

THE EFFECT OF PSYCHOLOGICAL WELL BEING ON SPORT PLAYERS AND NON SPORT PLAYERS

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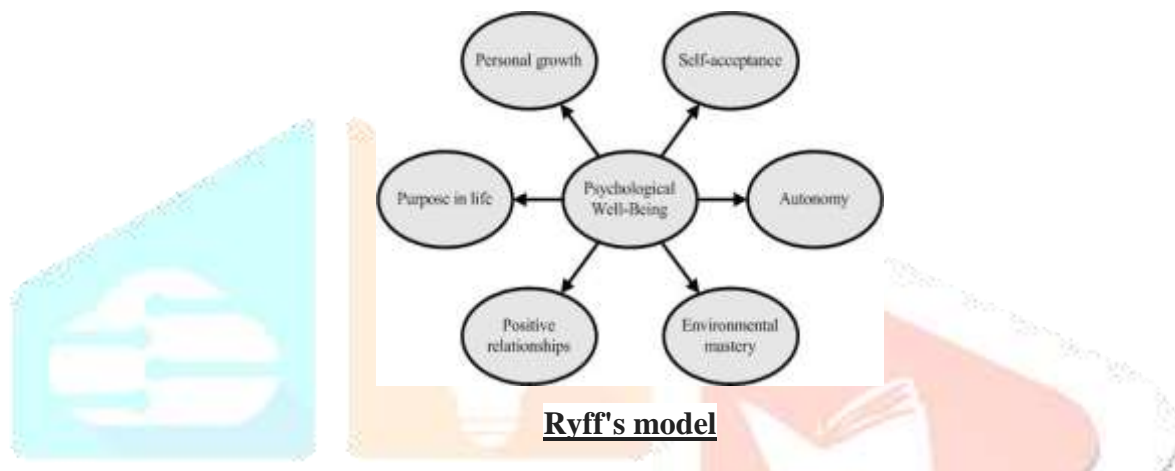
Abstract

This research paper was aimed at investigating the effect of psychological well being on Sport Players and Non Sport Players. Psychological well being is basic and important for sports excellence. A random sample used for collection of 80 subjects. Psychological well being questionnaire was administered on the subjects which is an objectively score able test devised to give the most complete coverage of psychological well being in brief time. T test was used for data analysis in this Paper. All studies revealed that psychological well being varying from sports players and non sports players respectively.

INTRODUCTION

People with high levels of Psychological well-being (PWB) report significant satisfaction with their life accomplishments and circumstances; they have a perceived relative absence of anxiety and depression, they are capable of dealing with daily life and they show high levels of enjoyment and self –esteem. Psychological well being has two important facets. The first of these refers to the extent to which people experience positive emotions and feelings of happiness. Sometimes this aspect PWB is referred to as subjective wellbeing (Diener,E.2000).The overwhelming conclusion from research on the Psychological outcomes of exercise tells us that people who exercise regularly tend to have higher levels of PWB than those who are sedentary. Even with such strong evidence, researchers caution against making causal inferences. That is, while people who exercise tend to have higher levels of PWB than those who don't scientists are reluctant to conclude that exercise causes high levels of PWB. It may be that people who choose to exercise have higher levels of PWB to begin with perhaps due to the fact that they are maintaining a state of homeostasis through the achievement of personal control. Since the concept of psychological well- being is made up of a number of distinct psychological outcomes, it may be more helpful to review how exercise relates to such components of PWB as psychological depression, anxiety, self-esteem, reactivity to stress, cognitive functioning, and positive moods. Psychological well being concerns everyone. It affects our ability to cope with and manage change, life events and transitions such as bereavement. Psychological well being needs can be met in a variety of settings

including acute self – help groups, through social services and of course sports psychology (**Kamlesh ML. 1983**). Psychological well being has been variously defined. The World Health organization defined it as a complete physical, mental and social well – being and not the absence of any disease, it is the ability to the of human beings to adjust to the world and to each other with maximum effectiveness and happiness (**Menninger, Karl. (1945)**), and it is a condition and level of social functioning of an individual and groups which is socially acceptable and personally satisfying (**Boehm, 1955**). In general, mental health is the ability to work and love well and a feeling of satisfaction with life.



Ryff C.D. (1989) Model is not based on merely feeling happy, but is based on Ethics, “where the goal of life isn’t feeling good, but is instead about living virtuously” Six Factors are considered key – elements of psychological well-being:

1. Self-Acceptance
2. Personal Growth
3. Purpose in Life
4. Environmental Mastery
5. Autonomy
6. Positive Relations with others

Several factors were found to have contributed to the well being or mental health status of an individual. **Thomas and Cleveland (1992)**, reported the social relationships, i.e., social support and family functioning would exert direct and indirect effects on the health behavior. Physical health and psychological well-being are interrelated, it is appropriate to briefly consider the effects of sport and exercise on physical health (**A.E. Abele et al. (2001)**). **Vookles and Tydocinski (1992)** found that chronically unfulfilled hopes and chronic failure to meet one`s positive potentials are more strongly associated with suffering. **Rareshide and Kern (1991)** suggested that social interest, Concern for others, a cooperative approach to life and striving for ideal community promote both physical and psychological well-being. Sport is fast and dynamic hence, the players

need to be fit. In today's Era every sport is an extremely popular game, played in almost every part of the world. It is a most technical game played at highly organized levels. Sport has relatively rapid learning curves because the basic movements build on natural human movements such as running throwing and the variation of these. These unique elements distinguish hockey game from all other physical exercise. The intensity of the game invites the constant physical challenges work of the muscles, the central nervous system and the whole body at a time.

METHODOLOGY AND DESIGN

A t Test consisting of one independent variable players has been used in this study. The independent variable is taken up by randomly selecting players` hockey players and non hockey players. The dependent variable is Psychological well being.

SAMPLE

Meerut is one of the most important cities of India, located in carved state of Uttar Pradesh. Total 80 players (40 Sport Players and 40 Non Sport Players) have been selected randomly in the sample.

MEASURING TOOL

Well-being is a dynamic concept that includes subjective, social and psychological dimensions as well as health-related behaviors. The Ryff Scales of Psychological well- being is a theoretically grounded instrument that specifically focuses on measuring multiple facets of Psychological well being scale (Ryffs Psychological well being scale) Hindi adaptation by Prof. S.N. Rai and Mrs. Deepika Gupta was employed to measure the Psychological well being of the subjects.

DATA COLLECTION

80 Players (40 Sport players and 40 non Sport players) were randomly selected as a sample of the study from Meerut City.

RESULTS AND DISCUSSION

The different categories of sampling sites are given in Table 1. The mean concentration of different groups during the sampling as earlier mentioned, the purpose of this study was to find out the effect of Psychological well being on sport players and non sport players. The data were collected according to the plan of study. The data were analyzed statistically by t test to find out the significance of difference between the mean values of

the hockey players and non hockey players. Psychological well being scores of hockey players and non hockey groups have been compared and presented in the following table 1 (Summary Table).

Table 1

SUMMARY TABLE OF `t` Test

Groups	N	Mean	S.D.	t
Non Sport Players	40	165.0	18.0	
				2.02*
Sport Players	40	173.0	15.1	

On the basis of results discussed non sport players Mean =165.0, S.D. =18.0 and sports players mean=173.0, S.D. =15.1. And it can safely be concluded that the mean Psychological well being score of sports Player is higher than Non sport Players group. The `t` value is found to be significant at 0.5 level of confidence which indicates the effect of non sport players. Results showed that Psychological well being factor is an influential factor in generating sport players and non sport players in the present context.

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