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INFLUENCE OF MOTIVATION, SOCIAL SUPPORT AND BASIC NEED SATISFACTION ON BURNOUT AMONG FOOTBALL PLAYERS IN BANGLADESH

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Abstract:
Football is ruminated in the guise of the most foremost and modish sports in Bangladesh reminiscent of other countries of the world, as sports are frolicked under prodigious coercion, young football athletes perpetually stumble into divergent circumstances which incorporate affirmative and apathetic scenarios confiding in athlete's concurrent whereabouts & prospect dispatch which narrates to burnout. The perusal maneuvered motivation as an independent variable, basic need satisfaction which exerted as mediator variable and social support plied as moderator variable that governed young player's burnout to ebb or to surge. The purpose of the study was to interrogate the relationship among burnout and motivation, social support, basic need satisfaction. The paper pursued quantitative technique to amass accessible data in which five hundred and twelve adolescent football players were surveyed in Bangladesh and their age ranged between 15 to 25 years. The survey questionnaire was in four tranches encompassing Athlete burnout questionnaire, Basic Need Satisfaction scale, Motivation questionnaire & SARASON Social Support scale; furthermore, the study wielded Pearson Correlation analysis, Moderated regression analysis and Process in the course of score reckoning. The study instituted that motivation and social support unconstructively associated with burnout and basic need satisfaction allied moderately with the burnout, when burnout escalates, motivation, social support, and basic need

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satisfaction went down or when burnout dwindles all of the independent variables augment. The research formed factors relationship with each other and comprehended coping tactic how athletes could trounce their melancholy, fatigue and mental grievance to burgeon their sports recital and would scrutinize players commotion towards their contented & constructive precinct as well.

Keywords: burnout, basic need satisfaction, motivation, social support, Bangladesh

1. Introduction

Sports in Bangladesh is an admired form of pursuit as well as an indispensable part of Bangladeshi culture. Football is deemed as the most popular & accepted sports in Bangladesh with great extent. The National Sports Council (NSC) is the governing body to control all the sports federations and councils in the country and is responsible to the ministry of youth and sports. There are a total of 42 different sports federations affiliated with the NSC (Sports wiki). Roughly, there are 100 International young football players, 600 national adolescent football players, 900 district young football players in Bangladesh. Competition among clubs to recruit the best prospects is fierce. The pursuit of junior players by professional clubs is regularly highlighted in the media, with reports of players being traded for large sums of money not uncommon (Hytner, 2011; Nixon, 2012; Wallace, 2012).

Burnout is the important and main factor of quitting game or sports life. As sports players have to perk up themselves to practice every time, most often they are confronted with diverse circumstances, therefore the result accounts for lack of motivation (amotivation), trouble of basic need satisfaction, lack of available support from family & friends (Social Support) and burnout, while very few of them can recover from the depression if they can get psychological and physical motivation from their required relationships including Family, Friends, relatives, Coaches, Sports Team and Sports partners and from their own self-esteem etc. A top athlete's life is demanding. Besides training and competitions, they may have sponsor activities, media interviews, and pressure from coaches and teammates, in addition to maintaining a blog and sometimes worrying about their life after their sporting career. It is easy to get lost, to become part of a "spinning wheel", and life becomes mindless, draining one's energy, causing exhaustion and burnout (Gustafsson, Kenttä, & Hassmén, 2011). The skill to be mindful, to be aware in the present moment, and to recover one's energy and health can be trained and improved. Sports participation may be a highly rewarding and enriching experience for many athletes. It is also apparent that a range of negative phenomena may occur in the sports context. Among the negative occurrences which have received increasing academic interest in recent years is athlete burnout (Gustafsson, Kenttä, & Hassmén, 2011).

Harmison & Casto (2012) stated that notwithstanding these negative experiences, athletes also gain positive psychological, social and physical outcomes from sports

participation which in turn may have a beneficial impact on performance. Mental health has traditionally been studied as the absence of negative outcomes (stress or psychopathology) in various populations (Kashdan, 2010; Lamers, 2012), but researchers adopting a positive psychology perspective have more recently extended the view of mental health to also include distinct indicators of well-being with the potential for increasing an individual's optimal functioning and adaptability to various stressors encountered (Lamers, 2012; Lundqvist, 2011). To optimize training adaptations from such high training loads, athletes are reliant on good physical and psychological health (Schnell et al., 2013). In case of failure, an individual blames the external conditions, while after gaining success, he/she claims that it was due to own merits. This is the phenomenon known as the attributions (Aronson E., T. Wilson, R. Akert 2010). Athlete burnout is a maladaptive psychosocial experience which is commonly described as a proximal correlate of athlete ill-being (Ntoumanis, Taylor, & Thøgersen-Ntoumani, 2012).

Goodger et al., (2007) found that 46% of total burnout literature focused on athletes. Burnout usually develops gradually and therefore may remain unnoticed for a long period of time by those affected (Gustafsson et al., 2007). Sports scientists have also viewed burnout as a potentially serious problem (Cresswell & Eklund, 2005a). The individual begins to feel detached from others and a sense of depersonalization occurs. Individuals then develop a lack of interest and a 'don't care' attitude resulting in feelings of resentment to their task (Goodger et al., 2007). Many athletes dedicate their lives to their sport and athletes note the importance of hard work in order to improve performance. The combination of overtraining during certain times of the training cycle, lack of adequate recovery and increased competitive stress increases the risks for burnout (Gustafsson et al., 2007). Walker, Thatcher, and Lavallee (2007), an injured athlete experiences tension, anger, depression, frustration, and boredom.

