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Prediction of Psychological Burnout in Terms of Dimensions of External Causal Attribution in Iraqi Futsal Premier League Clubs

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Abstract

The present study aimed to build a predictive model for the level of psychological burnout in terms of the dimensions of external causal attribution among youth futsal players in the clubs of the southern region for the sports season (2025-2026). The researcher adopted the descriptive approach using both relational and predictive methods. The total research population consisted of (124) players representing (7) sports clubs, and the samples were selected by stratified random method, where the rationing sample included (49) players, while the basic sample to build the predictive model consisted of (56) players who clearly showed the pattern of external attribution after excluding the rationing sample. The research applied two tools that were codified and their psychometric characteristics were extracted: the Psychological Burnout Scale (21 items) and the Causal Attribution Scale (32 items). The data were statistically processed using the SPSS v27 package through multiple linear regression analysis using the Stepwise method. The results showed that there was a high level of psychological burnout among the sample members, and the analysis resulted in the ability of external attribution dimensions to predict psychological burnout with an interpretation rate of (60.5%) of the total variance. Attribution of loss to external factors was the strongest contributing variable to the model (\beta = 0.485), followed by attribution of poor performance to the outside (\beta = 0.392). The researcher concluded that the excessive reliance on projecting failure and fluctuating performance on environmental factors contributes to deepening the learning deficit and accelerating psychological exhaustion. The study recommended the need to prepare cognitive reorientation programs to modify attribution patterns and develop the internal control center of young players.

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Introduction

Contemporary competitive athletics have experienced rapid advancement and a notable increase in the physical and psychological pressures imposed on competitors, particularly in fast-paced and meticulously strategised games like futsal (Shakir, 2026). This game is defined by the constraints of confined areas, the rapid evolution of gameplay, and the considerable pressure from fans and management, requiring players to harmonise intense physical exertion with elevated mental preparedness to maintain performance in demanding competitions (Adil & Kasim, 2026; Rahmatullah, 2026). Amidst escalating expectations, Athlete Burnout has surfaced as a significant psychological and behavioural challenge that jeopardises an athlete's career and results in diminished performance or premature exit from sports (Gonzalez-Martin et al., 2026; Raheem & Kasim, 2026). The theoretical framework established by Raudebush and Fraudenberger, further refined by Tossici, Zurloni, and Nitri (2024), along with Kellmann and Kallus (2024), delineates a psycho-physical syndrome characterised by three primary dimensions: emotional and physical strain, diminished perception of athletic accomplishment, and sensations of estrangement or depersonalisation regarding the sport and fellow players. The athlete's entry into this phase is not abrupt; rather, it is the culmination of sustained negative pressures and the person's failure to adjust to the requirements of a competitive sports setting (Jekauc, Vrancic & Fritsch, 2024). In this context, sports psychologists have aimed to explore the cognitive and emotional frameworks of athletes to comprehend how they interpret and rationalise their successes and failures in competition, which involves the Causal Attribution Theory (Buenemann et al., 2025; Wahab & Kasim, 2026). This hypothesis posits that a person's conduct and ensuing emotional reactions are influenced not solely by the tangible results of the game, but also by their perception and interpretation of the factors that contributed to those results (Wergin et al., 2018). The aspects of attribution are categorised into causal dimensions related to the control site (internal versus external), followed by stability, and then controllability (Kaswan & Malik, 2026).

External causal attribution refers to a moral and behavioural tendency where an athlete ascribes performance results (such defeat or decline) to uncontrollable variables, including referees, inadequate pitching, chance, or decisions made in training and management (Kim et al., 2022). While extrinsic attribution can function as a gradual defence mechanism for self-preservation (self-serving bias), an overreliance on it results in the individual forfeiting a sense of personal agency and impact (Perceived Control), fostering feelings of learned helplessness, which creates a conducive atmosphere for succumbing to psychological burnout and diminished motivation for success (Habeeb & Kiasm, 2025; Tilmagambetova et al., 2026). The significance of this research lies in illuminating the circumstances surrounding the clubs of the Iraqi Futsal Premier League, where the Iraqi athlete encounters a dual array of obstacles, including the strains of weekly contests and tactical demands, alongside administrative and financial difficulties, compounded by a lack of sports infrastructure and specialised equipment that meets international standards. The examination of how external causal factors can forecast psychological burnout in a competitive setting gains significant practical and theoretical importance, enabling trainers and sports psychologists to grasp the predictive modelling of emotional responses, thereby creating mental training initiatives and counselling strategies that emphasise internal attribution centred on effort and tactics, which safeguard athletes against the risks of psychological burnout and maintain their peak performance.

