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THE PSYCHOLOGICAL WELL BEING AMONG RETIRED WOMEN SPORTS PERSON

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ABSTRACT:

Psychological well being (PWB) is quite similar to other terms that refer to positive mental states, such as happiness or satisfaction, and in many ways it is not necessary, or helpful to worry about fine distinction between such terms. If I say that I'm happy, or very satisfied with my life you can be

pretty sure that my psychological wellbeing is quite high.

Elite athletes lead exceeding complicated lives. When living under conditions of high demand and all static load, happiness may be seriously endangered. Even though many athletes initially feel relief after finishing their athletic career, some of them still suffer depressed mood. The aim of the study was to assess the level of happiness or well being between active and retired elite women athletes.

Keeping above points in view researcher made an attempt to study psychological well being among retired women and Active women sports person. The objective is to study the well being of the retired women sports person using psychological well being questionnaire (developed by Bhogle and Prakash 1994).

A comparison was made between 30 retired women sports person (presently not involving in any kind of physical activity or sports) and 30 Active women sports person (actively involving in physical activity or any team and individual sports) on psychological well being. The sample selected randomly from Kanteerava stadium Bangalore city, and Mangala stadium Mangalore stadium Mangalore, Karnataka. The age range of the sample is 60 years and above.

The obtained results of the study showed that there is a difference in the psychological well being of retired women and Active women sports person. It was concluded that there is a difference between retired women sports person and active sports person. Reason could be Active women were practicing sports regularly as compared to retired women sports person.

KEYWORDS: Psychological wellbeing, Retired women sports person, Active women sports person.

INTRODUCTION

Practicing sports is often seen by the players as an appointment of life. Striving for

is associated with the development of talent, self-realization, which can provide the player with a sense of accomplishment.

The discovery of one's passion life, a total commitment in the work providing satisfaction and a sense of competence

determinant of happiness (Csikszentmihalyi, 1999). The level of happiness may vary depending on various factors. They are largely determined by international activity associated with the ability to impact one's life in a way that it provides high degree of satisfaction with

victory, success and excellence | experienced on regular basis is a | fulfilling the goals (Jasielska & Jarymowicz, 2012). By working on can provide life with value and meaning and enrich with additional sources of positive emotions, which in turn increases the level of their own happiness (Sheldon & Lyubomirsky,2006). Participation in sports thus appears to be the ideal way to achieve a high level of happiness or welfare.

Analyzing the psychological aspects we must, however, pay attention to positive and negative emotions associated with practice of competitive sports. The positive may include satisfaction with the performance, contentment, pleasure, but athletes also often experience negative feelings, such as stress of competition or pressure on the result, fear (most often of failure), and sadness. Certainly, satisfaction with the appearance of athletic body and overall physical fitness is an important part of subjective feeling of well being. Well being may also be significantly influenced by interpersonal relationships. In sports groups, positive relationship is most commonly observed. This is very important because the appropriate system of relations in a team allows to achieve a common goal and it has an impact on individual or team satisfaction (gracz & Sankowski 2007). Of course, athletes achieve satisfaction and happiness, not only in sports, and thanks to it, but also in everyday life. Recognition of the various factors that have an impact on the welfare of the athletes is a very interesting research task, which is why we have chosen such a subject of research. An important aspect of sport is not only the pursuit of the sports score, but also developing one's own happiness, satisfaction, experiencing pleasure despite the hard work fulfillment of the needs of joy for others (Chelladurai, 2007). Wylleman& Lavallee,2004 , His research shows that success of athletes is the result of long-term mental and physical commitment during training and competition. The best of them, not only try to reach the top, but also to stay on it as possible.

Reviews Of Literature

Elbieta Lewandowska et al, (2017) Conducted a study on 110 active and retired elite athletes from Poland filled in psychological questionnaires, which reflect subjective happiness. No significant differences were found neither between active and retired athletes, nor between individual and team sport. However, we found significant influence of social support on both retired and active athletes' happiness. These findings have implications for how well athletes cope with stress which, in turn, could shed light on the development of factors that may provide a buffer against adversity and build resilience.