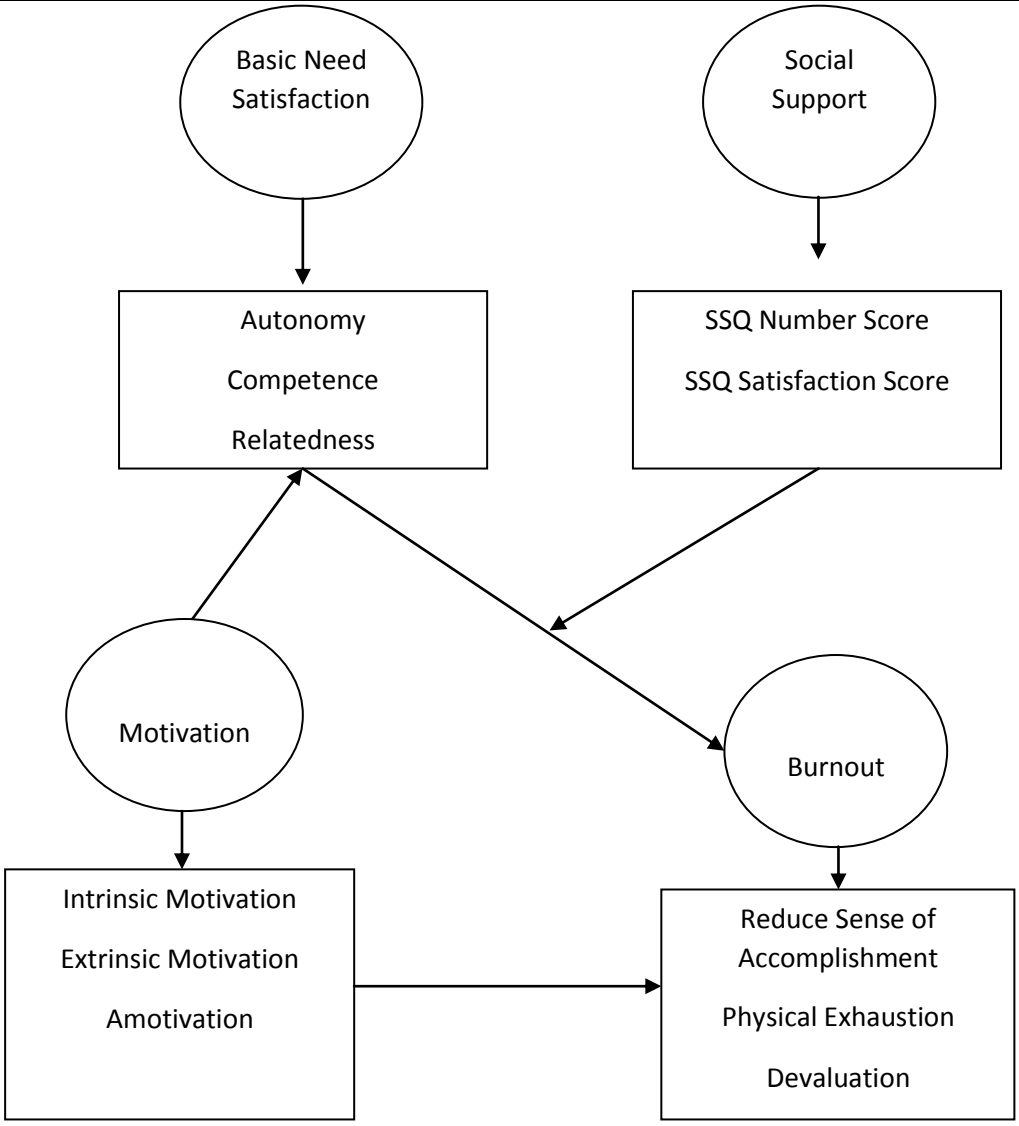

Figure 1: Conceptual Diagram

The relationship between sports injuries and burnout with a sample of international Australian athletes and found a small but statistically significant positive correlation between the two variables (Grylls and Spittle 2008). Burnout can have serious consequences for athletes, not only negatively impacting motivation and well-being but also resulting in reduced athletic performance and eventual drop-out from the sport (Gustafsson, Kenttä, & Hassmén, 2011). Athlete burnout is not just a risk to adult athletes with an established career in sports training and competition. Junior athletes are also at risk (Jowett, Hill, Hall, & Curran, 2013). Consequently, considerable effort in sport and exercise psychology has been devoted to identifying personal and situational factors that contribute to athlete burnout. One personal factor that is supposed to contribute to athlete burnout is perfectionism (Gotwals, 2011). Satisfaction with inter-personal relationships (Phillippe et al., 2010) which provide resiliency to burnout. Gustafsson and Skoog (2012) found that optimistic athletes experienced lower stress and that stress mediated the relationship between optimism and burnout. Although it is commonly acknowledged that burnout is stress-related (Gustafsson, Kenttä, et al., 2011)