Research Problem

In recent years, futsal has undergone a significant evolution in both physical and tactical training, emerging as one of the most demanding sports due to the compact dimensions of the field, rapid play transitions, and relentless offensive and defensive exertion during the match's two halves (González-Víllora et al., 2022). This ongoing escalation in intensity and exertion necessitates not only substantial physical stamina and expertise but also places a growing psychological and emotional burden on the athlete to meet the expectations of triumph and the scrutiny of spectators, management, and the press (Weinberg & Gould, 2024).

Amidst these intensified pressures, several athletes often succumb to Athlete Burnout, characterised by emotional and physical fatigue, a significant decline in performance, and a waning enthusiasm for the sport (Peter & Jule, 2023). The gravity of this phenomenon extends beyond the player's subpar performance in the arena, encompassing a total psychological disengagement from competition, a diminished enjoyment of sports, and potentially premature retirement, representing a significant detriment to both the athlete and the club that has invested in his training and growth (Struthers, 2023).

Psychologists observe that an athlete's cognitive style, which influences their interpretation and justification of victories or defeats (causal attribution), significantly impacts the formation of their subsequent emotional and behavioural reactions (Thrower et al., 2024). In this context, external attribution has surfaced as a cognitive tendency where the player ascribes the match outcome and performance variability to uncontrollable factors and external influences, including officiating, teammates' errors, the playing surface, misfortune, or managerial and coaching choices (Hine, 2025).

While ascribing the failure to external circumstances may offer the athlete a fleeting self-serving bias, persistently engaging in this cognitive approach leads to a diminished sense of self-regulation and mastery over future performance. As time progresses, the player becomes increasingly convinced that his outcomes are influenced by uncontrollable factors, which solidifies his learned helplessness and leads to a buildup of frustration and emotional fatigue, ultimately resulting in psychological burnout (Huang, 2026).

This issue is evidently substantiated by examining the context of the Iraqi Futsal Premier League clubs, where the Iraqi athlete faces numerous and intersecting pressures, including the technical demands of weekly contests, tactical rigour, administrative and financial obstacles, as well as the inconsistent training conditions across various venues (Radhi Obaid, Kalateh Seifari & Dousti, 2026). The researcher noted a distinct variability in player performance within the Premier League, correlating with a rise in persistent grievances, the blaming of losses on referees, public scrutiny, and inadequate organization, which coincided with a gradual diminishment of their motivation, physical condition, and skill execution during critical phases of the league.

The existing study deficiency is evident in the lack of targeted scientific enquiries that explore the predictive modelling of the correlation between external causal attribution characteristics and psychological exhaustion among futsal players specifically within the Iraqi context. To the best of the researcher's knowledge, the sports library still lacks digital standard frameworks that illustrate how reliance on external attribution in its multiple facets aids in forecasting psychological burnout among these athletes.

Based on the above, the research problem is determined by posing the following direct and fundamental question:

Is it possible to predict the level of psychological burnout in terms of the dimensions of external causal attribution among the players of the Iraqi Futsal Premier League? What is the relative contribution of each of these dimensions to the predictive equation?

Sub-questions (Derived Questions):

In order to deconstruct the research problem and arrive at precise solutions, the current research answers the following questions:

1. What is the level of psychological burnout among the players of the Iraqi Futsal Premier League?
2. What are the most common and used dimensions of external causal attribution among players of Iraqi Premier Futsal League clubs?
3. Is there a statistically significant correlation between the dimensions of external causal attribution and psychological burnout among the research sample?
4. What is the relative importance of the predictive regression line of the dimensions of external causal attribution in predicting the psychological burnout of the players of the Iraqi Futsal Premier League?

