

1. Intrinsic Factors

The intrinsic factors that contribute to level of efforts to overcome burnout of athletes at PB Berkat Abadi in Banjar Regency are composed of four key indicators: determination and inner strength, awareness of the importance of training, discipline, and psychological/mental aspects. Each of these indicators plays a unique role in influencing the level of efforts to overcome burnout.

Determination and inner strength represent the athletes' resilience and self-motivation, enabling them to push through challenges. This factor is crucial as it reflects their commitment to enduring the demands of rigorous training and competition. Awareness of the importance of training captures how much athletes recognize the value and purpose of their training sessions, which can directly impact their motivation and consistency.

Discipline encompasses the athletes' ability to adhere to their training schedules, follow coaches' instructions, and maintain focus on their long-term goals. This factor is essential for sustained progress and is often a measure of an athlete's dedication. Finally, psychological/mental aspects refer to the athletes' mental well-being and emotional stability, which are critical for coping with stress and maintaining a positive mindset throughout their sports career.

Table 5 below summarizes the percentage contribution of each intrinsic factor indicator to the efforts made to overcome burnout among athletes at PB Berkat Abadi Banjar Regency.

Table 5. Summary of Contributions from Each Intrinsic Factor Indicator

Indicator	Number of Items	Real Score	Max Score	Percentage	Category
Determination and inner strength	7	889	5776	15.39%	Very Low
Awareness of training importance	4	522		9.04%	Very Low
Discipline	4	525		9.09%	Very Low
Psychological/mental	5	663		11.48%	Very Low

Table 5 summarizes the contribution of intrinsic factors to level of efforts in overcoming training burnout among badminton athletes. The determination and inner strength indicator (7 items) recorded a real score of 889, contributing 15.39% and categorized as Very Low. The awareness of training importance indicator (4 items) scored 522, contributing 9.04%, and was also categorized as Very Low. The discipline indicator

(4 items) achieved a score of 525, contributing 9.09%, and remained in the Very Low category. Lastly, the psychological/mental indicator (5 items) scored 663, contributing 11.48%, also classified as Very Low. Overall, intrinsic factors accounted for 45% of the level of effort to overcome training burnout, with all indicators showing low contributions and limited roles in addressing burnout.

2. Extrinsic Factors

The extrinsic factors contributing to the level of efforts in overcoming training burnout among badminton athletes. are represented by five main indicators: training variation, communication quality, availability of facilities and infrastructure, reward giving, and training planning adjusted to individual capabilities. Each of these indicators offers a distinct dimension of external influence, which collectively impacts athletes' motivation, engagement, and overall performance.

Training variation refers to the diversity in training routines, exercises, and methods provided to athletes. Variation is essential to prevent monotony, keep athletes mentally engaged, and help them develop a wide range of skills. Limited variation in training can lead to boredom and decreased enthusiasm, which may contribute to burnout.

Communication quality captures the effectiveness of interactions between coaches and athletes, including feedback, encouragement, and guidance. High-quality communication fosters a positive training environment, enhances trust, and supports athletes in understanding and executing their training objectives. Poor communication, on the other hand, may lead to misunderstandings, frustration, and diminished motivation.

Availability of facilities and infrastructure is another key factor, as adequate access to equipment, space, and other resources can greatly impact training effectiveness. When facilities are well-equipped and accessible, athletes can perform at their best, while a lack of resources may hinder their progress and lead to dissatisfaction or frustration.

Reward giving involves recognizing and reinforcing athletes' efforts and achievements through rewards or incentives. Rewards, whether material or verbal, can boost motivation and affirm athletes' hard work, whereas the absence of rewards may result in feelings of underappreciation, potentially leading to burnout.

Finally, training planning adjusted to individual capabilities refers to the customization of training regimens to match each athlete's strengths, weaknesses, and developmental needs. Tailored training allows athletes to progress at an appropriate pace, enhancing their sense of accomplishment and reducing the risk of overtraining. When

training is not adapted to individual needs, athletes may feel overwhelmed or incapable, which could lead to increased burnout.

To provide a more comprehensive picture, Table 6 presents detailed calculations of the percentage of each extrinsic factor indicator, illustrating their impact on level of efforts in overcoming training burnout among badminton athletes.