studied examining stress-related outcomes with regard to athlete burnout are not extensive. The consequences of experiencing burnout can be quiet detrimental to one's physical and psychological health and well-being (Hassmén, 2011). Motivation is required as an encouragement which can be earned by good performance, goal achievement, work accomplishment, great triumph, praise, satisfaction, need fulfillment, self-determination with optimistic effect and so on. Motivation works as a tablet into player's mental development which leads them to give their best endeavor to their sports. Most of the time, motivation is maintained as a constructive outcome for the player, which not only supports players to step further but also implements their mind with high ambition and goal orientation. Jim Taylor (2009) demonstrated that motivation is the foundation all athletic effort and accomplishment. Without desire and determination to improve sports performances, all of the other mental factors, confidence, intensity, focus, and emotions, are meaningless. To become the best athlete, they must be motivated to do what it takes to maximize ability and achieve goals. Motivation, simply defined, is the ability to initiate and persist at a task. Motivation in sports is so important because players must be willing to work hard in the face of fatigue, boredom, pain, and the desire to do other things. Motivation will impact everything that influences sports performance: physical conditioning, technical and tactical training, mental preparation and relationships.

Hagger & Chatzisarantis (2008) affirmed that motivation is an internal energy force that determines all aspects of our behavior; it also impacts on human thoughts, feelings and interactions with others. Andrew Hamilton (2017) stated that in sport, high motivation is widely accepted as an essential prerequisite in getting athletes to fulfill their potential. However, given its inherently abstract nature, it is a force that is often difficult to exploit fully. Motivations that involve external rewards, avoiding punishment and money or status are characteristic of external motivation. More recently theoretical explanations for the occurrence of athlete burnout have been based on motivation, and more specifically self-determination theory (Ryan & Deci, 2000). SDT has allowed researchers to identify distinct types of motivation, each of which has consequences for learning, well-being and personal experience (Ryan & Deci, 2000). According to self-determination theory, several types of motivation are present in individuals; amotivation, extrinsic motivation and intrinsic motivation and can be organized along a continuum of self-determination (Reeve, 2005).

Amotivation is a state where a person is neither extrinsically nor intrinsically motivated -literally, does this person lack motivation (Cresswell & Eklund, 2005; Reeve, 2005). Amotivation emerged as a negative predictor of concentration and a positive predictor of reported feelings of unhappiness (Martyn, Joan, Nikos 2003). Amotivation and intrinsic motivation have been consistently and strongly related to athlete burnout (Cresswell & Eklund, 2005b). Intrinsic motivation reflects an internal source for motivation. This is the full endorsement of self-determination and surrounds the psychological needs that generate motivation, for example, participation out of interest and enjoyment (Hagger & Chatzisarantis, 2008; Reeve, 2005). Cresswell and Eklund

(2005a, 2005b, 2005c) and Raedeke and Smith (2001) found that intrinsic motivation was negatively related to athlete burnout, while amotivation was positively related to the syndrome. Self-determination theory postulates that intrinsic motivation leads to investment, creativity, and high quality learning in activities (Ryan & Deci, 2000a, 2000b). Motivations that involve external rewards, avoiding punishment and money or status are characteristic of external motivation (Hagger & Chatzisarantis, 2008). External motivation is part of its own continuum within self-determination with the possibility for individuals to be motivated externally through incentives at one end of the scale and externally motivated because it reflects the individuals' values at the opposite end (Hagger & Chatzisarantis, 2008; Reeve, 2005).

Ryan and Deci (2002) have provided definitions for the four types of external motivation. External regulation is the least self-determined form of extrinsic motivation and involves performing a behavior purely to respond to an external demand or contingency. External regulation occurs when individuals are only motivated by external contingencies (the threat of punishment or an Athlete Burnout 14 reward). External regulation and amotivation are controlling forms of motivational regulation that are posited to derive from a deprivation of the three innate needs (Deci & Ryan, 2000). Introjected regulation involves performing an activity to achieve ego enhancement or pride or to avoid guilt or anxiety. When a student-athlete chooses to attend practice to avoid feeling guilty, they have introjected regulation (Mallett & Hanrahan, 2004). Furthermore, Introjected regulation refers to the introjection of demands that provide pressure (to avoid feelings of guilt for not participating). Introjected regulation represents a form of extrinsic motivation which is characterized by the individual internalizing external regulations (Ryan & Deci, 2002). Introjected regulation was positively predicted by the satisfaction of innate psychological needs. (Ntoumanis, 2001; Standage et al., 2003). Identified regulation involves performing a behavior because it has become personally important to the individual. Identified regulation occurs when the individual identifies with opportunities that are associated with their own goals but are not intrinsically motivated (i.e. "I will participate because I want to achieve the goals I have set for myself"). Finally, the most self-determined form of extrinsic motivation is integrated regulation which is characterized by performing a behavior because it has become part of the individual's sense of self. Integrated regulation occurs when there is no external influence involved and participation is sought after due to enjoyment or curiosity. Globally, this theory posits that social factors within an environment influence both motivational regulations that underlie behavior as well as psychosocial experiences such as athlete burnout. In competitive sports, burnout is believed to follow shifts on the self-determination continuum towards extrinsic motives and amotivation (Lemyre, Treasure & Roberts, 2006).

