




Hardy personality and burnout in diving judges

Personalidad resistente y burnout en jueces de clavados

Ponce-Carbajal, Nancy ^{*a}, Ramírez-Nava, Rubén ^b, Jaenes-Sánchez, José Carlos ^c and Sosa-Aldape, Blanca Lilia ^d

^a  Universidad Autónoma de Nuevo León •  K-1314-2017 •  0000-0002-8370-9378 •  556867

^b  Universidad Autónoma de Nuevo León •  0000-0002-3268-019X •  560326

^c  Universidad Autónoma de Nuevo León •  0000-0002-8700-130X

^d  Universidad Autónoma de Nuevo León •  0009-0000-3404-8377 •  1259096

CONAHCYT classification:

Area: Psychology
Field: Psychology
Discipline: Personality
Subdiscipline: Other

 <https://doi.org/10.35429/EJC.2024.10.18.5.7>

History of the article:

Received: October 02, 2024

Accepted: December 10, 2024

*  [\[nancy.poncecrb@uanl.edu.mx\]](mailto:nancy.poncecrb@uanl.edu.mx)



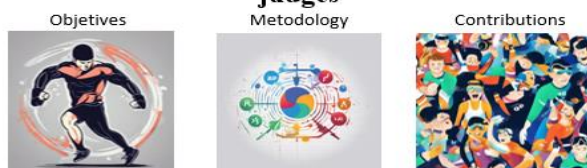
Abstract

The objective of this research is to find the correlations that occur between the Hardy personality variables and those of burnout, in a sample of national diving judges in a sample of 13 elite judge participants, where 11 of them are men (% 84.6) and 2 women (%15.4), the age of the participants ranges between 26 and 71 years with an $M = 46.85$ and $SD = 12.83$. The instruments were Hardy Personality in Central American and Caribbean Athletes and burnout syndrome in the Sports Burnout Questionnaire. The reliability results in both instruments are mostly adequate and above .70, in the bivariate correlations relationships were found between all the variables of the hardy personality, including in its unifactorial form and in conclusion, the diving judges have skills of control, commitment and challenge that do not allow them to perceive themselves as fatigued or burned out by their practice of evaluating athletes but on the contrary keeps them eager to learn and develop permanently for the benefit of their laudable activity in its quality as a qualifying jury for this discipline.

Resumen

El objetivo de esta investigación es encontrar las correlaciones que se presentan entre las variables de la Hardy resistente y las del burnout, en una muestra de jueces nacionales de clavados en una muestra de 13 elementos donde 11 de ellos hombres (% 84.6) y 2 mujeres (% 15.4), la edad de los participantes oscila entre los 26 y 71 años con una $M = 46.85$ y $DT = 12.83$. Los instrumentos fueron Hardy Personality in Central American and Caribbean Athletes y burnout syndrome in the Sports Burnout Questionnaire. Los resultados de la fiabilidad en ambos instrumentos son en su mayoría adecuados y por encima del .70, en las correlaciones bivariadas se encontraron relaciones entre todas las variables de la personalidad resistente incluyendo en su forma unifactorial y en conclusión, los jueces de clavados poseen habilidades de control, compromiso y desafío que no permiten que se perciban a sí mismos fatigados o quemados por su práctica de la evaluación de los deportistas sino que por el contrario les mantiene con ganas de aprender y desarrollar de forma permanente en beneficio de su loable actividad en su calidad de jurado calificador de esta disciplina.

Hardy personality and burnout in diving judges



Personalidad resistente y burnout en jueces de clavados



Control, Commitment and Emotional exhaustion

Control, compromiso y agotamiento emocional

Citation: Ponce-Carbajal, Nancy, Ramirez-Nava, Rubén, Jaenes-Sanchez, José Carlos and Sosa-Aldape, Blanca Lilia. [2024]. Hardy personality and burnout in diving judges. ECORFAN Journal-Colombia. 10[18]1-7: e51018107.



