

Referees who had higher level of stress did not run less than referees who were not under stress at all, which could be explained by the fact that many people are relieving from the stress by engaging in high intensity physical activity. Stress depersonalization is defined as sense of alienation, loss of empathy and idealism in the work. It can be concluded that this mental condition can affect performance in the court in terms of less running during the game.



Stress and Burnout Syndrome vs. Performance of Referees in Basketball

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Introduction

In this study we evaluated the level of stress in basketball referees and their performance in the court in terms of how much time they spent in running, walking and standing during the games. We used these parameters to evaluate correlation between performance during the game and level of stress and burnout syndrome among referees.

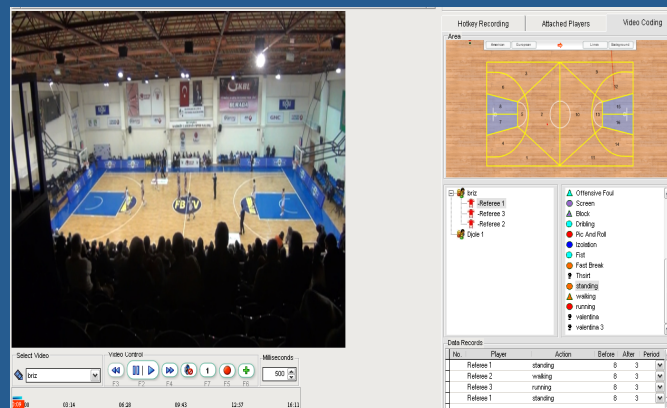


Objectives

1. Evaluation of the level of stress and burnout syndrome in basketball referees.
2. Calculating how much time basketball referees spend in running, walking and standing during games.
3. Evaluation of correlation between performance in the court and level of stress and burnout syndrome among referees.

Materials & Methods

This study included 30 referees on FIBA Eurochallenge men and FIBA Euroleague women competition. Methodology of this study included two inventories: Self-assessment scale for stress level and Maslach Burnout Inventory (MBI) adapted for workers in the sport. MBI scale consists of three subscales: Emotional Exhaustion (sense of emotional overload), Depersonalization (sense of alienation, loss of empathy and idealism in the work) and Personal Accomplishment subscale (perceptions of their own professional efficiency). The other part of this study visualized and analyzed the referee's movements in the court. This was possible thanks to the use of *ESpor (E-analyze)* Software (Ankara Technology Development) that generates data of the position of the referees during the basketball match. We calculated how much time referees spent in running, walking and standing during the basketball games.



Results & Discussion

The obtained parameters showed intermediate level of stress in referees. Six referees had moderate and one referee had high level of emotional exhaustion. On Depersonalization subscale 15 referees had moderate level and even 8 referees had high level of depersonalization. We noticed that referees with higher level of depersonalization were performing at a lower level during the game (they spent less time in running compare to other referees in a particular match). We used Independent sample T test and found statistically significant difference in level of depersonalization among referees who had highest and lowest level of running ($p=0,012$). There was no statistically significant difference in level of stress among referees in terms of running during the game.

Conclusions

1. Referees who had higher level of stress did not run less than referees who were not under stress at all, which could be explained by the fact that many people are relieving from the stress by engaging in high intensity physical activity.
2. Since depersonalization is defined as sense of alienation, loss of empathy and idealism in the work, it can be concluded that this mental condition can affect performance in the court in terms of less running during the game.