

Level of Anxiety and Burnout among Martial Athletes into 17th Mediterranean Games

Dursun Katkat

*Mersin University, Dept. of Physical Education and Sport Sciences,
Ciftlikkoy Campus, 33343, Yenisehir-Mersin, Turkey*

KEYWORDS Martial Games. Anxiety. Burnout. Mediterranean Games. Sport Organizations

ABSTRACT The aim of this study was to investigate the level of anxiety and burnout among martial athletes participating in the 17th Mediterranean Games. During the study, 336 athletes (142 females, 194 males) were administered with the Spielberg State Anxiety Inventory (SSAI) and the Maslach Burnout Inventory (MBI) in order to collect data regarding their levels of anxiety and burnout. The study data was statistically analyzed using frequency analysis, the independent group t-test, the Pearson correlation test and the one-way analysis of variance (ANOVA) test. The study results demonstrated a positive and significant relationship between the level of burnout and anxiety of the athletes ($r=-0.764$, $p<0.05$).