ISSN 2539-1372/© 2009 The Author[s]. Published by ECORFAN-Mexico, S.C. for its Holding Colombia on behalf of ECORFAN Journal-Colombia. This is an open access article under the CC BY-NC-ND license [<http://creativecommons.org/licenses/by-nc-nd/4.0/>]

Peer Review under the responsibility of the Scientific Committee MARVID®. in contribution to the scientific, technological and innovation Peer Review Process by training Human Resources for the continuity in the Critical Analysis of International Research.



Introduction

Sport has been found to have various benefits in society (Rodríguez et al. 2020), such as we can identify its amenities when the masses have various concerns that lead them to remain stressed, sports activities help to lower these stress levels (Fernández-Barradas & Herrera-Meza, 2022) and to keep people in balance, however, the degrees of stress affect people differently, since in their nature and due to their history, people resist stressful situations more or are more affected by it (Jaenes et al. 2009).

The resistant personality, hardiness or hardy personality, is a construct based on existential psychology under a positivist line, this concept proposed Maddi and Kobasa, from this approach, establishes that the human being has dynamic and changing traits, which build their personality over time and the experiences they have gone through (as cited in Peñacoba and Moreno, 1998).

Maddi and Kobasa, together with their research group identified that stress has direct effects on people's health, some had stress-related diseases, people with a low Hardy Personality perceive life as boring, when facing stressful and threatening situations that lead to illness and others experienced difficult situations as learning, growth, and development experiences, people with this resistance perceive themselves as curious, restless, unafraid of challenges, they are people who have courage, a positive attitude and the drive to always continue, even if it seems complicated.

This concept for researchers is a tool that can be learned, they did not consider it as something that is already known, originally in this time of the 80s, these studies began in research in contexts of caregivers of the sick, doctors, nurses and some in education teachers (Maddi, 2006).

The resilient personality is made up of three variables, the first is control, referring to the ability that the person considers he or she has to modify all the surprising or stressful situations that arise in his or her life, the second is commitment, this refers to the implication, or involvement in the activities of his or her life, and considers that these actions give greater meaning to things and finally the challenge.

Is an ability where a difficult, surprising, or stressful situation for the individual is stimulating, people who have this ability, perceive these situations as novel and interesting, hoping to grow and learn from these difficult events (Kobasa et al. 1981).

In the sports area, a validation work on the properties of the instrument was carried out by Jaenes and collaborators in 2008 and 2009 in Spain, in samples of marathon runners (Jaenes et al. 2008; 2009), in Mexico studies have been carried out on samples of national selected athletes of various sports in the Central American and Caribbean games (Ponce, 2017), in World Cup and Olympic athletes of various sports (2021b), also in university athletes (Ponce-Carbajal et al. 2020), high diving (Villarreal-Aranda et al. 2022), Judo (2021a) soccer players (Ponce-Carbajal et al. 2023), it is worth mentioning that there is still a need to continue carrying out such research in order to generate greater contributions with which athletes, judges or coaches can rely to increase their skills in stress resistance.

And at the same time we have another important construct for the sports area since when stress is not being well managed by the athlete, mental, physical and emotional fatigue occurs that can lead to retirement from activities such as training and competitions, however, in the lives of coaches and judges the same thing can occur and we refer to the concept of burnout or also called the syndrome of being burned out. Burnout is a concept that has historically been related to work stress, and is characterized by negative self-dialogue, such as helplessness, negativity, self-criticism, anger, irritability, appearance of fatigue among others (Manzano, 2001), it is defined as the inadequate coping with chronic stress, with emotional exhaustion, depersonalization and an evident poor personal performance (Aceves, 2006; Saborio and Hidalgo, 2015).

Around the 70s, the psychiatrist Herbert J. Freudenberger formulated the first conceptualization of this condition, based on observations made while working in a drug addiction clinic in New York and did not touch many of his coworkers after sharing about 10 years, presented a progressive loss of energy, loss of empathy with patients, idealism, emotional and physical exhaustion, demotivation, anxiety problems and depression (Aceves, 2006).