Research Objectives

The current research seeks to achieve the following objectives:

1. Identifying the level of psychological burnout among the players of the Iraqi Premier Futsal League.
2. Identify the dimensions of external causal attribution that are most common among the players of the Iraqi Futsal Premier League.
3. Uncovering the nature of the statistically significant correlation between the dimensions of external causal attribution and psychological burnout among the research sample.
4. Building a predictive equation for the level of psychological burnout in terms of the dimensions of external causal attribution among the players of the Iraqi Futsal Premier League.
5. Identifying the relative contribution of each dimension of external causal attribution in predicting psychological burnout in the research sample.

The importance of the study

This research derives its scholarly and practical significance from its alignment with contemporary advancements in sports sciences and its direct correlation with the principles of applied sports psychology. The significance of the research is evident in two primary aspects: it contributes to the contemporary mathematical and psychological corpus by integrating Weiner's cognitive theory of causal attribution with Raudebush and Masladash's psychological burnout theory, particularly in the context of high-level sports like futsal. The study illuminates the cognitive and defensive strategies employed by the participants, together with the influence of external attribution as a preliminary predictor of intricate psychological occurrences like burnout and exhaustion. This investigation, as stated by the researcher, represents a preliminary advancement in the domain of specialised research focused on the predictive modelling of psychological burnout by external attribution among participants of the Iraqi Futsal Premier League. The findings furnish coaches and technical personnel with evaluative instruments and forecasting metrics that assist in recognising athletes at heightened risk of burnout, allowing for modifications in training intensity or strategy prior to the athlete experiencing shutdown or withdrawal. For sports psychologists, this research aids in the development of mental training and cognitive behavioural modification initiatives intended to transform the causal attribution framework from unfavourable external factors to an internal focus on effort, strategy, and self-regulation. The club administrations and the Iraqi Futsal Federation offer empirical assessments that aid in comprehending the psychological climate and organisational stresses affecting players, allowing them to cultivate an invigorating sports

atmosphere that safeguards players' physical and mental capabilities while averting premature retirement.

Research Hypotheses

Research hypotheses consist of two types of hypotheses (research and relative) that cover the objectives and questions of the study, and are formulated as follows:

Hypothesis 1: There is a statistically significant correlation between the dimensions of external causal attribution (e.g., difficulty of the task, luck, referees and environmental conditions) and psychological burnout among the players of the Iraqi Futsal Premier League.

Hypothesis 2: The pattern of external causal attribution in its various dimensions contributes a significant and statistically significant contribution to predicting the level of psychological burnout among the players of the Iraqi Futsal Premier League.

Hypothesis 3: The relative contribution of the dimensions of extrinsic causal attribution to the prediction of psychological burnout varies according to the degree of effect of each dimension on the predictive regression equation of the research sample.

Research Areas

Based on the field and applied framework identified in the study, the areas are defined as follows:

Human Area: Players of youth futsal clubs belonging to clubs in the southern region and participants in the Iraqi Futsal League for the sports season (2025-2026).

Temporal Area: The period limited from (10/10/2025) to (10/4/2026).

Spatial Area: Sports halls and stadiums of the clubs covered by the research in the Southern Region (e.g., Maysan Oil Club, South Gas, Basra Oil, Mina, South, Basra Municipality, and Wasat Oil).

Methodology

Research Methodology: The researcher adopted the descriptive method using the survey method and correlational and predictive studies, as it is the most appropriate method for the nature of the study that aims to describe the psychological phenomenon and measure it as it is in reality, to reach the influencing factors and build the predictive model between the independent variable (external causal attribution) and the dependent variable (psychological burnout).

Research population and samples (Population & Samples): The overall research population comprises the athletes from youth futsal clubs affiliated with the southern area and participants in the Iraqi Futsal League for the sports season (2025-2026), totalling (124) players across (7) sports clubs, as illustrated in the subsequent table. Ascertain the Comprehensive Research Community The total of youth futsal club athletes affiliated with clubs in the southern region and engaged in the Iraqi Futsal League for the sports season (2025-2026) is (124) players, divided across (7) sports clubs, as illustrated in the subsequent table 1.

