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**EXTENDED
ABSTRACT**

The Correlation Between Motivation and Burnout Among Runners in Nismilan Runners Club

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I. INTRODUCTION

Motivation is key to keeping athletes involved in their sport. However, the link between motivation and burnout is not well studied in community running groups. This study looks at the types of motivation affecting members of the Nismilan Runners Club. It also measures their burnout levels and explores the connection between these two aspects. The goal is to shed light on the mental strength and well-being of recreational runners.

II. METHODS

This is quantitative research, non-experimental study using a descriptive design with validated questionnaires, the Sport Motivation Scale-II (SMS-II) and Athlete Burnout Questionnaire, distributed online through Google Form. Participants from the Nismilan Runners Club filled out the structured surveys. Descriptive statistics assessed motivation types and burnout levels. Pearson correlation analysis examined the relationship between motivation and burnout.

III. RESULTS AND DISCUSSION

A. Motivation

Findings show that Identified Regulation ($M = 5.24$) and Integrated Regulation ($M = 5.21$) were the most common motivation types among runners. Amotivation was reported the lowest ($M = 3.09$). Intrinsic motivation types were consistently higher, indicating strong self-driven goals among participants.

TABLE I
DESCRIPTIVE ANALYSIS OF MOTIVATION

	Mean	SD	Rank
Identified Regulation	5.24	1.25	1
Integrated Regulation	5.21	1.33	2
Introjected Regulation	5.07	1.13	3
Intrinsic Regulation	5.04	1.17	4
External Regulation	5.01	1.71	5
Non-Regulation / Amotivation	3.09	0.97	6

B. Burnout

Burnouts indicated were low. Reduced Accomplishment had a mean score of ($M = 2.28$), which was slightly higher than Sport Devaluation at ($M = 2.20$) and Exhaustion at ($M = 2.12$). This suggests that, while burnout is present, its intensity is moderate. This may be due to strong intrinsic motivation and community support within the club.

TABLE II
DESCRIPTIVE ANALYSIS OF BURNOUT

	Mean	SD	Rank
Reduced Accomplishment	2.28	0.78	1
Sport Devaluation	2.20	0.87	2
Exhaustion	2.12	0.89	3

C. Motivation and Burnout

A strong negative correlation was found between motivation and burnout, $r = -0.651$, $p < 0.001$. This means that higher motivation, especially intrinsic motivation, greatly reduces the risk of burnout. These results support Self-Determination Theory and confirm that motivation plays a protective role in maintaining athletes' psychological well-being.

TABLE III
RELATIONSHIP BETWEEN MOTIVATION AND BURNOUT

Burnout	Motivation	
	Pearson's R	-0.65
Sig. (2-tailed)	<0.01	
N	173	

IV. CONCLUSIONS

This study confirms a strong inverse relationship between motivation and burnout among runners. As intrinsic motivation was at its peak, burnout levels remained moderate. Findings emphasize the strong impact of motivation on athlete wellness and the need to cultivate self-driven motivational elements in community-based sports programs.

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