

ABSTRACT

BURNOUT IN GRADUATE ASSISTANT ATHLETIC TRAINERS IN THE COLLEGE/UNIVERSITY SETTING

Burnout, the result of unrelieved chronic stress, can lead to attrition from the athletic training profession. The present study examined the relationship of two factors that may contribute to burnout in GA athletic trainers: the difference in the number of hours worked as an undergraduate athletic training student and those as a GA athletic trainer as well as role ambiguity in the GA athletic trainer. Four self-report surveys were mailed to 215 GA athletic trainers in their 2nd or 3rd year in the college/university setting. Of those returned, 55 met the criteria for the study and had completed all surveys. An increase of 16.20 hours ($t_{54} = 8.10, p < 0.05$) per week worked by GAs was found when compared to athletic training students but there were poor correlations ($R\text{-squared} < 0.20$) between the hours difference and role ambiguity with burnout.

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