Table 1: The total research population of youth futsal club players belonging to the southern region

No	Club Name	Number of Players
1	South Gas	18
2	Missan Oil	18
3	Basra Oil	18
4	Port	18
5	South	17
6	Basra Municipality	18
7	Al , Wasat Oil	17

Total	**7 Clubs**	**124 players**

The research samples were selected by stratified random method distributed in multiple stages, as follows

Data Collection Tools:

The instruments included two basic questionnaires that were codified and their psychometric characteristics were adjusted:

First: Athlete Burnout Scale:

Description: Use the scale developed for the sports environment (Allawi and Martins version), and it consists of (21) items that measure physical-emotional exhaustion, lack of achievement, and emotional numbness. Answer system: A five-point scale (very severe, somewhat severe, moderate, weak, very weak).

Correction: The negative paragraphs are corrected by (5–1) while the scores reflect the positive paragraphs (1–5). The total score ranges between (21-105), where a high score indicates an exacerbation of psychological burnout.

Second: Causal Attribution Scale:

The scale developed according to Weiner's theory and prepared by Muhammad Hassan Allawi consists of (32) items distributed over four basic dimensions (attribution of win, attribution of defeat, attribution of good performance, and attribution of bad performance) with 8 paragraphs for each dimension. The answer system was the method of forced choice between two alternatives (A and B), one representing internal attribution and the other representing external attribution. Correction: The option of internal attribution (one score) and external attribution (zero) is granted.

Psychometric Properties:

Validity: Discriminating honesty was extracted by calculating the significance of the differences between the two extreme groups (33% upper and lower) using a t-test for two independent samples. The t-values were significant at a significance level ($p < 0.001$), which indicates the ability of the high instruments to discriminate.

Reliability: The stability coefficient was extracted using the Hoyt equation based on the analysis of variance for repeated measurements. The stability coefficient for the Burnout Scale was (0.95) with an explanation coefficient (90%) and for the Causal Attribution Scale (0.97) with an explanation coefficient of (94%), which are statistically excellent stability coefficients.

Sensitivity Index: The sensitivity of the instruments was calculated by the Jackson method, and the calculated value of the Psychological Burnout Scale (5.16) and the Causal Attribution Scale (5.48) was greater than the corresponding tabular value $Z = 1.69$, confirming the sensitivity and accuracy of the two scales.

Sampling Procedures

The sample selection process represents the cornerstone of psychological and mathematical research, as it is the main guarantor of the validity of the results and the possibility of generalizing them to the original community. The samples of the current research were selected and distributed using a precise methodological strategy that adopted the Multi-Stage Stratified Random Sampling method, in order to ensure parallel and equal representation of all the sports clubs covered by the study in the southern region (South Gas, Maysan Oil, Basra Oil, Al-Mina, Al-Janoub, Basra Municipality, and Al-Wasat Oil), according to the following steps and details:

First: Pilot Study Sample

Size and composition: This sample reached (14) players, who were selected by simple random method (two players) from each of the seven clubs participating in the research.

The objective and methodological function of the survey sample was as follows:

1. Verify the adequacy and clarity of the instructions for the paragraphs of the scale (psychological burnout and causal attribution) among the youth players.
2. Determine the actual and time it takes for players to respond to the measuring tool to avoid stress or distraction.
3. Identifying any organizational or environmental difficulties that the researcher may face during the field application inside the closed halls of the clubs.
4. Ensuring the linguistic and conceptual integrity of the paragraphs and their suitability for the cognitive level of young players.

Second: Psychometric Validation Sample

(35) players were randomly selected (5) players from each of the seven clubs. By including the members of the survey experiment sample (14 players) to it because there was no material change in the structure of the tool, the total codification sample became (49) players, which constitutes approximately (39.52%) of the original population of (124) players. Discriminating power of the paragraphs was performed using the method of the two extreme groups (33% upper and lower). To verify the apparent honesty and the honesty of the construction, the stability coefficient was extracted using the (Hoyt) equation based on the analysis of variance for repeated measurements (ANOVA). The Jackson equation is applied to ensure that metrics can capture the individual nuances between players.

