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SPIRITUAL WELL BEING OF RETIRED WOMEN SPORTS PERSONS AND RETIRED WOMEN NON SPORTS PERSONS.

Dr. Meenakshi.N*

Teaching Faculty

Department of Psychology, Bangalore University, Bangalore, Karnataka, India.

Dr.Sreenivas.M**

Associate professor

ABSTRACT

Spirituality plays a very crucial role in enhancing, growth, personal and wellbeing. Many researchers have attempted to examine the spirituality to understand their role in sport and exercise performance and contexts. Spiritual Well Being is strongly related to overall health of the individual which includes physical, psychological and social health, healthy interpersonal relations etc. Keeping above points in view researcher made an attempt to study the Spiritual Well-being of retired women sports persons and retired women non sports persons.

In the present study a comparison was made between 30 retired women sports persons and 30 retired women non sports persons on Spiritual Well Being scale (Paloutzian and Ellison 1982). The sample selected randomly from urban and rural areas. The age range of the sample is 60 years and above. The obtained Results were analyzed and discussed using appropriate statistical methods in this paper.

Key word: Spiritual Well Being, Retired women sports persons and Retired women non sports persons.

INTRODUCTION:

Spirituality was perceived to provide support, aid relationship building and maintenance, facilitate coping with stress and ideas and issues in relation to death and dying. People of ages often seek to find meaning in their everyday activities understand the relationship as well as the differences between spirituality and religion may explain and support the interest older adults in reaching beyond themselves doing and caring for others, and disinterest in material. Expression of spirituality through religious practice or compassion service to others or passing on wisdom to succeeding generation often bring deep personal satisfaction, comfort, and peace to older adults and thus help them mature more successfully.

Several applied sport psychology practitioners have also highlighted the significance of spiritual well being with athletic issues. Noting the importance of spiritual well being in sporting performance, Watson and Nesti (2005) proposed four broad areas for future research: first incorporating spiritual practices into psychological skills training, second reconciling spirituality into athlete focused services third examining the efficacy of spirituality in sport psychology consultancy, fourth investigating the association between spirituality and psychological constructs.

Spencer (2000) mentioned that there is a growing belief that sport, rather than encouraging moral virtue and spiritual values, promotes just the antithesis. There are frequent news reports about athletes who violate both civil and moral behavioral codes through alcohol and drug abuse, gambling, theft, promiscuity, violence and even murder.

Spirituality is thought to include a system of beliefs that encompasses love, compassion and respect for life, individuals may experience both spirituality and religion very privately within themselves and through social interaction with persons and organizations in an external way. Spirituality is about our existence, relationships with ourselves, others and the universe. Spiritual development provides us with insight and understanding of ourselves and others. Spirituality extends beyond the physical, material and self to a state called transcendence (Thibault, 1998).

Existential well being relates to the human existence and the shaping of an individual's self chosen mode of existence and moral attitude with respect to the rest of the world (Encarta, 2003). In this context, an individual can learn to create optimum well being on all levels of mind, body and spirit from within which is where all we create begins not from the external world.

REVIEW OF LITERATURE

Dev Roychowdhury (2019) Conducted a study on spiritual well being in sport and exercise psychology, he concluded that spiritual well being plays a crucial role in the lives of athletes. The researchers conclude that spiritual well being plays a significant role in the lives of athletes. Further research should focus on understanding the role of athlete spiritual practices and their impact on overall performance.

Ramamurthy and Jamuna (1993) examined how religiosity and externality were related to adjustment in old age. They report that religiosity and externality were positively associated with good adjustment. Individual with greater religiousness showed less loneliness.

(Johnson and Larry, 1989). Individuals who demonstrated high levels of intrinsic religiousness tend to have less depression, anxiety and dysfunctional attention seeking and high level of ego strength, empathy and integrated social behavior.

METHODOLOGY

Problem: To study the spiritual well being of retired women sports persons and retired women non sports persons.

Aim: The aim of the study is to find the difference between retired women sports persons and retired women non sports persons on spiritual well being.

Objective: Compare the retired women sports persons and retired women non sports persons on spiritual well being.

