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## OSOBI NE LIČNOSTI I STRATEGIJE PREVLADAVANJA STRESA KAO PREDIKTORI SINDROMA SAGOREVANJA KOD SPORTISTA

**Apstrakt:** U radu su predstavljeni rezultati istraživanja čiji je osnovni cilj bio da se ispituju relacije između osobina ličnosti, strategija prevladavanja stresa i sindroma sagorevanja, kao i da se utvrdi da li su osobine ličnosti i strategije prevladavanja stresa statistički značajni prediktori sindroma sagorevanja kod sportista. U istraživanju je učestvovalo 153 ispitanika oba pola (92 muškarca, 61 žena), sportista koji se bave ekipnim sportovima (odbojka, fudbal, rukomet, košarka i vaterpolo). Od instrumenata je korišćen HEXACO-PI-R upitnik za merenje šest dimenzija ličnosti (Lee & Ashton, 2004; Ashton & Lee, 2006). Za ispitivanje strategija prevladavanja stresa korišćena je adaptacija CISS skale Endlera i Parkera (1990) koju potpisuju Sorić i Proroković (2002). Burnout sindrom u sportu meren je uz pomoć ABQ skale (Raedeke & Smith, 2001). Rezultati su pokazali da je od osobina ličnosti Ekstraverzija statistički značajan prediktor subskala Smanjenog osećaja uspeha, Sportske devalvacije, ali i Generalnog sindroma sagorevanja. Savesnost se pokazala kao značajan prediktor za Emocionalnu i fizičku iscrpljenost. Izbegavanje, jedna od strategija prevladavanja stresa, se pokazala kao statistički značajan prediktor za Emocionalnu i fizičku iscrpljenost i Generalni doživljaj sindroma sagorevanja. Visok skor na svim navedenim skalama ukazuje na manju mogućnost doživljaja sindroma sagorevanja. Predikcija sindroma sagorevanja kod sportista na osnovu osobina ličnosti i strategija prevladavanja stresa, pa samim tim i uvid u varijable koje su važne za doživljaj ovog sindroma, svakako može imati značajne praktične implikacije u razjašnjavanju faktora koji doprinose stvaranju doživljaja sindroma sagorevanja, koji je jedan od glavnih psiholoških razloga povlačenja iz profesionalnog sporta.

**Ključne reči:** osobine ličnosti, strategije prevladavanja stresa, sindrom sagorevanja, sportisti

## PERSONALITY TRAITS AND COPING STRATEGIES AS PREDICTORS OF BURNOUT SYNDROME AMONG ATHLETES

**Abstract:** The paper presents the results of research whose main goal was to examine the relationship between personality traits, coping strategies and burnout syndrome, as well as to determine whether the personality characteristics and coping strategies are statistically significant predictors of burnout syndrome among sports players. The study included 153 subjects of both sexes (92 men, 61 women), athletes who play team sports (volleyball, football, handball, basketball and water polo). Instruments used in this study are various. First of all, HEXACO-PI-R questionnaire for measuring six traits of personality (Lee & Ashton, 2004; 2006). For examining coping strategies, it is used adaptation of CISS scale, authors Endler and Parker (1990), which is signed by the Sorić and

Proroković (2002). Athlete burnout syndrome was measured with ABQ scale (Raedeke and Smith, 2001). The results have shown that personality trait Extraversion is statistically significant predictor of subscale reduced sense of accomplishment, sport devaluation and athlete burnout syndrome, in general. Conscientiousness is statistically significant predictor of emotional and physical exhaustion. Avoidance, one of the coping strategies, has shown as statistically significant predictor of emotional and physical exhaustion and athlete burnout syndrome in general. High scores on all the mentioned scales represent lower possibility of experiencing burnout syndrome. Prediction of athlete burnout syndrome based on a set of variables that make personality traits and coping strategies, therefore insight into the variables that are important for the athlete burnout syndrome, can certainly have significant practical implications in terms of clarification of factors which contribute experiencing athlete burnout syndrome, which happens to be one of the main psychological reasons of retreat from professional sport.

**Keywords:** personality traits, coping strategies, athlete burnout syndrome, athletes