Table 6. Contributions from Each Extrinsic Factor Indicator

Indicator	Number of Items	Real Score	Max Score	Percentage	Category
Training variation	4	490	5776	8.48%	Very Low
Communication	3	336		5.82%	Very Low
Facilities and Infrastructure	4	532		9.21%	Very Low
Rewards	3	418		7.24%	Very Low
Individual-based training planning based on ability	4	478		8.27%	Very Low

Table 6 summarizes the contributions of extrinsic factor indicators to the level of effort in overcoming training burnout among badminton athletes. The training variation indicator, consisting of 4 items, achieved a real score of 490 out of a maximum of 5776, contributing 8.48% and categorized as "Very Low." Similarly, the communication indicator, with 3 items, recorded a real score of 336, contributing 5.82%, and also falls into the "Very Low" category. The facilities and infrastructure indicator, comprising 4 items, attained a real score of 532, contributing 9.21%, and is categorized as "Very Low." The rewards indicator, with 3 items, scored 418, contributing 7.24%, and is also classified as "Very Low." Lastly, the individual-based training planning indicator, consisting of 4 items, achieved a real score of 478, contributing 8.27% and categorized as "Very Low." Overall, extrinsic factors collectively have a minimal impact on efforts to overcome training burnout, as all indicators consistently fall into the "Very Low" category.

DISCUSSION

Based on the results of the study, it was identified that the level of effort in overcoming training burnout among PB Berkat Abadi badminton athletes in Banjar Regency was influenced by various intrinsic and extrinsic factors. Harsono (2019), individuals often have difficulty continuing activities if they feel forced to do physical, mental, or social work without a clear goal. This can affect their interest and attention to these activities. Wolff et al. (2021) support this statement by stating that boredom or burnout can occur in a variety of daily

activities, including sports. In English, burnout is known as a condition that includes physical, mental, and emotional aspects.

In this study, intrinsic factors contributed 45% to the level of effort to overcome training burnout among badminton athletes, including discipline, awareness of the importance of training, determination, and mental strength. Gerber et al. (2024), highlighted that athletes who demonstrate higher levels of self-discipline tend to experience lower levels of burnout, suggesting that structured training and goal-setting can foster endurance in athletes. In this study, awareness of the importance of training and discipline contributed 9.56% and 9.09%, respectively.

Psychological or mental factors contributed 11.48% of the total intrinsic factors, which were included in the low category. This psychological or mental factor is very important in determining the success of an athlete in participating in a training program. According to Zheng (2023), mental aspects such as motivation, psychological resilience, and emotional control play an important role in the sustainability of athlete training. Athletes with good mental endurance tend to be better able to deal with the stress and burnout that arise during the intensive training process. When this psychological factor is weak, athletes are more prone to burnout, which can affect performance and training results. This is supported by a study by H. Sun et al. (2024) which shows that mental burnout can alter the perception of effort, making physical tasks feel strenuous, which can prevent athletes from exceeding their limits. This is reinforced by findings by S. Russell et al. (2019), emphasizing that mental recovery is essential to maintain a high level of physical performance. Therefore, attention to psychological or mental aspects is indispensable in training programs, by providing psychological support, variety in training, and a positive environment to help athletes overcome burnout and stay focused on goals.

Feeling bored or exhausted in the exercise indicates that there are aspects that need to be considered or changed. According to Garrido-Chamorro et al. (2009), a varied exercise routine can lead to improved psychological outcomes, including increased motivation and reduced feelings of tiredness or burnout during training sessions. In addition, Connes et al. (2004), emphasized the importance of periodization and variation in the intensity and volume of training, which not only optimizes performance but also keeps athletes stimulated and mentally motivated.

In this study, external factors contributed 39.02% to the level of efforts to overcome training burnout among badminton athletes, including variations in training, communication, facilities and infrastructure, awards, and training planning based on individual abilities. Training variation, as one of the external factors, contributed 8.48%, while communication,

facilities and infrastructure, awards, and training planning contributed 5.82%, 9.21%, 6.67%, and 9.38% of the total extrinsic outcomes, respectively.

Naumchik (2020), research shows that good and structured training planning, tailored to individual abilities, can increase satisfaction, reduce burnout, and improve well-being and engagement in activities by optimizing performance and motivation. Li & Xu (2024), also revealed that psychological and social factors such as coach support and training conditions play a role in burnout levels. Therefore, it is important for coaches to develop structured training programs, provide variety, and ensure adequate support to reduce athlete burnout.

By considering these factors, coaches at PB Berkat Abadi Regency Banjar can more effectively identify and overcome the causes of burnout, so that athletes can run their training programs more optimally and achieve higher achievements.

CONCLUSION

Based on the analysis and discussion results, it can be concluded that the effort in overcoming training burnout among badminton athletes at PB. Berkat Abadi Banjar Regency, viewed from their intrinsic and extrinsic factors, shows contributions with percentages of 45% for intrinsic factors and 39.02% for extrinsic factors. The study emphasizes the need for interventions targeting intrinsic and extrinsic factors to improve effort in overcoming training burnout among badminton athletes.

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