Analysis of the Effect of Self-Regulation on Burnout in Athletes at the Samarinda Futsal Club

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ABSTRACT: This research aims to analyze the relationship between *self-regulation* against burnout in athletes at the Samarinda futsal club. In this dynamic sporting era, understanding the psychological factors that influence athletes' performance in futsal is crucial. These factors include *self-regulation*.

The research used quantitative methods and survey design with a sample of athletes at the Samarinda futsal club. The results of data analysis show a positive correlation between *self-regulation* on burnout (r = 0.218, p < 0.01). The findings highlight the importance of managing *self-regulation* to prevent and overcome burnout.

Furthermore, regression analysis shows that *self-regulation* (β = 0.218, p = 0.002) has a significant influence on burnout. This statistical model provides moderate predictions of burnout levels, *self-regulation* as the focus of coaching and training strategies at the Samarinda futsal club. The implications of this research support the development of coaching programs that focus on management *self-regulation* to prevent and overcome burnout.

KEYWORDS: Self-Regulation, Burnout, Athlete, Futsal Club, Samarinda

I. INTRODUCTION

In the world of sports, futsal in particular attracts the attention of many people because of its high intensity and fast pace of play. In an effort to achieve competitive success, futsal athletes must face great physical, emotional, and mental stress[1]. The problem of psychological and physical well-being in athletes at the Samarinda Futsal Club has become an increasing concern in recent years. The increasing level of competition and pressure experienced by athletes in achieving satisfactory results has given rise to a number of serious problems, including burnout[2].

In this context, self-regulation is an important factor to consider. Self-regulation is a person's ability to control and regulate their emotions, behavior and thoughts in order to achieve desired goals[3]. In the case of athletes at the Samarinda Futsal Club, self- regulation is expected to influence the level of burnout experienced by the athletes. Burnout in athletes can be explained as a condition of severe physical and mental fatigue, which results in a decrease in athlete performance and difficulty in maintaining motivation and passion in training and competing.[4]. Burnout can arise due to various factors, such as excessive physical fatigue, high competitive pressure, too many demands from coaches and teams, and lack of adequate rest time[5].

Ideally, every athlete at Club Futsal Samarinda has a high level of self-regulation, which helps them manage stress, avoid fatigue, and achieve balance between the demands of sport and everyday life.[6]. By having good self-regulation, every athlete can feel emotionally fulfilled, focused on their goals, and have high motivation to achieve their best performance[7] The reality on the ground shows that the problem of burnout among athletes at the Samarinda Futsal Club has emerged and is affecting the performance and welfare of athletes. Some athletes experience decreased motivation, chronic physical fatigue, and even serious injuries or accidents. This is very worrying and requires appropriate steps to prevent and overcome this problem.

As a solution, training and mentoring can be carried out aimed at improving athletes' self-regulation abilities at the Samarinda Futsal Club. This study could focus on introducing self-regulation techniques, such as stress management, emotion regulation, time management, and handling competitive pressure. It is hoped that through this approach, athletes can develop better self- regulation abilities and prevent burnout.

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The aim of this research is to analyze the influence of self-regulation on the level of burnout in athletes at the Samarinda Futsal Club. By analyzing the factors that influence burnout and the role of self-regulation in preventing and overcoming burnout, it is hoped that this research can provide a better understanding of this problem.

II. METHODOLOGY

This research will be conducted using a quantitative approach and survey research design. The population of this study includes all athletes registered in the Samarinda futsal club, and the sample will be selected purposively to achieve representativeness[8]. Data will be collected through a questionnaire specifically designed to measure self-regulation of burnout. The data collection procedure will involve distributing questionnaires to respondents through face-to-face meetings or online platforms. During this process, the research objectives will be explained to respondents to ensure good understanding, and respondent anonymity will be maintained to increase honesty and objectivity in completing the questionnaire.

Data analysis will begin with descriptive analysis, which includes calculating the mean, median and standard deviation values for the research variables[9]. Next, correlation tests, such as the Pearson test, will be used to evaluate the influence of self-regulation on burnout[10]. If there is a significant correlation, regression analysis will be carried out to determine the extent of the variable[11]. Interpretation of the results of statistical analysis will be carried out to provide an in-depth understanding of the influence of self-regulation on burnout in athletes at the Samarinda futsal club.

Respondents were divided into two genders, namely men and women. The number of male respondents was 125 people, which accounted for around 62.8% of the total population. Meanwhile, there were 74 female respondents, reaching 37.2% of the total population. Thus, it can be said that the proportion of men is more dominant than women in this sample, with an overall cumulative percentage reaching 100%.

Gender

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Man	125	62.8	62.8	62.8
Woman	74	37.2	37.2	100.0
Total	199	100.0	100.0	

There were 199 respondents taken to measure age. The majority of respondents were in the 13-15 year age range, covering 93 individuals or around 46.7% of the total sample. Meanwhile, the 16-18 year age group had 106 respondents, accounting for around 53.3% of the total sample. These results show that the age distribution of respondents is quite balanced in this study. Therefore, it can be concluded that the majority of participants were in the early to middle teenage age category, with the 16-18 year old age group being the most represented group in this study.

