

An Assessment of Burnout Risk in Junior Rugby

We would like to invite your child to take part in our research study. Before you decide we would like you to understand why the research is being done and what it would involve for your child. If you have any questions after reading this information sheet, please contact Tim Lander (1landt67@solent.ac.uk) who will provide any further information that you require. Talk to others about the study if you wish. (Part 1 tells you the purpose of this study and what will happen to you if you take part. Part 2 gives you more detailed information about the conduct of the study).

What is the purpose of the study?

The project considers the motivational factors that encourage junior rugby players to persist in their participation, and factors which may increase the risk of “burnout”. Burnout is a physical and psychological condition whereby the individual suffers exhaustion, reduced sense of accomplishment and devaluation of their sport.

This is an undergraduate student dissertation project. The purpose of the study is to assess the risk of burnout amongst junior rugby players. The risk will be compared with measures of motivation to highlight any associations. Similar studies have been undertaken using adult rugby players and junior athletes from other sports, but no published studies exist within junior rugby. It is hoped that the findings will add to the body of information regarding adolescent burnout and encourage coaches and administrators to adjust their methods to reduce the risks to the young athletes within their influence.

Why has your child been invited?

Your child has been invited to take part because he is a junior rugby player at an academy within Hampshire. Other players from the academy have also been invited to take part in the study.

Does your child have to take part?

It is up to you and your child to decide to join the study. If you agree to allow your child to take part, we will then ask you to sign a consent form. The study will require your child to complete a questionnaire, either online or hand written. He will only have to answer the questions that he wants to answer. He is free to withdraw at any time, without giving a reason.

What will happen to your child if he takes part?

If you and your child decide to take part, he will need to complete the questionnaire at a time convenient to him. This will include questions about his rugby playing career, how he feels about playing and his motivation for playing the game. If there are questions that he would prefer not to answer, he is free to leave these questions out. Answering all of the questions is expected to take 10-15 minutes.

Once your child has completed the questionnaire neither you or your child will have any further involvement in the study.

What are the side effects of taking part?

We do not believe that there will be any side effects of participation.

What are the possible benefits of taking part?

We cannot promise that you or your child will get any direct benefit but the information we get from this study may help improve the methods used by coaches and administrators operating within junior rugby.

What if there is a problem?

Any complaint about the way you or your child have been dealt with during the study or any possible harm your child might suffer will be addressed. The detailed information on this is given in Part 2.

Will my child taking part in the study be kept confidential?

Yes. We will follow ethical and legal practice and your child's participation in the study will be handled in confidence. The details are included in Part 2.

If the information in Part 1 has interested you and you are considering allowing your child to participate, please read the additional information in Part 2 before making any decision.

Part 2 of the information sheet

What if there is a problem?

If you have a concern about any aspect of this study, you should speak to the researcher (Tim Lander, email: 1landt67@solent.ac.uk) who will do his best to answer your questions.

If you remain unhappy and wish to complain formally, you can do this via Scott Burnet, Chair of the HESS Ethics Committee, Faculty of Business, Sport and Enterprise at Southampton Solent University (Scott.Burnet@solent.ac.uk or on 02382 013000).

If harm is caused, appropriate redress and/or compensation should be available. Students are covered under the university insurance policy. In the event that something does go wrong and you are harmed during the project and this is due to someone's negligence then you may have grounds for a legal action for compensation against Southampton Solent University but you may have to pay your legal costs.

Will my child taking part in this study be kept confidential?

We will retain a record of the names of the participants in the study. Questionnaires will not be analysed individually. Answers to the questions will be collated and analysed on an aggregate basis.

The names of the participants will be stored securely in a password protected document held on a secure computer. The researcher and his project supervisor will be the only people with access to the document. Once the study is completed the document containing the names of the participants will be destroyed.

What will happen to the results of the research study?

The research report will not contain any names or details of individual participants. We do not intend to publish the results of the project. However, if you are interested in receiving a copy of the completed research report, please contact the researcher.

Who has reviewed the study?

All research from the University in the Health, Exercise and Sport Science Programme is looked at by the HESS ethics committee, to protect your interests. This study has been reviewed and passed. You will be given a signed copy of your consent form.

Further information and contact details

If you require any further information, please contact the researcher (Tim Lander, 1landt67@solent.ac.uk)