THERE’S NO CRYING IN SPORTS JOURNALISM: A QUALITATIVE STUDY ON REPORTER BURNOUT

By Eduardo Gonzalez

Dr. Earnest Perry, Project Supervisor

Abstract

This research set out to investigate the causes of burnout in sports journalism.

Sports journalists working in a mid-sized market in the Midwest were the primary focus for this research. The age and gender of the participants was not considered. A total of eight sports journalists participated in semi-structured interviews that lasted approximately 30 minutes each.

The interview transcripts support prior research findings that balance is essential for journalists to remain in a positive state while doing their jobs and avoid burnout; however, this study does not provide a definitive solution to avoid falling victim to burnout, due to differing circumstances for each individual.