Research Heading:

Analytic study for the burnout resources of the track and field athletes.

Research aims:

1) Find the difference on the burnout dimensions for the track and field athletes according to athletic kind (running– walking– jumping– throwing)
2) Find the differences on the burnout dimensions for the track and field athletes according to the number of practice years.
3) Find the difference on the burnout dimensions for the track and field athletes according to economic level.
4) Find the differences on the burnout dimensions for the track and field athletes according to the level of numerical performance.

The research task:

1) There are statistical differences in the burnout resources of the track and field athletes according to athletic kind (running– walking– jumping– throwing)
2) There are statistical differences in burnout resources of the track and field athletes according to the number of practice years.
3) There are statistical differences in the burnout resources of the track and field athletes according to the level of numerical performance.

Research procedures:

-research method:

The researcher used the adjective method by using the term, because it is the suitable one to the nature and the aim of the research.

-research sample:

It was chosen by the intentional way from the first class athletes, who are recorded in the Egyptian federation of athletics for the fancies. And it was consists of (51) athletes represents (11) clubs the republic level according to athletic kind (running– walking– jumping– throwing).
-collecting data tools:

1) The researcher used the measurement of burnout resources for the athletes, who prepared by Osama Kamel Rateb, Zainab Omar, Mohamed Abd El–Aaty (1998), which contains of (76) subsidiary clause through (7) essential factors:
   a. The stresses linked with overload training.
   b. The stresses linked with competition.
   c. The stresses linked with hardness of time organization.
   d. The stresses linked with social support from the others.
   e. Psychological appearances of stresses.
   f. Emotive appearances of stresses.
   g. Behavioral appearances of stresses.

2) The researcher used a from for collecting the required data, which prepared by the researcher and it consists of the following:
   a. The athlete name.
   b. The athlete age.
   c. The number of practice years.
   d. The athletic kind.
   e. Economic level.
   f. The best numerical performance in her special athletic.

-The reconnaissance study:

The researcher has brick the reconnaissance study in the period from 15/10/1999 to 30/10/1999 in order to recognize:

1) The scientific usage of the measurement (sincerity–endurance).

2) Assuring of the faculty and adequacy of the forms.

3) Settlement of the assistants needed with the researcher.

4) Training of the researcher and the assistants on the method of explanation of the measurement and the way to answering on any inquiries.

5) Discovering the infamy parts, which may hamper the measurement course.
The conclusions:

1) The stresses linked with competition were the highest stresses affecting on the running athletes on the 1st grade, the throwing athletes, the jumping athletes and finally the walking athletes respectively, and the athletes run away from the athletics because of the appearance of the burnout.

2) Whenever the years of practice of the athlete decreases, the psychological stresses increase, and she will become an accessible prey for the burnout.

3) Whenever the income of athlete increases, she will become amenable for the psychological stresses and the burnout.

4) Whenever the numerical performance level of the athlete increases, she will become more amenable for the psychological stresses and the burnout.

The recommendations:

1) The necessary of caring with the psychological side of the athletes, starting from the beginners through the 1st class Athletes, and provision the psychological specialists to be in the technical crews, who’s responsible for the athletes, for guarantee the good care of athletes cheer.

2) The researcher recommending with making some studies in the field of the psychological stresses and the burnout of the athletes, through an experimental program aims to increase the ability of the athletes on the resistance of the psychological stresses, and find an objective explanation of the psychological stresses appearances which aims to amend some of psychological traits on them, to be more ability on the resistance of the burnout.