Age

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 13-15	93	46.7	46.7	46.7
16-18	106	53.3	53.3	100.0
Total	199	100.0	100.0	

III. RESULTS AND DISCUSSION

This research explores the relationship between the influence of self-regulation on the level of burnout in athletes at the Samarinda Futsal Club. The results of Pearson correlation analysis show that there is a significant positive correlation between self-regulation and burnout ($r = 0.218$, $p < 0.01$). This shows that the better a person's ability to control and regulate their emotions, behavior and thoughts, the lower the level of burnout. which in turn can increase athlete achievement. These findings provide important insights regarding psychological factors that can influence athlete performance and provide a basis for the development of more effective coaching and training strategies in the world of sport.

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Correlations

		Self-regulation	Burnout
Self-regulation	Pearson Correlation	1	.218**
	Sig. (2-tailed)		,002
	N	199	199
Burnout	Pearson Correlation	.218**	1
	Sig. (2-tailed)	,002	
	N	199	199
**. Correlation is significant at the 0.01 level (2-tailed).			

The statistical model presented here shows a moderate level of fit to the data, as indicated by an R Square value of 0.047 and an Adjusted R Square value of 0.043. This coefficient indicates that approximately 4.7% of the variation in the dependent variable can be explained by the predictors included in this model. The predictors considered in this analysis involve constants, as well as variables such as "self-regulation". The constant reflects the baseline value when all predictors are zero, while the other variables contribute to explaining variation in the dependent variable. "Self-regulation" relates to a person's ability to control and regulate their emotions, behavior, and thoughts.

The R Square and Adjusted R Square values indicate that these predictors collectively provide a good fit to the observed data. However, it is important to note that the predictive accuracy of these models can still be influenced by unobserved factors or other variables not included in the analysis. Further interpretation and validation of this model is necessary to ensure its robustness and applicability in understanding and predicting outcome variables.

Model Summary

Model	R	R Square	Adjusted R Square	l. Error of the Estimate
1	.218a	,047	,043	8,535
a. Predictors: (Constant), Self-regulation				

Analysis of variance (ANOVA) was conducted to evaluate the relationship between the dependent variable, burnout, and self- regulation predictors. The regression model was statistically significant (F(1, 197) = 9.816, p < .001), indicating that at least one of the predictors had a significant influence on burnout. The regression model was able to explain a large amount of variation in burnout, as indicated by the significant regression sum of squares (715,055). Self-regulation predictors, contributed to the model, with a mean square of715,055.
The residuals, which reflect unexplained variance in burnout, have a sum of squares of14350.001. Overall, the model including both components, regression and residual, explains the total15065.055in the burnout variant. In summary, the ANOVA results indicate that the influence of self-regulation significantly contributes to variation in burnout.

ANOVAa

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	715,055	1	715,055	9,816	.002b
	Residual	14350.001	197	72,843		
	Total	15065.055	198			
a. Dependent Variable: Burnout						
b. Predictors: (Constant), Self-regulation						

Regression analysis was carried out to examine the factors that influence burnout (Dependent Variable: burnout). This model includes one independent variable: self-regulation. The unstandardized coefficient for self-regulation was 0.170. The standardized coefficient (Beta) for this variable is 0.218. The fixed value (constant term) is42,908. The t value for self-regulation is3,133.The corresponding p value is 0.002, indicating that self-regulation has a statistically significant effect on burnout.

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Coefficientsa

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	42,908	4,955		8,659	,000
	Self-regulation	,170	,054	,218	3,133	,002
a. Dependent Variable: Burnout						

Based on the results of the data analysis that has been presented, this research provides in-depth insight into the psychological factors that influence burnout in futsal athletes. Self-regulation, which is a person's ability to control and regulate their emotions, behavior and thoughts, has been shown to have a significant positive correlation with burnout. Athletes who have the ability to control and regulate their emotions, behavior and thoughts needed to achieve their goals apparently have lower levels of burnout. This highlights the importance of managing self-regulation as part of an athlete coaching strategy to prevent and overcome burnout.

Overall, the statistical model applied in this study provides moderate predictions of burnout levels. Regression analysis shows that self-regulation has a significant influence on burnout. Therefore, the coaching and training strategy at the Samarinda futsal club can be focused on managing self-regulation as a key step in preventing and overcoming burnout.

IV. CONCLUSIONS

In this research, it was found that psychological factors had a significant influence on the level of burnout in futsal athletes. The results of data analysis show that self-regulation, or a person's ability to control emotions, behavior and thoughts, has a strong relationship with burnout. Athletes who are able to manage self-regulation well tend to have lower levels of burnout. These findings show the importance of managing self-regulation in coaching athletes to prevent and overcome burnout. Therefore, the coaching and training strategy at the Samarinda futsal club can be focused on developing self-regulation abilities as a key step in overcoming burnout. The statistical model applied in this research provides quite accurate predictions of burnout levels. Regression analysis shows that self-regulation has a significant influence on burnout. These results provide a strong basis for considering the use of coaching strategies that focus on developing self-regulation to prevent burnout in futsal athletes.

V. ACKNOWLEDGMENT

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