Introjected and external regulations are controlled forms of extrinsic motivation because the behaviour is fuelled by pressures that emanate from internal (i.e. ego enhancement) or external (i.e. rewards) contingencies. (Curran, T. Appleton, P. R. Hill, A. P. & Hall, H. K. 2011), (Pelletier et al., 2013). As athletes are likely to report higher

levels of intrinsic motivation when they perceive their coach to be more caring (Koh, Wang, Erickson, & Cote, 2012). In studies that provide and encourage students and employees right to choose and make decisions, researchers noted increased levels of intrinsic motivation, satisfaction, enjoyment, and well-being (Weinstein, Przybylski, & Ryan, 2012). Coaches' behavior and words reflecting confidence in athletes to emerge as the most significant contributor to an athlete's motivation and confidence (Buning and Thompson 2015). Intrinsic motivation is a behavioural regulation that is fully self-determined. While intrinsic motivation is marked by participation for the inherent interest and pleasure induced by an activity, extrinsic motivation refers to a variety of regulatory styles that are characteristically instrumental in nature (Martyn Standage et al., 2003). The purpose of the study was to scrutinize affiliation amid burnout, motivation, basic need satisfaction and social support upon young soccer players in Bangladesh and it was excogitated that each of the variable namely motivation(independent variable), basic need satisfaction (mediator variable) and social support (moderator variable) might share pessimistic consortium with athlete burnout.

2. Methods of the study

An illustration of 512 young football players (400 male, 112 female) were singled out randomly from the three sports academy/university/college (150 from Bangladesh Krira Shikkha Protishthan (BKSP) sports academy, 212 from Chittagong University (Sports Department), 150 from Dhaka Physical College) to chip in the current study. All football players selected were hinged upon their aptitude (cutthroat staging in probation to venture into the academy) and conventionally emulate at a regional, national, or international level. Participant's age was between 15 to 25 years and they had been enmeshing with sports from 1 to 10 years and the preponderance of them was diligent in their own juncture. To acquire data, this projected study would apply survey ornamentation and exercised quantitative procedure and surveys would be commenced group wise in Bangladesh. Surveyees were bestowed primed questionnaire by Researcher which compartmented into 4 sections; (1) Burnout Part, (2) Motivation Part, (3) Basic Need Satisfaction Part and the 4th part is the Social support part. The Athlete Burnout Questionnaire was boosted by Raedeke and Smith (2001), having brawny psychometric properties, additional assessment of the validity of the revised ABQ, as well as a determination of generalizability to other sports settings, was warranted. Athlete burnout was defined as a three-dimensional construct: emotional/physical exhaustion, reduced sense of accomplishment and devaluation. The burnout scale was implemented with 15 items, 5 for each dimension. Adequate internal consistency scores (alphas ranged from 0.85 to 0.91); test-retest reliability and contriving validity was reported by Raedeke and Smith (2001). Coefficient alphas for the six motivational scales were as follows: Intrinsic Motivation (0.91), Amotivation (0.88), External Regulation (0.88), Introjected Regulation (0.87), Integrated Regulation (0.81), and Identified Regulation (0.81). Internal consistency analysis also indicated the ABQ is a reliable scale

to measure athlete burnout in college athletes. Coefficient alphas for the three scales measuring the three dimensions of athlete burnout were as follows: Physical/Emotional Exhaustion (0.88), Devaluation (0.80), and Reduced Sense of Accomplishment (0.76). With the aim of assessing the different types of motivation, Brière, Vallerand, Blais and Pelletier (1995) generated in French the Échelle de Motivation dans les Sports being composed by 28 items structured in seven subscales of 4 items each, which evaluated the three forms of intrinsic motivation, three types of extrinsic motivation and Amotivation. Later, this scale was deciphered into English by Pelletier et al. (1995) entitled the Sports Motivation Scale (SMS). Both studies entrenched alike and decent principles in interior consistency with alphas ranging from 0.71 to 0.92 and 0.63 to 0.80, respectively, and moderate levels of temporal stability from 0.54 to 0.82 and 0.58 to 0.84, respectively. The scale is appraised to be the most regular scale to quantify motivation anticipated by Self-Determination Theory in the sports context (Candela, Zucchetti, & Villosio, 2014; Ntoumanis, 2001).

The Basic Psychological Needs Scales was administered by Deci and Ryan (2001). This scale addresses basic need satisfaction in one's work domain. It has 21 items assessing the three needs for competence, autonomy, and relatedness (Deci & Ryan, 2000). BPNS is a family of scales: one that concentrates on basic need satisfaction in general in one's life and others that inscribe it in specific domains. BPNS consisted of 21 seven-point items, conversely, scoring alternatives varied from 1 (not at all true) to 7 (very true), moreover, the scale consisted of three subscales, namely autonomy (seven items), competence (six items) and relatedness (eight items). Gagne (2003) reported coefficient alphas of 0.69, 0.71, and 0.86 for the autonomy, competence, and relatedness scores, respectively. Sarason, et al. (1983) and Sarason, Shearin, Pierce, and Sarason (1987) enacted the Social Support Questionnaire of which there were 27- and 6- item versions (the SSQ6). The latter is an economical 12-item questionnaire, which levies two conceptually distinct aspects of perceived social support, Availability and Satisfaction. Availability is the estimation of the number of people on whom one can rely when assistance is needed. Satisfaction is the perceived adequacy between the support received and expectations and needs. Example: On whom can you really count to be dependable when you need help (Availability: number of persons quoted)? How satisfied (Satisfaction: anchors of 1, very dissatisfied, and 6, very satisfied)? For each item, the respondent lists the people on whom he can count in the situation described (maximum of nine persons) and expresses his satisfaction with regard to this support on a 6-point rating. Two total scores are calculated: N (Availability or Number of people), the average number of persons programmed for the items, and S (Satisfaction), the average satisfaction score. For the short-form, N varies from 0 to 54 and S from 6 to 36. For instance, an individual may be satisfied despite having very few friends and relations or may be dissatisfied despite having a very large social network. In support of this, these two dimensions have only a moderate positive correlation. According to Sarason, et al. (1987), rated Availability and Satisfaction were positively correlated in a sample of 182 university students ($r = 0.33$, $p < 0.001$). Furukawa, et al. (1999) reported