In the 80s, psychologists Cristina Maslach and Michael P. Leiter from the University of Berkeley, California and the University of Acadia Scotia, together created the Maslach Burnout Inventory (MBI), this being one of the most used tools to date (Borda et al. 2007).

So, in these two decades, research was carried out on social workers (Rísquez et al. 2011) and nurses.

Later, interest arose in studies within the sports context, since competitions had effects on athletes similar to those on other people.

Researcher Smith (1986) proposed a model to explain the negative effects on athletes based on a cognitive-affective model of stress.

This researcher detected some symptoms that affect them physically, mentally, behaviorally and emotionally.

Those athletes who presented these situations perceived that they had insufficient resources to face their daily participation in training, with increasing difficulty and with fewer possibilities of achieving success in their sport.

In this situation, athletes began to disengage and present emotional and psychological abandonment and sometimes also physical abandonment, without wanting to train to improve their abilities.

At this point, the athlete has stopped enjoying the activities of training and competition in his sport and has lost interest and motivation to continue.

Burnout is made up of three variables: the first is the reduced sense of achievement, this refers to the perception that the athlete has between success and his sporting achievements and the degree of importance that he gives to each one.

The second is emotional and physical exhaustion, this variable is focused on the exhaustion that can be caused by training or sports practice depending on the physical or mental demand that this implies, as well as anger and tiredness of his sport, and the third and last is the variable of devaluation of sports practice, this concept includes the negative feelings that could be generated by continuing in his sport and the loss of interest in training or competition, an attitude that leads to poor performance, there is no desire to improve and therefore leads to neglect of the sport. Burnout has been studied by various research groups with the aim of finding academic support to promote the improvement of these attitudes and avoid the abandonment of activities and improve the quality of life, both mental and physical, of athletes.

Interest in this construct has been increasing, since it is a tool that helps to discover a problem and in the sports environment some research has been carried out promoted by research groups in Spain (Rodríguez et al. 2007; De Francisco et al. 2014; García-Parra & Garces de los Fayos, 2016), Mexico (Cantú-Berrueto et al, 2015) with various sports and specifically in Judo (Ponce-Carbajal et al. 2021a), in Ecuador Cabrera-Gordillo, & Bravo-Navarro, (2023). Within this theme, the aspect of a study on Hardy Personality and burnout in judges is presented, a sample that needs to be explored since there are few studies on the subject and it is necessary to generate new knowledge and feedback for the various actors in the sports environment.

Methodology

The sample of this research is made up of 13 national diving judges who participated in the national children's and youth championship of the 2024 CONADE national games, of these judges, seven have participated only in national championships, three have participated in international events, two have been invited to evaluate worldwide and one has participated as a judge in the Olympic games, so the sample is presumed to be of high quality in the qualification or evaluation of the dives of the more than 100 athletes who participate in the national events, Nine of the participants belong to Mexico City, two to Baja California, one from Nuevo León and one from Jalisco, 11 of them men (% 84.6) and 2 women (% 15.4), the age of the participants ranges between 26 and 71 years with an M = 46.85 and DT = 12.83.

The procedure carried out to obtain the sample was requesting permission from the coordination department of the judges of the Mexican Diving Federation, which through its leader accessed the application of the battery of tests, establishing direct communication with the members who would evaluate in said competition as judges, requesting their participation during the meeting prior to the competition, in order to inform the importance of participation in this research and the contributions that this could provide them in the future, once the judges were aware of the importance the coordinator of judges indicated the appropriate time to electronically send the digital battery of tests that was carried out in Google forms in this form the participant was informed of the importance of their answers, of informed consent and that at any time they decided to withdraw they could do so since this participation is completely voluntary and anonymous, in addition they were informed that the answers given in the form would be used exclusively for scientific academic purposes, At the time of being sure to accept the conditions each of the participants proceeded to answer And if at any time during the questionnaire they had any questions we were pending via WhatsApp to be able to answer any questions and that the participant felt accompanied during the process in order to resolve any doubts regarding the form.

