Injury, Overtraining, Staleness, and Burnout

Most athletes will experience injury.

Physical factors are primary cause followed by psychological factors.

Stress-Injury Model

Andersen and Williams (1988)

- Perception of threat
- Stress Response: Increased state anxiety
- Attention: distraction
- Muscle tension

D.S. Downs © 2005
Psychological Factors Affecting Injury
- Personality factors
- History of stressors
- Stress levels

Psychological Reactions to Injury
- Information processing
- Reactive behavior
- Coping

Signs of Poor Adjustment
- Feelings of anger and confusion
- Obsession with when to return to play
  - repeatedly coming back too soon
- Denial (“It’s not that bad”)
- Guilt about letting team down
- Withdrawal from significant others
- Rapid mood swings
- Dwelling on injury

D.S. Downs © 2005
Overtraining, Staleness, and Burnout

Overtraining
- Definition
  - (O’Connor, 1997)
- Similar to
  - staleness and burnout

Staleness
- Definition
  - (American Medical Association, 1966)
Burnout

- Definition
  - (Smith, 1986)

Maladaptive Fatigue Syndrome

- Definition
  - MFS is a relatively new term labeled by Henschen (1999) to describe:

Common Characteristics

- Exhaustion (physical and emotional)
- Depersonalization
- Low self-efficacy
- Feelings often lead to low productivity
Personality Characteristics

- Feigley (1984) argued that certain personality characteristics predisposed people to burnout and staleness.

Theories

- Cognitive-Affective Stress Model (Smith, 1986)*
- Negative-Training Stress Response Model (Silva, 1990)
- Identity Development External Control Model (Coakley, 1992)

Cognitive-Affective Stress Model

- Motivation and personality influence burnout
- Burnout is a process of physiological, psychological, and behavioral components
- 4 stages
CASM Stages

1. Situational demands

CASM Stages

2. Cognitive appraisal

CASM Stages

3. Physiological responses
CASM Stages

4. Behavioral responses

Causes of Staleness and Burnout

- Length of total season
- Monotony of training
- Lack of positive reinforcement
- Abuse from authorities (mental or physical)
- Boredom
- Perceived low accomplishments
- Too stringent rules

Prevention Methods

- Schedule time-outs
- Allow athletes to make choices, have some control
- Allow for “mental practice” periods
- Goal setting
- Talk about stressors