

ABSTRACT

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The Relationship Between Burnout and Swimmers.

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Burnout is an enduring psychological condition which includes emotional fatigue, depersonalization, and emotional ineffectiveness. This condition is similar to staleness. In sport, burnout may negatively influence athletes performance and achievements, and some Indonesian athletes experience such condition. In Indonesia, senior swimmers experience burnout more often than junior swimmers. This research is aimed at finding the correlation between burnout and sport achievement among the Indonesian swimmers. The total participants were 85 Indonesian swimmers. Data was collected in Pertamina Swimming Pool Simprug on April 16, 2008 and The National Stadium Senayan on May 21, 2008. Some data were delivered through email on May 11, 2008. Result indicates that the correlation score was $r(85) = -0.278$, $p < 0.05$. This indicates that there is significant correlation between burnout and achievement at $\alpha = 0.05$ on Indonesian swimmers