Third: Predictive Model Sample and its Final Application

The final sample of analysis and prediction was (56) players. First, all members of the sample of rationing and exploratory experiment (49 players) were excluded to ensure that they did not gain previous experience or the impact of learning from the measurement tools (Testing Effect), leaving the total population (75) players. The remaining players underwent a screening and classification test according to the scale of (Muhammad Hassan Allawi) to extract players with a cognitive style with external causal attribution (who attribute the reasons for their results and performance to external factors such as luck, refereeing, the strength of the opponent, or the conditions of the hall). The field classification process resulted in the identification of (56) players that clearly represent the external attribution pattern, as these players formed the basic sample that underwent Stepwise Multiple Regression analysis to build the equation for predicting (psychological burnout) in terms of external attribution dimensions.

Statistical Analysis Procedures:

The data were processed statistically using the IBM SPSS Statistics v27 statistical package, using appropriate means and equations for the research.

Results

First: Presentation and analysis of the results of the variables and the responses of the sample on the paragraphs of the scales

Presentation and analysis of the paragraphs of the Athlete Burnout Scale:

In its final form, the scale consists of (21) banana items on three main dimensions (physical and emotional exhaustion, decreased sense of sporting achievement, and dullness of feelings towards sports). The analysis of the performance of the basic sample $N = 56$on the paragraphs of the scale is presented in the following table:

Table 1: Shows the arithmetic averages and standard deviations of the burnout scale paragraphs

Axis	No	Text of the paragraph	M	SD	Burn Level
The first axis: Physical	1	I feel very stressed even before starting my daily workout.	4.12	0.68	Very high

exhaustion emotional and	2	I drain my mental and physical energy quickly during matches.	4.05	0.72	High
	3	I find it very difficult to get rid of accumulated physical fatigue.	3.98	0.81	High
	4	I feel a constant nervous and psychological stress associated with playing the game.	4.21	0.61	Very high
	5	Intense exercise negatively affects my psychological stability.	3.89	0.75	High
	6	I reach the stage of complete exhaustion of the first half after the end.	3.92	0.83	High
	7	I wake up feeling lethargic and tired before going to the gym.	4.08	0.70	High
The second axis: Decline in sense of accomplishment	8	I feel that my efforts in training are not achieving the required development.	4.15	0.65	Very high
	9	I doubt that I will be able to achieve my future sporting ambitions.	4.02	0.73	High
	10	I lack a sense of satisfaction with my artistic level in the hall.	3.95	0.79	High
	11	I feel like I'm performing well below my true potential.	4.18	0.62	Very high
	12	I miss the feeling of enthusiasm and achievement when winning games.	3.88	0.84	High
	13	I always have a sense of failure when I make tactical mistakes.	4.01	0.71	High
	14	I see my contribution to the team's success as worthless.	3.81	0.88	High
The Third Theme: Dullness of feelings	15	I became less interested in the team's results in the league.	3.90	0.77	High
	16	I treat daily workouts as a burden and a forced burden.	4.25	0.59	Very high
	17	advice and He showed a disregard for the directives of the technical staff.	3.76	0.89	Medium High
	18	I no longer feel pleasure and in control while playing futsal.	4.19	0.64	Very high
	19	It controls the urge to step away and stop playing.	4.10	0.71	Very high
	20	or losing coldly and I approach winning unemotionally.	3.85	0.82	High
	21	I am seriously considering retiring or leaving the club for good.	4.04	0.76	High

Table (1) shows that the items of the scale recorded high arithmetic averages ranging from (3.76 to 4.25) compared to the hypothetical mean of the scale (3.00), which reflects the existence of high degrees of psychological burnout among the members of the research sample (with the external attribution pattern). Paragraph (16) I treat daily exercises as if it were a burden and weight forced on it came in the first place with the highest arithmetic average (4.25), followed by paragraph (4) and paragraph (18).