the internal consistency reliability (Cronbach's alpha coefficient) for the SSQ Number subscale was 0.91, and that for the SSQ Satisfaction subscale was 0.94. The correlations between the SSQ Number and SSQ Satisfaction scores were modest, at 0.19 (95%CI: 0.13 ± 0.25).

The survey was orchestrated converging in person devising a colloquium where paper hinged questionnaire disseminated and was equipped in English in the midst of adolescent football players so that the partakers could query whatever they covet to discern and envisaging explicable retorts with regard to questionnaire configuration. They were yielded time to apprehend the dispensed question sheets and their distinctiveness was commemorated in surreptitious to confer them expedient milieu of assessment. Juvenile football athletes were imparted sporadic hours to congest the concocted questionnaire while the athletes detained snags to figure out the form requirements, they were untangled with the specification. Entrants were inculcated to deem their precise sport while acquiescing their avowals, furthermore, they were significantly communal to the researcher throughout survey interlude which was the paramount part to articulate. The evaluation was consummated within 6 months to derive the whole data from the stipulated participants.

Correlation analysis is a method of statistical evaluation used to study the strength of a relationship between two, numerically measured, continuous variables (e.g. height and weight). This particular type of analysis is utilitarian when researcher wants to manifest if there are possible connections between variables. Mean is the average of a data set, Standard deviation SD is a measure that is used to quantify the amount of variation or dispersion of a set of data values. A low standard deviation indicates that the data points tend to be close to the mean (also called the expected value) of the set, while a high standard deviation indicates that the data points are spread out over a wider range of values. Correlation analysis, Mean and Standard deviation were calculated using IBM SPSS 22.0 for the research outcome. Path analysis is exerted to describe the directed dependencies among a set of variables which includes models equivalent to any form of moderated regression analysis, multiple regression analysis, factor analysis, canonical correlation analysis, discriminant analysis, in addition to more general families of models in the multivariate analysis of variance and covariance analyses. PROCESS is a computational tool for path analysis based mediation analysis likewise their combination as a conditional process model (Hayes 2013). PROCESS will be used to test the mediation effect. In 1934, Wright proposed a simple set of path tracing rules, for calculating the correlation between two variables. The correlation is equal to the sum of the contribution of all the pathways through which the two variables are connected. The strength of each of these contributing pathways is calculated as the product of the path-coefficients along that pathway, besides Moderated regression analysis is a regression-based technique that is applied to categorize the moderator variable.

3. Results

3.1 Descriptive Statistics

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Motivation	512	77.00	174.00	129.7871	23.30953
Burnout	512	19.00	67.00	36.3164	13.51456
BasicNeed	512	106.00	177.00	153.2187	18.82193
SocialSupport	512	25.00	68.00	46.0156	9.79775
Valid N (listwise)	512				

Table 1: Descriptive Statistics of Motivation, Burnout, Basic Need Satisfaction, and Social Support

The interpretation of Social research method was adopted to determine how descriptive statistics operated. Descriptive statistics are operated to describe the basic features of the data in a study. They endow with simple summaries about the sample and the measures. Together with simple graphics analysis, they form the basis of virtually every quantitative analysis of data. Descriptive statistics are typically distinguished from inferential statistics; descriptive statistics simply describes what is or what the data shows, moreover with inferential statistics, it is essayed to arrive at conclusions that lengthen beyond the immediate data alone. For instance, deploying inferential statistics to attempt to infer from the sample data what the population might mull over or to formulate judgments of the probability that an observed difference between groups is a dependable one or one that might have happened by chance in this study. Descriptive Statistics are utilized to acquaint quantitative descriptions in a convenient form which bolstered to simplify large amounts of data in a sensible way. Each descriptive statistic truncates lots of data into a simpler summary. This statistics table illustrates sample sizes for the dependent variable or outcome variable for the three independent variables, valid N (listwise) is the number of non-missing values, N (512) is the number of valid observations for the variable, the total number of observations is the sum of N and the number of missing values. Minimum is the smallest, value of the variable for Motivation, Burnout, Basic need satisfaction, Social support the minimum numbers are 77, 19, 106 and 25 respectively while the maximum is the largest, value of the variable numbering Basic need satisfaction (177), Motivation (174), Social support (68) and Burnout (67), on the other hand, mean is the arithmetic mean across the observation, it is the most widely used measure of central tendency, commonly called the average which is sensitive to extremely large or small values 153, 129, 46 and 36 for Basic need satisfaction, Motivation, Social support, Burnout correspondingly. Conversely, Standard deviation (Std) is the square root of the variance that measures the spread of a set of observations, the larger the standard deviation is, the more spread out the observations are 23, 18.8, 13.5, 9.8 subsequently. The maximum scores observed on the Basic need satisfaction and Motivation exceeding 170 points, which was supposed to be

the maximum possible score, this could indicate a problem with data entry or could indicate an issue with the scoring method. Before proceeding with any other data analysis, we would need to resolve the issues with these measurements. The minimum Burnout score was far lower than the minimum scores for the other sections of the test. The averages of the Basic need satisfaction and Motivation scores were very close and Burnout had the lowest average score of the four sections, but the higher standard deviation scores than Social support scores.