Instruments

For this investigation, 2 questionnaires were used, the first is assessment instrument is about the stress resistant. The questionnaire name is Hardy Personality in Central American and Caribbean Athletes (PRDCC; Ponce, 2017; Ponce-Carbajal et al. 2015); This questionnaire is integrate up of 18 items, and has three variables: commitment, control, and challenge, each variable have 6 items.

Some times this questionnaire in other investigations has been used as a global Hardy Personality, in a unifactorial way (Kobasa, 1979; Kobasa, Maddi and Kahn, 1982), and in other works also in a trifactorial way (Jaenes, Godoy-Izquierdo and Román, 2008), usually in both cases we see that the properties are adequate ($\alpha > 0.7$) The response scale is of the Likert type from 0 to 3 where 0 is "totally disagree" and 3 is "totally agree".

For measure burnout syndrome in the Sports Burnout Questionnaire (Athlete Burnout Questionnaire; ABQ; Cantú, 2016) in the Mexican version, of 15 items and three variables: Reduced Sense of Achievement (RSL), Physical and Emotional Exhaustion (AFE) and Devaluation of Sport Practice (DPD). Frequent this instrument has been used insome investigations presenting adequate internal consistency ($\alpha > 0.7$). The response scale is of the Likert type from 1 to 5 where 1 is "hardly ever" and 5 is "almost always".

Data Analysis

The statistics performed in this work were descriptive analysis, frequencies, means, standard deviation and normality of the data using kolmogorov-smirnov, reliability through Cronbach's alpha (α) and bivariate correlations with Spearman correlation coefficients, with the Statistical Package for the Social Sciences (SPSS) version 25.

Results

The results found with respect to the reliability of the instruments in the case of the Hardy Personality, we have that they go from $\alpha = .70$ to $\alpha = .90$ results adequate for the sample, The control had $\alpha = .70$, the commitment had as a result $\alpha = .87$ The challenge presented $\alpha = .70$ and the total Hardy Personality $\alpha = .90$.

In the burnout instrument in sport the reliability oscillated between $\alpha = .50$ and $\alpha = .80$, which although in the case of $.50$, it is a Moderate reliability and not entirely adequate, considering that the sample is very small and perhaps this is the reason that it has come out below the standard. the variable of reduced sense of achievement $\alpha = .50$, emotional and physical exhaustion $\alpha = .73$ and devaluation of sports practice with a value of $\alpha = .80$.

In the correlations, the results were presented in all the variables of the Hardy Personality with the variable devaluation of sports practice and only in the variable of the challenge with emotional and physical exhaustion.

The values found in the variables of the Hardy Personality in control and devaluation with $R = - .681 *$, In commitment and devaluation of sports practice $R = - .603 *$, challenge and devaluation of sports practice $R = - .742 **$ and total Hardy Personality with a value of $R = -.765 **$, confirming that the sample works in a trifactorial and unifactorial way.

The greater the control, commitment and challenge, the lower the devaluation of the practice and the greater the total Hardy Personality, the lower the devaluation of the practice, and the greater the ability to face challenges, the lower the emotional and physical exhaustion.

Conclusions

The diving judges have skills of control, commitment and challenge that do not allow them to perceive themselves as fatigued or burned out by their practice of evaluating athletes but on the contrary keeps them eager to learn and develop permanently for the benefit of their laudable activity in its quality as a qualifying jury for this discipline.

Declarations

Conflict of interest

We declare no interest conflict.

Author contribution

Ponce-Carbajal, Nancy: Data analysis and take sample

Ramirez-Nava, Rubén: Introduction.

Jaenes-Sanchez, José Carlos: Results redaction

Sosa-Aldape, Blanca Lilia: Traduction

Availability of data and materials

We requested the permission from the authorities to the FMN and they granted it to us and the judges were very willing to participate.

