



Presenter: Fatima Waldo Garcia

Session & Time: Postre II

Room/Time: GLH / 2:30-3:30

Discipline: Psychology

Faculty Mentor: Ben Rosenberg

Digital Portfolio URL:

Title: The Role of Social Support in Reducing Burnout Among Student-Athletes

Abstract:

Burnout is a concern among college student-athletes who face academic and athletic pressures that can negatively affect their mental health and performance. These pressures can negatively affect their mental health, well-being, and long-term engagement in sport. Burnout is characterized by emotional and physical exhaustion, a reduced sense of accomplishment, and sport devaluation. Supportive relationships from teammates, coaches, friends, or family may help athletes cope more effectively with challenges and maintain their motivation throughout the season. The purpose of this study is to examine whether higher levels of perceived social support predict lower levels of burnout among college student-athletes. It is hypothesized that athletes reporting greater perceived social support will experience lower burnout and higher overall well-being. Approximately 200 collegiate student-athletes across multiple sports will be recruited through athletic departments, team announcements, and social media

outreach. Participants will complete an online survey consisting of demographic questions and standardized psychological measures like the Athlete Burnout Scale, which assesses emotional and physical exhaustion, reduced sense of accomplishment, and sport devaluation, and the Multidimensional Scale of Perceived Social Support, which measures perceived support from family, friends, and significant others. Participation will be voluntary, responses will remain anonymous, and participants may withdraw at any time without penalty. Pearson's r correlations are expected to show that athletes with higher levels of perceived social support will report significantly lower burnout scores. These anticipated findings would align and support prior research showing that strong social networks and supportive interpersonal environments contribute to better mental health outcomes among athletes. Understanding the protective role of social support can help athletic programs develop specific interventions that can strengthen team cohesion and promote athlete well-being. Ultimately, enhancing social support resources within collegiate athletic settings may lead to improved athlete satisfaction, better performance, and reduced risk of burnout.