Hypothesis:

1. There will be a significant difference between retired women sports persons and retired women non sports persons on spiritual well being.
2. There will be a significant difference between retired women sports persons and retired women non sports person religious well being.
3. There will be a significant difference between retired women sports persons and retired women non sports persons on existential well being.

Research Design: The present study is exploratory in nature.

Variables:

Independent variables: Retired women sports persons and Retired women non sports persons.

Dependent variables: Spiritual well being.

Sample: A total of 60 (30 retired women sports persons and 30 retired women non sports persons) sample were selected during the 32nd national master games held at Bengaluru, age range of subjects from 60 years and above. The samples were selected using simple random sampling technique.

Materials: An information schedule along with the spiritual well being scale developed by paloutzian and Ellison (1982) were used to assess religious and existential well being of the elderly women. 't' test was used to find significances differences between two different groups.

Procedure: The participants were personally conducted to get the consensus. The purpose of research was informed and rapport was established. Information schedule and spiritual well being scale were administered developed Paloutzian and Ellison (1982). Instructions were given according to the manual. Clarifications were resolved before giving their responses. After the completion of responses, the questionnaires were collected and analyzed using suitable statistical method.

Analysis of Results and Discussion:**Table: 1**

Mean score on Spiritual well being with respect to Retired women sports persons and Retired Women non sports persons.

Variable	Retired women sports persons		Retired women non sports person	
	Total	Mean	Total	Mean
Spiritual well being	2910	97.0	2742	91.4
"t" value	2.3005*			

NS= Not Significant

*= Significant at 0.05 level

The above table shows that mean value for spiritual well being, was found to be 91.4 and 97.0 among Retired women sports persons and Retired women non sports persons, t score is 2.3005 and it is significant at 0.05 level which indicating higher level of spiritual well being is perceived. It was found significance difference on spiritual well-being between retired women sports persons and retired women non sports persons. Hence the obtained results were according the hypothesis . The spiritual well being was found to be less among retired women non sports persons when compared to retired women non sports persons. The probable reason for this phenomenon could be that retired women non sports persons were mostly engaging in their daily activities like looking after their grand children, working in others fields, house hold activities and their living condition.etc

Those who practice spirituality their mental and physical health found be better. The differential survival hypothesis suggests that people who are more spiritual and religious committed have lifestyles that lead to reduced mortality. They less likely than others to use tobacco, abuse alcohol and drugs, engage in pre marital sex or become divorced. They are more likely to belong to supportive social networks, and to experience serenity and peace with themselves and God.

TABLE-2

Mean scores on Religious and existential well being with respect Retired women sports persons and Retired women non sports person.

Groups	Religious well being		Existential well being	
	Total	Mean	Total	Mean
Retired women sports persons	1371	45.7	1539	51.34
Retired women non sports persons	1347	44.7	1390	46.33
“t” value	0.54NS		3.72*	

NS= Not Significant

*= Significant at 0.05 level

The table 2 shows that there was no difference on religious well being between retired women sports persons and retired women non sports persons. The mean value of both the groups are 45.7 and 44.7 respectively, 't' score is 0.54 and it is not significant . This indicates hypothesis is not accepted. The results indicate that Religious well-being seems to be better among both the groups.

There was a significant difference on Existential well being with respect to the both groups. The mean value of retired women sports persons and retired women non sports persons are 51.34 and 46.33 with 't' score of 3.72* significant at 0.05 level. Hence the obtained results accepted the hypothesis. Existential well being was found to be better among retired women sports persons than the retired women non sports persons. There is abundant evidence that religious and existential well being , are associated with positive mental health outcome and found a significant relationship between religious involvement and better mental health, physical health and the use of health services. Williams concluded that religious attendance buffered the outcomes.

SUMMARY OF THE RESULTS

There is a significant difference between retired women sports persons and retired women non sports persons on spiritual well being. Hence accepted the hypothesis.

There is no significant difference between retired woman sports persons and retired women non sports persons on religious well being. Hence hypothesis is not accepted.

There will be a significant difference between retired women sports persons and retired women non sports persons. Hence hypothesis accepted.

CONCLUSION:

The results indicate that there is a significant difference between retired women sports person and retired women non sports persons on spiritual well being. There is no significant difference between retired women sports persons and retired women non sports persons on religious well being. There is a significant difference between retired women sports persons and retired women non sports persons on existential well being.

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