

# AN ANALYSIS OF SCHMIDT AND STEIN'S SPORT COMMITMENT MODEL AND ATHLETE PROFILES

## Sport commitment model

(Schmidt & Stein, 1991)

It is one of the most complete paradigms on the etiology of burnout syndrome in athletes. According to this model, the degree of burnout of athletes is related to the nature of their commitment to sporting activity.



## Profiles of athletes

- 1) athletes who are fully committed because they enjoy the activity;
- 2) athletes who are committed because they feel trapped;
- 3) athletes who are not committed and are at risk of abandonment.

Three types of athletes based on their scores in **Benefits, Costs, Satisfaction, Alternatives, and Investments**

## Analyses and Sample

Analysis of **cluster** and analysis of **variance** were performed using data collected from a sample of **357 athletes**.



## Results

- 1) **↑ scores** in Benefits, Satisfaction, and Investments; **↓ scores** for Costs, Alternatives, and Burnout.
- 2) **↑ scores** in Costs, Investments, Alternatives, and Burnout; **↓ scores** for Benefits, and Satisfaction.
- 3) **↑ scores** in Alternatives and Burnout; **↓ scores** for Benefits, Costs, Satisfaction, and Investments.

## MORE INFORMATION

De Francisco, C., Gómez-Guerra, C., Vales-Vázquez, Á., Arce, C. (2022). An Analysis of Schmidt and Stein's Sport Commitment Model and Athlete Profiles. *Sustainability*, 14, 1740. <https://doi.org/10.3390/su14031740>.

