



# REVIEW OF RESEARCH

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## INFLUENCE OF SPORTS PARTICIPATION ON GENERAL WELL BEING OF GULBARGA UNIVERSITY STUDENTS

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### ABSTRACT:

The general well being is the most needed and important factor of the human society, the meaning of the well being is most useful factor and enjoyable, fruitful to the society, it is also showing the satisfactory life in the society, The researcher tried to know the influence of the sports participation on the general well being of the students of affiliated degree colleges of Gulbarga University. The major objectives of the study as follows – to measure the level of general well being of sports participated and non participated students of degree colleges of Kalaburagi district. To compare the general well being among sports participated and non sports participation students. The objective is to measure the significance difference of general well being among sports participated and non sports participated students.

The hypothesis – there would be significant influence of the sports participated on the general well being of students of Gulbarga university. There would be significant difference in the general wellbeing in sample groups due to participated and non participation in sports events. Sample of the study – total one hundred students were selected randomly for the study, fifty students participated in sports events and fifty students never participated in the sports events, all students were instructed by the research about the general well being scale and purpose of the study.

Research tool - Research tool the standardized research tool, General well-being scale (GWBS) developed by Dr.Ashok.k.kalia & Ms.Anita Deswal, was used for collection of research data. Statistical techniques like mean, SD, t test used in the study to test the research hypothesis of the study, finally the researcher found the significance difference between sports participated and non sports participated sample groups in their general well being.

**KEYWORDS:** sports participation, general well being.

### INTRODUCTION

In philosophy, the term 'well-being' (and 'welfare', 'utility', etc.) refers to the manner in which an individual's life manifests desires, objectives, and needs—among myriad more diverse variables—and

how these affect the individual's perspective.

Philosophers, such as Fred Feldman and Brad Hooker, have suggested we should think of well-being in terms of a parent's expectations for a child (aka 'crib test')<sup>[citation needed]</sup>. Philosophical

study of well-being identifies a number of different kinds of theory, such as: hedonism, desire-fulfillment theory, objective-list theory, perfectionism, and some 'mixed' or 'hybrid' views of well-being. Well-being features in normative ethical theories, most



notably utilitarianism; one need not be a utilitarian, or a consequentiality, more generally, to think that well-being is a moral matter. Any plausible ethical theory will give at least some role to well-being.

According to McNulty (2012), positive psychology at the subjective level is about valued subjective experiences". He argues that, "...well-being is not determined solely by people's psychological characteristics but instead is determined jointly by the interplay between those characteristics and qualities of people's social environments". When people experience well-being, they are experiencing a sense of emotional freedom – there is nothing negative that is holding them back from experiencing positive emotions. This is true if a person is in a certain setting, because it has been demonstrated in previous research that particular environments can hold a lot of memories for an individual just because of what was shared there and the meaning of it (source?). Therefore, "...well-being is often equated with the experience of pleasure and the absence of [pain] over time" The less psychological pain an individual is experiencing the more he or she is going to experience well-being.

When someone is experiencing well-being they are also experiencing several other things. It involves a sense of self-fulfillment, which is the feeling of being happy and satisfied because one is doing something that fully uses one's abilities and talents (Merriam-Webster). The feeling of having a purpose in life and connection with others are also contributors to the idea of well-being. When people feel as though they have a [purpose] in the world, they feel like they belong. They feel like they matte

## **METHOD**

### **Significance of the study**

The research study focused on the general well being among sports participated and non sports participated students of the affiliated colleges of Gulbarga University, Kalaburagi, the researchers tried to find out the significance difference of general well being among sports participated and non sports participated students of the degree colleges.

### **The objectives**

- ❖ To measure the level of general well being of sports participated and non sports participated students of degree colleges of Gulbarga University.
- ❖ To compare the general well being among sports participated and non sports participated students.
- ❖ To find out the significance difference of general well being among the sample groups of the research study

### **The hypothesis**

- ❖ There would be significant influence of the sports participated on the general well being of sample.
- ❖ There would be significant difference in the general wellbeing in sample groups due to participated and non participated in sports events.

## **SAMPLE OF THE STUDY**

Total one hundred students were selected randomly for the study, fifty students participated in sports events and fifty students never participated in the sports events, all students were instructed by the researcher about the general well being scale and purpose of the study. The researcher collected the research data of well being of students through the standard scale.

## **RESEARCH TOOL**

The standardized research tool, General well-being scale (GWBS) developed by Dr.Ashok.k.kalia & Ms.Anita Deswal, was used for collection of research data.

Statistical techniques like mean, SD, t test used in the study to test the research hypothesis of the study, finally the researcher found the significance difference between sports participated and non sports participated sample groups in their general well being

**DATA ANALYSIS****Table Showing Mean, SD, T Value Of Students In Their General Well Being**

Sample	N	Mean	SD	T value
Sports participated	50	201.36	26.746	3.403**
Non sports participated	50	181.48	30.262	

Significant at 0.01 levels

The table showing that the sport participated students is higher in the general well being test than the non sport participation students of the degree colleges of Kalaburagi district. This showing that the sports participation has the influence on the well being among the sample of the study. The t value is showing the significance difference among the sample of the research study at 0.01 level.

**CONCLUSION**

The research study showing that the sports participation has influence on the well being of degree college student of Kalaburagi district. Through the sports the well being can be developed in the students so the colleges should promote the sports for the wellness of the students.

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