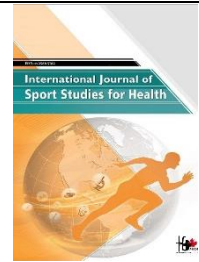


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Journal Homepage



Hydration Status and Self-Esteem as Predictors of Athlete Burnout: A Cross-Sectional Study

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1. Round 1

1.1 Reviewer 1

Reviewer:

The introduction lacks a clear statement of the research problem. Adding a sentence explicitly stating the gap in the literature this study addresses would strengthen the introduction.

The citation (Adisa et al. 2019) is repeated twice in the same context. Ensure that each citation is unique or provides a distinct contribution to avoid redundancy.

The discussion section should link findings more explicitly to existing literature. For example, when mentioning the impact of gendered roles on emotional development, compare your findings with specific studies in the field.

Consider expanding on the practical implications of the study's findings. How can policymakers or educators use this information to promote gender equality in parenting? Provide concrete recommendations.

The conclusion reiterates the study's findings but could benefit from a stronger emphasis on future research directions. Suggest specific research questions or methodologies that could further explore this topic.

The discussion should address any potential biases introduced by the researchers' own perspectives or experiences. Reflect on how the researchers' backgrounds might have influenced the interpretation of the data.

Although you discuss some limitations, there is room for a more thorough analysis. For instance, consider discussing how the reliance on self-reported data might have introduced bias.

Author revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Reviewer:

The sample size of 33 participants is relatively small for qualitative research on such a broad topic. Justify why this sample size is sufficient and discuss any potential limitations this might impose on the generalizability of the findings.

The description of semi-structured interviews could be enhanced by including examples of specific questions asked during the interviews. This will provide a clearer picture of how data was gathered.

The table summarizing thematic analysis results should include brief descriptions of each theme and subcategory for clarity. This will help readers understand the nuances of each finding without referring back to the text.

The statement "Fathers were typically seen as breadwinners while mothers were primary caregivers" is a broad generalization. Include specific quotes from participants to illustrate this point and add depth to the analysis.

Detail the ethical considerations undertaken during the study, such as informed consent and confidentiality measures. This will enhance the transparency and ethical rigor of the research.

Ensure that all references are up-to-date and relevant to the study's focus. Some references, such as Lundberg (2005) and Dahl & Moretti (2008), might be considered outdated. Consider including more recent studies to support your arguments.

The sentence "Through this exploration we hope to inform policies and practices that support more equitable and beneficial parenting approaches" is somewhat vague. Specify which policies and practices you aim to influence.

The statement "Boys were often encouraged in sciences and girls in humanities" should be backed by more detailed findings. Provide specific examples from the data to illustrate these gender biases.

Explain why NVivo software was chosen for data analysis and how it was used in the thematic analysis process. This will help readers understand the methodological rigor of your approach.

Author revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.