3.2 Pearson Correlation

Correlations

		Zscore (Motivation)	Zscore (Burnout)	Zscore (BasicNeed)	Zscore (SocialSupport)
Zscore(Motivation)	Pearson Correlation	1	-.420**	-.634**	-.117**
	Sig. (2-tailed)		.000	.000	.008
	N	512	512	512	512
Zscore(Burnout)	Pearson Correlation	-.420**	1	.470**	-.586**
	Sig. (2-tailed)	.000		.000	.000
	N	512	512	512	512
Zscore(BasicNeed)	Pearson Correlation	-.634**	.470**	1	-.107*
	Sig. (2-tailed)	.000	.000		.015
	N	512	512	512	512
Zscore(SocialSupport)	Pearson Correlation	-.117**	-.586**	-.107*	1
	Sig. (2-tailed)	.008	.000	.015	
	N	512	512	512	512

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

Table 2: Pearson Correlation

With the elucidation of Statistics Solutions, it can be administered that Correlation generally describes the effect that two or more phenomena occur together and therefore they are linked. Many academic questions and theories investigate these relationships. It is very important, however, to stress that correlation does not imply causation A correlation expresses the strength of linkage or co-occurrence between to variables in a single value between -1 and +1. This value that measures the strength of linkage is called correlation coefficient, which is represented typically as the letter r. The correlation coefficient between two continuous-level variables is also called Pearson's r or Pearson product-moment correlation coefficient. A positive r value expresses a positive relationship between the two variables (the larger A, the larger B) while a negative r value indicates a negative relationship (the larger A, the smaller B). A correlation coefficient of zero indicates no relationship between the variables at all. However, correlations are limited to linear relationships between variables. Even if the correlation coefficient is zero, a non-linear relationship might exist. By default, SPSS always creates a full correlation matrix. Each correlation appears twice: above and below the main diagonal. The correlations on the main diagonal are the correlations between each variable and itself which is why they are all 1 and not interesting at all.

The 10 correlations below the diagonal are what we need. As a rule of thumb, a correlation is statistically significant if it's "Sig. (2-tailed)" < 0.05 that based on N = 512 young football players and its 2 tailed significance, p = 0.000. The test for correlation tests the null hypothesis that r = 0 not whether or not there is a strong relationship and is highly influenced by sample size. With the interpretation of Ellen Marshall, it can be executed that for large samples, a weak correlation can be classified as significant. When writing up the p-value to identify the existence of a relationship and the correlation coefficient to measure the strength of the relationship, Pearson's correlation was carried out to look for relationships between the variables motivation, burnout, basic need satisfaction, and social support. There was significant evidence of a relationship between motivation and burnout (r = -0.420, p< 0.000), basic need satisfaction (r = 0.470, p < 0.000) and social support (r = -0.586, p < 0.00). Basic need satisfaction is moderately related to burnout and sharing weak association with other variables. There is evidence of negative relationship among burnout, motivation and social support, illustrating statistically significant with the model.

3.3 Process

Model = 4
Y = Burnout
X = Motivation
M = Basic need satisfaction

Sample size
512

Model Summary

R	R-sq	MSE	F	df1	df2	p
.6595	.4349	200.9673	195.8954	2.0000	509.0000	.0000

Model	coeff	se	t	p	LLCI	ULCI
constant	238.1028	4.8967	48.6249	.0000	228.4825	247.7231
motivation	-.5291	.0271	-19.5310	.0000	-.5823	-.4759

Outcome: Burnout

Model Summary

R	R-sq	MSE	F	df1	df2	p
.7735	.5983	73.7930	252.2547	3.0000	508.0000	.0000

Model	coeff	se	t	p	LLCI	ULCI
constant	87.9902	7.0500	12.4809	.0000	74.1395	101.8409
basic need	.1109	.0269	4.1308	.0000	.0582	.1637
motivation	-.2283	.0217	-10.5142	.0000	-.2709	-.1856

********** TOTAL EFFECT MODEL**********

Outcome: Burnout

Model Summary

R	R-sq	MSE	F	df1	df2	p
.7648	.5849	76.1218	358.5357	2.0000	509.0000	.0000

Model	coeff	se	t	p	LLCI	ULCI
constant	114.4070	3.0137	37.9625	.0000	108.4862	120.3278
motivation	-.2870	.0167	-17.2132	.0000	-.3197	-.2542