Funding

NONE

Acknowledgements

To the FOD of the UANL that helps the production of this type of work and to the sports authorities and its coordinator who granted permission to make this possible

Abbreviations

UANL Universidad Autónoma de Nuevo León
FOD Facultad de Organización Deportiva

References

Basics

Aceves, G. A. (2006). *Síndrome de burnout*. Archivos de Neurociencias, 11, 4, 305-309.

Borda, M., Navarro, E., Aun, E., Berdejo, H., Racedo, K. y Ruiz, J. (2007). *Síndrome de Burnout en estudiantes de internado del Hospital Universidad del Norte*. Salud Uninorte, 23, 1, 43-51.

Cabrera-Gordillo, F. R., & Bravo-Navarro, W. H. (2023). *Síndrome del Burnout en los árbitros profesionales de fútbol del Ecuador*. Polo del Conocimiento: Revista científico-profesional, 8(12), 92-106.

Cantú-Berrueto, A., López-Walle, J., Castillo, I., Ponce, N., Álvarez, O., & Tomás, I. (2015). *Burnout en el deporte*. Psicología del deporte: Conceptos, aplicaciones e investigación, 55-59.

De Francisco, C., Garcés de Los Fayos, E. J. & Arce, C. (2014). *Burnout en deportistas: Prevalencia del síndrome a través de dos medidas*. Cuadernos de Psicología del deporte, 14(1), 29-38.

Fernández-Barradas, E. Y., & Herrera-Meza, S. (2022). *Educación en el deporte: una píldora para eliminar el estrés*. Revista Eduscientia. Divulgación de la ciencia educativa, 5(9), 105-116.

Franco, C. (2009). *Modificación de los niveles de burnout y de personalidad resistente en un grupo de deportistas a través de un programa de conciencia plena (mindfulness)*. Anuario de psicología/The UB Journal of psychology, 377-390