Nick Caddick and Brett Smith (2014) Conducted a research on sports and physical activity of veterans sports persons , the findings were enhances subjective well being in veterans through active coping and doing again, PTSD symptom reduction, positive affective experience, activity in nature and quality of life. Impact of psychological well being includes determination and inner strength, focus on ability and broadening of horizons, identify and self-concept, activity in nature, sense of achievement or accomplishment, and social well being. Participating sports or physical activity can also enhance motivation for living.

METHODOLOGY

Problem: To study the Psychological well-being of Retired women sports person and active women sports person.

Aim: The aim of the study is to find out the psychological well being among retired women sports person and Active women sports person.

OBJECTIVES:

Compare the retired women sports person and Active women sports person on Psychological well-being.

Hypothesis: There is will be no significant difference between retired women sports person and active women sports person on Psychological well being.

Research design: The present study is exploratory in nature.

VARIABLES:**Independent variable:** Women Sports person.**Dependent variable:** Psychological well being.**Sample:** A total of 60 women Sports persons(30 retired women sports person and 30 Active women sports person) ageing from 60 years and above. Sample were selected from 32nd national master athletics, Kanteerava stadium Bangalore and National masters athletics Mangala stadium Mangalore were considered for the research. the sample were selected using simple random sampling technique.**Materials:** An information schedule along with the Psychological well being questionnaire developed by Bhogle and Prakash(1994) , the test consists of 28 items.**PROCEDURE:**

The participants were personally contacted to get the consensus. The purpose of the research was informed and rapport was established. Demographic detailed were collected using information schedule. The Psychological well being questionnaire were administered according to the instructions given in the manual. All the clarifications were resolved before giving their responses. After the completion of responses, the questionnaire were collected and analyzed using suitable statistical method.

ANALYSIS OF DATA AND DISCUSSION :

This section consists of statistical study. "t" test was computed for the data using SPSS 20.

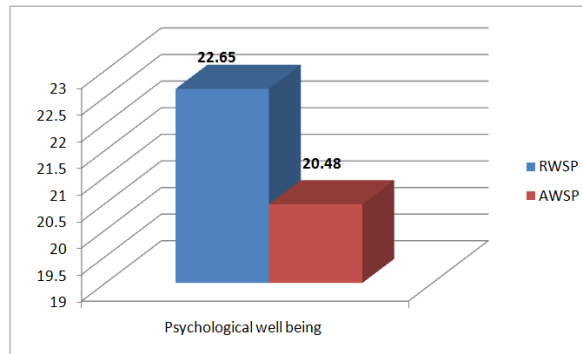
Table: 1 Shows the descriptive measures of Mean, SD and t-value

Variable	RWSP		AWSP		t- value	p-value
PWB	Mean	SD	Mean	SD	2.31	0.023
	22.65	4.96	20.48	5.30		

The above table shows that the Psychological well being score of Retired women sports person the mean is 22.65 with SD being 4.96 and Active women sports person mean is 20.48 with SD being 5.30 with t- score of 2.31 indicating the significant difference between Retired women sports person and Active women sports person in psychological well being. Hence Researcher rejecting the hypothesis. Higher the score, greater the psychological wellbeing, Retired women sports person showed higher life satisfaction as indicated by 't' value when compared with Active women sports person. The probable reasons are since most of the retired professional sports persons begin their career when they are young and ease their self esteem on sports. High score associated with high well being , high social class and educational attainment, adequate income to meet living expenses, good social support, participation in social activities, good exercise etc.

Elbieta Lewandowska (2017) Conducted a study on 110 active and retired elite athletes from Poland filled in psychological questionnaires, which reflect subjective happiness. No significant differences were found neither between active and retired athletes, nor between individual and team sport. However, we found significant influence of social support on both retired and active athletes' happiness. These findings have implications for how well athletes cope with stress which, in turn, could shed light on the development of factors that may provide a buffer against adversity and build resilience.

Mean score for psychological well being of RWSP and AWSP



RWSP= Retired women sports person

AWSP= Active women sports person

The profile plot figure 1 shows that, the retired women sports person have better Psychological quality of life when compared with active women sports person.

SUMMARY OF THE RESULTS:

There is a significant difference between retired women sports person and active women sports person on Psychological well being. hence researcher rejecting the hypothesis.

CONCLUSION:

The results indicated that there is a significant difference between Retired women sports person and Active women sports person on Psychological well being.

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