********* TOTAL, DIRECT, AND INDIRECT EFFECTS **********

Total effect of X on Y

Effect	SE	t	p	LLCI	ULCI
-.2870	.0167	-17.2132	.0000	-.3197	-.2542

Direct effect of X on Y

Effect	SE	t	p	LLCI	ULCI
-.2283	.0217	-10.5142	.0000	-.2709	-.1856

Mediator: Basic need satisfaction

Indirect effect of X on Y

Effect	Boot SE	BootLLCI	BootULCI
-.0587	.0101	-.0794	-.0400

Partially standardized indirect effect of X on Y

Effect	Boot SE	BootLLCI	BootULCI
-.0054	.0009	-.0072	-.0037

Completely standardized indirect effect of X on Y

Effect	Boot SE	BootLLCI	BootULCI
-.1241	.0204	-.1668	-.0855

Ratio of indirect to total effect of X on Y

Effect	Boot SE	BootLLCI	BootULCI
.2045	.0370	.1365	.2842

Ratio of indirect to direct effect of X on Y

Effect	Boot SE	BootLLCI	BootULCI
.2571	.0601	.1581	.3970

Normal theory tests for indirect effect

Effect	se	Z	p
-.0587	.0145	-4.0363	.0001

**********ANALYSIS NOTES AND WARNINGS **********

Number of bootstrap samples for percentile bootstrap confidence intervals: 5000
Level of confidence for all confidence intervals in output: 95.00
Note: Some cases were deleted due to missing data. The number of such cases was: 14

With the explanation of Elite Research LLC, it can be established that the first part of the output lists all variables in the analysis, indicating which is considered as a dependent variable (Y), independent variable (X) and mediator (M). The total sample size is also displayed, then a series of regression models are fitted, first predicting the mediator variable using the independent variable (step 2); then the dependent variable using both the independent variable and the mediator (steps 3 and 4); and finally the dependent variable using the independent variable (step 1). In this case, while the independent variable is a significant predictor for both the dependent and the mediator variables, it is no longer significant in the presence of the mediator variable; confirming the mediation effect. A measure for the indirect effect of X on Y is also presented after the regression models. In this case the effect size was -.0587, with a 95% confidence interval which did not include zero; that is to say, the effect was not significantly greater than zero at α = .05. In Step 1 of the model, the regression of motivation on burnout, ignoring the mediator, was significant, b = -.29, t (510) = -.29, p = <.001. Step 2 showed that the regression of the motivation on the mediator, Basic need satisfaction, was also significant, b = -.53, t(298) = 17.30, p = <.001. Step 3 of the mediation process showed that the mediator (Basic need satisfaction), controlling for motivation, was significant, b = -.35, t(509) = 2.79, p = .000. Step 4 of the analyses revealed that controlling for the mediator (Basic need satisfaction), motivation scores was not a significant predictor of burnout, b = .11, t(297) = 1.23, p =.000. A Sobel test was conducted and found full mediation in the model (z = -4.0363, p = .0001). It was generated that Basic need satisfaction fully mediated the rapport between motivation and burnout.

3.3 Moderated Regression Analysis

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	16460.298	1	16460.298	109.206	.000[b]
	Residual	76870.444	510	150.726		
	Total	93330.742	511			
2	Regression	54584.753	2	27292.377	358.536	.000[c]
	Residual	38745.989	509	76.122		
	Total	93330.742	511			

a. Dependent Variable: Burnout

b. Predictors: (Constant), Motivation

c. Predictors: (Constant), Motivation, SocialSupport

Table 3: ANOVA Table of Moderated Regression Analysis

With the interpretation of Discovering Statistics, it can be implemented that Analysis of variance (ANOVA) evaluates albeit the model is significantly constructive at predicting the outcome than using the mean as a 'best guess'. This table is set apart into two segments: one for each model. If the improvement due to fitting the regression model is much greater than the inaccuracy within the model then the value of F will be greater than 1 and SPSS calculates the exact probability of obtaining the value of F at least this big if there were no effect. F ratio of the ANOVA table illustrates the ratio of the improvement in the prediction that results from fitting the model, tests whether the overall regression model is a good fit for the data. The table shows that the independent variables statistically significantly predict the dependent variable. The above ANOVA table illustrates with the result $F(2,509) = 358.536$, $P < 0.001$, Model 2 (with moderator variable) is more significant rather than Model 1 (without moderator variable) which demonstrates $F(1,510) = 109.206$,$P < 0.001$. Thus, Model 2 trots out that the regression model is a good fit of the data.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.420[a]	.176	.175	12.27707	.176	109.206	1	510	.000
2	.765[b]	.585	.583	8.72478	.408	500.835	1	509	.000

a. Predictors: (Constant), Motivation

b. Predictors: (Constant), Motivation, SocialSupport

Table 4: Moderated Regression Analysis model summary

In this example, Model 2 with the interaction between motivation and burnout accounted for significantly more variance than just motivation and burnout by themselves, R^2 change = .408, p = .000, indicating that there is potentially significant

moderation between motivation and social support on burnout. With the interpretation of Discovering Statistics, it can be established that Model 1 refers to the first stage in the hierarchy when only motivation is used as a predictor, while Model 2 refers to the final model (motivation, burnout, social support if they end up being included). In the column labeled R are the values of the multiple correlation coefficient between the predictors and the outcome. When only motivation is applied as a predictor, this is the simple correlation between burnout and motivation (0.420). The next column gives a value of R^2, which is a measure of how much of the variability in the outcome is elucidated by the predictors. In the first model, its value is 0.176, which means that motivation accounts for 17.6% of the variation in burnout. However, for the final model (model 2), this value increases to 0.585 or 58.5% of the variance in burnout. Therefore, whatever variables enter the model in block 2 accounts for an extra (58.5-17.6) 40.9% of the variance in burnout scores (this is also the value in the column labeled R-square change but expressed as a percentage). The adjusted R^2 gives us some idea of how well our model generalizes and ideally, we would like its value to be the same or very close to the value of R^2. In this following table, the difference for the final model is a fair bit (0.585 – 0.583 = 0.002 or 2.0%). This shrinkage means that if the model were derived from the population rather than a sample it would justify approximately 2.0% less variance in the outcome.