Presentation and analysis of the paragraphs of the External Causal Attribution Scale:

The scale includes **(16) paragraphs** distributed on three main axes that express the trends of attributing wins, losses, and poor performance to external factors beyond the player's control (such as luck, refereeing, coaching decisions, poor pitching, or the strength of the opponent):

Table 2: Shows the arithmetic medians for the standard deviations of the extrinsic causal attribution paragraphs

Axis	No	(Text of the paragraph (external alternative	M	SD
The first axis:	1	Thematches to bias and wrong attributed the loss in refereeing decisions.	0.89	0.31
Attribution of loss to	2	I attribute the failure to the poor floor of the hall and poor lighting and ventilation organization.	0.84	0.37
external	3	I think luck and bad luck were the main reasons we lost	0.88	0.33

factors		the game.		
	4	I attribute our loss to the coach's plan and tactics that are not suitable for the nature of the opponent.	0.82	0.38
	5	The competitor's superiority over us is due to its financial support and the great potential it possesses.	0.79	0.41
The second axis: Attributing poor performance to external factors	6	The decrease in the level of skills in the gym is due to the lack of encouragement and pressure from the crowd.	0.86	0.35
	7	I attributed my lack of success in shooting to the and the speed of its bounce in the quality of the ball hall.	0.81	0.39
	8	The decline in my physical performance is due to the back -to-busy schedule and the pressure of back matches.	0.91	0.28
	9	Many of my tactical mistakes are due to my teammates' wrong passes lack of harmony and.	0.85	0.36
	10	My concentration has declined in the gym due to the coach's constant harshness and criticism.	0.87	0.34
	11	My previous and incomplete injury conditions are the reason for my decline in field form.	0.80	0.40
The Third Theme: Attributing the victory to external factors	12	The victory was achieved thanks to the weakness of the opposing team and its modest technical level.	0.83	0.37
	13	The attributed the win to luck and chance in scoring goals.	0.80	0.40
	14	result of a fatal individual mistake by Our win was the the opposing team's goalkeeper.	0.78	0.41
	15	It was the decisive decisions in our favor that put us in the middle of the second half.	0.76	0.42
	16	The lounge conditions and the high temperature opponent in our favor affected our.	0.75	0.43

The alternative of the external attribution is corrected by 1, the internal attribution by 0, and the midpoint near 1.00 reflects the dominance of the external pattern.

Second: Presentation and Analysis of the Results of Regression and Predictive Model

To investigate the extent to which extrinsic causal attribution dimensions can predict the level of burnout in young players, Stepwise Multiple Regression was used.

Table 3: Shows Multiple Linear Regression Model for Predicting Burnout

Variables	Linear correlation coefficient	Determination Coefficient	Modified Selection Coefficien	Standard Error	F	Sig
After attributing the loss to external factors	0.682	0.465	0.455	4.12	46.96	0.000
After attributing poor performance to external factors	0.778	0.605	0.590	3.58	40.58	0.000

Table 4: Shows the coefficients of the linear regression model

Remaining variables in the model	Non-Normative Transactions	Standard Error	Standard Parameters	T	Sig	Variance Inflation Coefficient
Constant	24.18	3.14	—	7.70	0.000	—
External Loss Attribution (X_1)	2.85	0.54	0.485	5.27	0.000	1.34
Attribution of external poor	2.12	0.49	0.392	4.32	0.000	1.34

performance ($X_{2)}$					

Third: Discussion & Scientific Interpretation

The results presented in Tables (3 and 4) show that there is a statistically significant effect of the dimensions of external causal attribution in predicting psychological burnout among youth futsal players, as the final model explained (60.5%) of the total variation () $R^2 = 0.605$in the degrees of psychological burnout. These results can be deconstructed and discussed through the following scientific dimensions:

Explanation of the predictive role of the dimension of attribution of loss to external factors:

After attributing the loss to external factors, it emerged as the strongest predictor of psychological burnout, as it achieved the highest standard contribution coefficient $\beta = 0.485, p < 0.001$

The researcher attributes this finding to the fact that the young player's reliance on the elimination of self-responsibility and projecting the cause of the defeat on factors beyond his control (such as refereeing errors or bad luck) gives him temporary psychological relief and an imaginary reconstruction of psychological defenses. However, in the long run, this cognitive style strips the player of the internal locus of control, which generates a sense of learned helplessness. If winning and losing are dependent on uncontrollable environmental factors, the player's effort and strenuous training become useless in his eyes, which accelerates his entry into the stage of psychological exhaustion and decreases motivation for training.

