Burnout in Athletic Training Part II

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Objectives

- Define burnout and how it affects athletic training
- Identify techniques that will assist in preventing burnout
- Implementation of stress reduction techniques
Overview

- Definition of burnout
- Definition of Stress
- Terms often used in burnout
  - Depersonalization
  - Emotional exhaustion
  - Time commitment
  - Role overload
Overview

- Highlights of Burnout in Athletic Training Part I
  - History
  - Professional recognition
  - Education
  - Clinical education
  - Research on burnout
The Problem

- Decline of number of AT’s

STRESS
MBI-Overview

- Gold standard
- 3 surveys
ATBI-Overview

Athletic training professionals

Burnout

- Administrative responsibility
- Time commitment
- Emotional exhaustion and depersonalization
- Organizational support
ATSBI

- Athletic training students
  - Emotional Exhaustion and Depersonalization
  - Academic Responsibilities
  - Time Commitment
  - Self-Efficacy
Gallup Student Poll

- Engagement
- Hope
- Well-being

How Engaged ARE Students?

In January 2013, **four** out of every ten high school students surveyed reported being engaged in school.
Intervention

- Interventions Utilized
  - 168 hour sheet and daily schedule
  - Stress diary
Intervention

- Interventions Utilized
  - SMART goals
  - Imagery SMART goals
  - Coloring
Intervention

- Interventions Utilized
  - Music
  - To-do-list and positive thoughts
  - Strengths Weaknesses Opportunity and Threats (SWOT)
Most beneficial technique

- To-do-lists and positive thinking
- Music
- 168 hour and schedule
- Imagery SMART goals
- Least beneficial SWOT
Results

- Gallup student poll result
- ATSBI
- Statistical significance
  - April 2016 to September 2016 (.001)
  - September 2016 to December 2016 (.028)
Conclusion

- 86% of college students have felt overwhelmed.
- 81% of college students have felt exhausted.
- 30% of college students have felt too depressed to function.
- 6.6% of college students have seriously considered suicide.

Statistics from the American College Health Association National College Health Assessment, Fall 2015.
Questions
References


References