4. Discussion

Participants were candidly fraternal that the survey engagements and maneuvers effectively structured and superintended in a glowing comportment. The research was based on motivation, social support and basic need satisfaction influence on burnout pertaining adolescent football players in Bangladesh. The research established that motivation and social support share confined relationship with burnout while basic need satisfaction reasonably correlated with burnout and all of three independent variables were brought out as statistically significant to the model which is subjected with collected data to have precision. The moderation of social support (used as moderator) screening detrimental moderated association between basic need satisfaction and burnout with significant p-value which illustrated when burnout proliferates, basic need satisfaction diminishes and juvenile football players collapse in complications.

Conversely, basic need satisfaction showed as exultant mediator between motivation and burnout as the concomitant divulged well fitted model with the data, therefore, mediation aided to condense burnout by waxing motivation towards young football players. Motivation is the action of constructive and downbeat efficacy, flourished by self and other objects, every maneuver of life approaches from motivational action which persuades people to do accurate or erroneous scrutiny and pronouncement construction. Different presidency has incompatible denouement by temperament to prescribe things with achievements or eminence ameliorations.

Positing adjudication in satisfactory circumstances supervises to institute inducible analysis and basis of the propitious phenomenon. Motivation is the connotation of craving, yearning of individual want; it betides when people are enthused to accomplish their desired aspiration. Motivation is the outcome of goal worth and absorption of longing. Intrinsic motivation is drawn by internal incentives which is subjected to hook up in a conduct which comes up from individual that is gratifying human by nature. Intrinsic motivation engages with personal performance by rewarding or by performing for oneself that pleases and encourages personally. It is a behavioral action that segments human from external rewards this what can be acknowledged only by own self, not by other substances.

Extrinsic motivation transpires when one is invigorated by external rewards or to flout chastisement, this is a deed which anticipates its upshot not as grail but as repercussion which is propelled to attain something which can be affluence, eulogize or superior livelihood. Amotivation crops up when the state of affairs be deficient in motivation, scarcity gain that brunts on young football players to relinquish from their sporting commotion who are not envisaging anything from their execution or their sports center. It materializes during fiasco or trouncing of efficacy which precipitated to frailty, timidity to persist by truncating intrinsic motivation and nevertheless, amotivation accrues gradually. Amotivation can mount from human etiquette, own effectuation and institution atmosphere. Basic need satisfaction is an ample milieu of human ambience to execute basic need, clamour in order to subsist idyllic and vigorous life. This is the pose of congenial aptitude which is the prerequisite of every juvenile football players that succors to surmount torment and supports to ascertain amity which is regarded as latent ease comprehending contentment, accomplishment, and rapture. Autonomy is the ascendancy of own pronouncement that is not distracted by other substances, it is the aptitude of making endemic assertion rather than others sway over one's own affair. Young football athletes when craft their own arbitrations independently without others interlude into their sports recital or sports prolongation is called autonomy, while Relatedness refers to pertinency which is associated with each other wholly or partly pivots on the demeanor that crops up in general, it is the sensitivity of tie-in that players undergo for their sports viability. In most cases, it is perceived as affiliation between two things that can be between human or can be between acts in which one player can comprehend his connexion towards his sports aptness, coach and the training surroundings. Competence is the knack of helving state of affairs with coherence, which is allied to having ample acquaintance, expertise and proficiency that facilitates adolescent players to act upon in spacious circumstances. It is a wherewithal to function plausibly in every single state that conducts to culminate passable comprehension of orchestrating the scenario well and regulates the status with perspicacity. Social support is the buttressing condition positioned by society that subsidizes to determine social bonding as well as endeavors to expunge burnout and soars impulsive spectrum amidst earthling stance and existing proviso. To linger with sports is not facile devoid of social support as it escorts and pilots to surmise pragmatic

and loiter with their decree apropos sports with optimistically. Burnout is the corollary of melancholic plight and deportment that hatched to be dovetailed with anguish. When young football players can't pull off their conjectured cynosure, they incline wretched from which burnout eventuates and augments which renders demotivational life circulation, disquiet, amotivation and extrication with life phase. In cessation, it can be advocated that each and every sports centre of Bangladesh can polish spurring domain for budding football players if they crave to obliterate burnout from players psychological stipulation, as sports player's demeanor is eminently imperative for their sports rendition and that can't be effaced by the players individually. The catalyst environs can be contemplated as incentive, decorum, eulogistic and it also indispensable to boast player's statement towards the training circumstances as rebuttal which is a salient strand to glean flattering predicament of sports training institute as well.

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