- García-Parra, N., González, J., & de los Fayos, E. G. (2016). [Estado actual del estudio del síndrome de burnout en el deporte](#). *Cuadernos de Psicología del Deporte*, 16(2), 21-28.
- Herrera, M. E. O., Viveros, G. R. O., & Brizio, P. G. C. (2007). [Burnout en médicos y enfermeras y su relación con el constructo de personalidad resistente](#). *Psicología y salud*, 17(1), 5-16.
- Jaenes, J. C., Godoy, D., y Román, F. (2008). [Elaboración y validación psicométrica de la Escala de Personalidad Resistente en Maratonianos](#). *Cuadernos de Psicología del Deporte*, 8(2), 59-81.
- Jaenes, J. C., Godoy, D., y Román, F. M. (2009). [Personalidad resistente en maratonianos: un estudio sobre el control, compromiso y desafío de corredoras y corredores de maratón](#). *Revista de Psicología del Deporte*, 18(2), 217-234.
- Jaenes, J. C., Rivera, M. R., y Echeverría, R. (2012). [Intervención psicológica en los Juegos Centroamericanos y del Caribe-Mayagüez 2010](#). *Revista de Psicología del Deporte*, 21(1), 177-181
- Jiménez, B. M., Natera, N. I. M., Muñoz, A. R., & Benadero, M. E. M. (2006). [La personalidad resistente como variable moduladora del síndrome de burnout en una muestra de bomberos](#). *Psicothema*, 413-418.
- Kobasa, S. (1979). [Stressful life events, personality and health: An inquiry into hardiness](#). *Journal of Personality and Social Psychology*, 37, 1-11.
- Kobasa, S., Maddi, S. y Courington. S. (1981). [Personality and constitution as mediators in the stress-illness relationship](#). *Journal of Health and Social Behavior*, 22, 368-378.
- Maddi, S. R. (2006). [Hardiness: The courage to grow from stresses](#). *The Journal of Positive Psychology*, 1(3), 160-168.
- Manzano, G. (2001). [Estrés crónico laboral asistencial \(burnout\) en las administraciones públicas](#). *Dirección y Organización*, 25, 148-159.
- Moreno, B., Hernández, E. G., & Gutiérrez, J. L. G. (2000). [Personalidad resistente, burnout y salud](#). *Escritos de Psicología-Psychological Writings*, 1(4), 64-77.
- Peñacoba, C. y Moreno, B. (1998). [El concepto de personalidad resistente](#). *Boletín de Psicología*, 58, 61-96
- Ponce, N. (2017). [Contexto social, personalidad resistente y dureza mental en deportistas centroamericanos y del caribe \(Tesis Doctoral\)](#). Recuperado de Repositorio Académico Digital de la Universidad Autónoma de Nuevo León.
- Ponce-Carbajal, N., López-Walle, J. M., y Méndez, M. P. (2021a). [Personalidad resistente y burnout en deportistas de judo seleccionados nacionales](#). *Handbook T-X CIERMMI Women in Science, Humanities and Behavioral Sciences*, ECORFAN: Queretaro, Mexico, 66-72. DOI: 10.35429/H.2021.10.1.106.
- Ponce-Carbajal, N., Tristán, J. L., Jaenes, J. C., Rodenas, L. T., & Peñaloza, R. (2020). [El impacto del contexto social sobre la personalidad resistente en deportistas universitarios de México](#). *Cuadernos de psicología del deporte*, 20(2), 201-217.
- Ponce-Carbajal, N., López-Walle, J. M., y Méndez, M. P. (2021b). [Personalidad resistente y estrategias de afrontamiento en deportistas mexicanos mundialistas y olímpicos en pandemia](#). *Journal Journal-Economic Development Technological Chance and Growth*, 5(9), 11-14.
- Ponce-Carbajal, N., Ramírez- Nava, R., Jaenes, J. C., y Tristán-Rodríguez, J. L. (2022). [Burnout y satisfacción en deportistas de judo de alto rendimiento](#). *JournalHealth Education and Welfare*, 6(11), 27-31.
- Ponce-Carbajal, N., Ramírez- Nava, R., Jaenes, J. C., Espino-Verdugo, F. D. (2023). [Personalidad resistente y estrategias de afrontamiento en jugadores de futbol soccer](#). *Journal of Contemporary Sociology*, 10 (29), 22-27.
- Ramzi, S. y Besharat, M. (2010). [The impact of hardiness on sport achievement and mental health](#). *Procedia-Social and Behavioral Sciences*, 5, 823-826.

Rísquez, M. I. R., Fernández, C. G., & Meca, J. S. (2011). [Síndrome de quemarse por el trabajo, personalidad resistente y malestar psicológico en personal de enfermería](#). *Anales de Psicología/Annals of Psychology*, 27(1), 71-79.

Rodríguez, M. M., Izquierdo, A. C., Jiménez-Beatty, J. E., & del Castillo, J. M. (2007). [Calidad de vida y estrés laboral: la incidencia del Burnout en el deporte de alto rendimiento madrileño](#). *RICYDE. Revista Internacional de Ciencias del Deporte*, 3(6), 63-77.

Rodríguez Torres, Á. F., Rodríguez Alvear, J. C., Guerrero Gallardo, H. I., Arias Moreno, E. R., Paredes Alvear, A. E., & Chávez Vaca, V. A. (2020). [Beneficios de la actividad física para niños y adolescentes en el contexto escolar](#). *Revista cubana de medicina general integral*, 36(2).

Saborío Morales, L., & Hidalgo Murillo, L. F. (2015). [Síndrome de burnout](#). *Medicina Legal de Costa Rica*, 32(1), 119-124.

Smith, R. E. (1986). [Toward a cognitive-affective model of athletic burnout](#). *Journal of Sport Psychology*, 8, 36-50.

Villareal-Aranda, J., Ponce-Carbajal, N., & Tristán-Rodríguez, J. (2022). [Relationships between social context and resilient personality in high altitude diving](#). *Relaciones existentes entre contexto social y la personalidad resistente en clavados de altura*.