

[DOI: 10.20472/IAC.2016.027.009](https://doi.org/10.20472/IAC.2016.027.009)

MUAMMER CANBAZ

Selçuklu Anatolian School, Turkey

MEHMET ACET

Dumlupınar University, Turkey

INVESTIGATION OF BURNOUT LEVEL TAEKWONDO COACH IN TURKEY

Abstract:

Objective: The objective of this research; In taekwondo branch in Turkey, in private and public clubs, also the provincial sports directorate, directorate of public education is to be determined and coaches who work burnout levels in private clubs.

Methods: We used descriptive research model. The sample according to the TTF record, he has a visa for the year 2015, 319 Stage 1, 463 Stage 2, 197 Stage 3, 31 Stage 4, 31 Stage 4 and Stage 5 34 has a active Taekwondo coach in total of 1044. Maslach Burnout Inventory data collection (MBI) was used. Data for the study of the suitability of the Shapiro Wilk test was used for normal distribution. Compliance with the investigation of distributions received from Shapiro Wilk test was used. The comparison of groups which do not fit a normal distribution, the Mann-Whitney U test for conditions that group number two, Kruskal-Wallis H test for the group and on condition that it is used. The analysis has benefited from the implementation of IBM SPSS Statistics 21.0 program. Statistical significance: $p < 0.05$ value criteria were adopted.

Results: According to TFA record 823 men 221 women total 1044 years as manager and gender is examined 30 years and under 217 (26.4%), male 99 (44.8%), women aged 31 to 40 332 (40.3%) men 72 (32.6%) of 199 women between 41 and 50 years of age (24.2%) male 47 (21.3%) women aged 51 and over 75 (9.1%) male 3 (1.4%) women with visas in 2015. When the burnout scale according to the gender of the coaches surveyed lower size distribution is analyzed, burnout: emotional exhaustion and personal accomplishment dimensions of difference ($p < 0.05$), Burnout: There was no difference in depersonalization size ($p > 0.05$). When coaches Burnout Inventory subscales distribution by marital status is analyzed, a significant difference was seen in all subgroups. Coach of the age groups with the burnout subscales emotional exhaustion and burnout scale with the level of income was a significant difference between personal accomplishment subscale ($p < 0.05$).

Conclusions: According to findings obtained from this study in men of average score of emotional exhaustion, in the 31-40 age group, in which the primary education level, and income level, which is higher in 1501-3000.

Keywords:

Taekwondo Coach, Burnout Level, Turkey