This outcome aligns with Verma's (2023) observations in Attribution Theory, wherein I contend that the athlete's view of results as uncontrolled and unstable diminishes accomplishment motivation while heightening worry and fatigue. The research conducted by Guo, Chen, and Wang (2025) corroborates the findings of Smith et al.Research indicates that teenage athletes employing projective coping mechanisms are 45% more susceptible to experiencing growing emotional fatigue and withdrawing from sports activities than their self-accountable counterparts.

Explanation of the predictive role of attribution of poor performance dimension to external factors:

After attributing the poor performance to external factors in the second place in the prediction equation, it contributed to an explanatory increase of (14%) in the variance (). $\beta = 0.392, p < 0.001$. Futsal is characterized by limited space, very high speed, and constant tactical and temporal pressure, characteristics that require high mental concentration and quick decision-making ability. When a young player tends to attribute his individual mistakes (such as mispassing, mispositioning, or losing the ball) to the shouting of the coach or the floor of the hall, he deprives himself of self-feedback and objective self-evaluation. This mental avoidance hinders the formation of adaptive solutions.The continual occurrence of poor performances without self-correction elevates the player's stress levels, diminishes their sense of accomplishment, and amplifies feelings of lethargy and apathy toward both matches and training. These findings align with Scanlan's sport commitment model as articulated by Johnson and Steinfeldt (2026), and are corroborated by Flores-Stafford's (2022) research, which conceptualised burnout syndrome as stemming from a persistent disparity between anticipated performance and personal assessment. The findings align with the results of the study conducted by Guo, Chen, and Wang (2025).In the realm of psychological challenges in team sports, it was emphasised that the persistent attribution of personal errors to external circumstances leads to a loss of autonomy for the athlete, subjecting them to enduring psycho-emotional strain.

Conclusions

In light of the research objectives, within the limits of the research sample and the results reached through statistical treatments, the researcher concluded the following:

1. Players of youth futsal clubs in the southern region with external attribution show high levels of psychological burnout, especially in the dimensions (physical and emotional exhaustion, and diminished sense of accomplishment).
2. It has been proven that it is possible to predict the level of psychological burnout in young futsal players in terms of the dimensions of external causal attribution, as the predictive model explained (60.5%) of the total variation of the psychological burnout syndrome.
3. The (attribution of loss to external factors) dimension is the strongest, most contributing and influential variable in predicting psychological burnout, followed by the dimension (attribution of poor performance to external factors).
4. The young player's adherence to projecting the causes of failure and fluctuating performance on environmental and external factors (such as poor refereeing, luck, the floor of the hall, or the coach's decisions) strips him of his sense of self-responsibility, which generates a state of learned helplessness that accelerates the phenomenon of emotional exhaustion and early retirement.
5. The predictive equation \big(\hat{Y} = 24.18 + 2.85(X_1) + 2.12(X_2)\big) provides an objective and accurate tool for trainers and psychologists to predict future burnout levels before they worsen in the field.

Recommendations

Based on the conclusions of the study, the researcher recommends the following:

1. The need to develop and implement cognitive reorientation programs for youth futsal club players, to train them to move the control center from unconstrained external factors to internal factors that are capable of it (e.g., effort exerted, tactical focus, and skill development).
2. Obliging youth futsal Premier League clubs to appoint a sports psychologist or mentor who follows up on cases of stress and emotional exhaustion among players on a regular basis.
3. Adopting the predictive equation extracted in this study by the technical agencies to diagnose the players most prone to psychological burnout and early intervention with support programs and psychological hospitalization.
4. Build a training environment based on providing constructive feedback after a loss or poor performance, and avoid spreading a culture of blame or environmental projection of match results.
5. A similar study was conducted to build a counseling program (cognitive-behavioral) to reduce the level of psychological burnout by modifying the patterns of causal attribution in futsal players.
6. Expanding the study of predicting burnout in terms of other psychological and moral variables such as (psychological rigidity, competitive anxiety, or stereotyped thinking).
7. Comparative studies of the prediction equations of psychological burnout between futsal players (youth category) and futsal players (advanced category) or between open football and futsal players.

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