



## Sports and Psychological Well Being

### KEYWORDS

Arjun Singh

Lovely Professional University (Phagwara) Punjab

**ABSTRACT** *The study was carried out on 50 numbers of subjects equally divided into two groups (Experimental group and controlled group). Experimental group participated in sports for a period of six weeks (i.e. four times in a week). The control group do not participated in any type of sports during the mentioned period of six weeks. Post test Design was used as the data of both the group was collected after the completion of six weeks. After implementing the statistical technique it was revealed out that a significant difference was found in Psychological well-being between the experimental group and controlled group respectively*

Well being is the one of the most important goals for which an individuals and the societies strive for. The term Well being denotes that something is in a good state. Psychological Well being is the subjective feeling of contentment, happiness, satisfaction with life's experiences and one's role in the word of work, sense of achievement, utility, belongings, and no distress, dissatisfaction or worry, etc. These things are difficulty to evaluate objectively, hence the emphasis is on the term "Subjective" well being. It may be maintained in adverse circumstances and conversely, may be lost in favorable situation. It is related to but not dependent upon the physical/psychological conditions. Thus defined and conceptualized, the general well being may show some degree of positive correlation with quality of life, satisfaction level, sense of achievement etc. and negatively related with neuroticism, psychoticism, and such variables. According to Diener and smith (1999), Psychological or subjective well being as a broad construct, encompassing four specific and distinct components including (a) Pleasant or positive well being, (b) unpleasant affect or psychological distress, (c) Life satisfaction, (d) domain or situational satisfaction. The term psychological well being connotes a wide range of meanings, usually associated with wellness. Most studies in the past defined 'wellness' as not sick, as an absence of anxiety, depression or other forms of mental problems. The PWB includes meaning in life, absence of somatic symptoms, self esteem, positive affect, absence of tension and general efficiency (Bhogle and Prakash, 1995).

Sport is a physical activity governed by a set of customs and rules involving physical exertion and skill in which an individual or team competes with each other for winning. "Sports are institutionalized competitive activities that in demands vigorous physical activities or the use of relatively complex physical skills by individuals, whose participation is motivated by a combination of intrinsic and extrinsic motivation such as Intrapersonal enjoyment and external rewards" (Coakley and Jay 1998). Sport is seen as the domain of fair play in which opportunity is said to be open to all, Although sports is further rooted to amateur sports and Professional sports. Yet throughout the modern history sports participation and its meaning have been differentiated and diverse, rooted in social inequalities and divisions. Participation in sports during adolescents is a significant predictor of lower depression symptoms, lower perceived stress and higher self-related mental health in young adulthood. Participation at the school level increases probability

from protecting against poor mental health in early adulthood (Jewett, et al., 2014). Sports have Plethora of social benefits and it should not be underrated in tackling the social problems that are going on the society. Sports can play a vital role in tackling these social issues (Faezeh and laila 2012). Enjoyment of sports in childhood will increase the likelihood of a child pursuing these activities through out the later stages of their life. Sports practices provide an opportunity for exercise that shapes and tone up the health of the children. Participation in sports improvises social skills, emotional skills, cognitive ability, and a healthy growth of bones, muscles, ligaments and tendon. Active lifestyle involving physically activity dramatically reduces the risk of various diseases such as obesity, cardiovascular diseases, and osteoporosis. All these are important aspects for the wellness of the children. Lifestyle factors are considered to be as potential risk factors associated with childhood overweight and obesity. Life style pattern among adolescent plays an important part in the academic excellence, family relationship, social relationship and health aspect also. Health is an important aspect for all human beings as this plays a vital role in the route of development progress. Good health is a crucial asset to explore individual's extreme potential. Life style pattern among adolescent are having a direct impact on their academic excellence, family relationship, social relationship and health aspect also. The children needs to have good healthy habits so that they can resist from these epidemic health problems.

### Objectives

1. To find out Psychological well being among adolescents.
2. To find out and compare psychological well being among experimental group and control group.

### Hypotheses

1. There will be a significant difference in psychological Well Being among experimental group and control group.

### Methodology

In this the procedure to be adopted for the selection of subject, selection of variables, collection of data and statistical technique to be used has been described.

### The selection of subjects

The subject of this study was 50 male adolescents be-

tween 14 to 18 years of age. The total number of students were divided on the basis of random sampling equally into two groups. Group 1 was considered as experimental group and Group 2 was considered as control Group. Experimental group participated in sports for a period of six weeks (i.e. four times in a week). The control group do not participated in any type of sports during the mentioned period of six weeks. Post test Design was used as the data of both the group was collected after the completion of six weeks.

### Selection of tools

To study psychological well being among adolescents, a psychological well being scale of Dr Devendra Singh Sisodia and Mrs Pooja Choudhary was used.

### Statistical technique

To compare Psychological well being between the experimental and the controlled group, 't-test' was used.

### Analysis and Interpretation

Table no: 1

|                         | Levene's Test for Equality of Variances |      | t-test for Equality of Means |    |                 |                 |                       |
|-------------------------|---|------|------------------------------|----|-----------------|-----------------|-----------------------|
|                         | F                                       | Sig. | t                            | df | Sig. (2-tailed) | Mean Difference | Std. Error Difference |
| Equal variances assumed | 1.457                                   | .232 | 9.088                        | 48 | 0.00            | 44.60000        | 4.90748               |

For implementing two sample t-test, equality of variance was tested out. As shown in the table 1.1 F-value is 1.457 which was insignificant as the p-value is .232 is greater at 0.05, thus accepting the equality of variance among the unrelated group. As in the table 1.1 it is clearly evident that t-value is significant as calculated p-value is less as compared to 0.05 level of significance thus leading to conclusion that there is significant difference between the experimental group and the controlled group.

### Conclusion

This study was an experimental study consisting of two groups (one experimental group and the other controlled group, Experimental group participated in sports while the controlled do not received any type of training. The result revealed out a significant difference in Psychological wellbeing among experimental group and the controlled group.

### Acknowledgement:

I thanks to Ravish Singh Rana for his valuable inputs during the research work.

### References

1. Bhogle, S. and Parkash, I.J. (1995). Development of the psychological well being (PWB) Questionnaire. *Journal of Personality and clinical studies.*, 11, 5-9.
2. Coakley and Jay (1998). *Sports in society, Issue and Controversies* sixth edition .McGraw- Hill, A division of the McGraw hill companies Singapore.
3. Diener, E. and Smith, H. (1999). Subjective well being: Three decades of progress. *Psychological bulletin.*
4. Faezeh, Z., Leila, Z., Elham, Z., Mina, L. (2012). Effects of sports participation on social delinquency reduction among adolescents. *Annual of biological research*, 3(1), 660-667.

5. Jewett, R., Sabiston, C.M., Brunet, J., Loughlin, R.K., Scarapicchia, T., Loughlin, J. (2014). School Sport Participation during Adolescence and Mental Health in Early Adulthood. *Journal of Adolescent Health*, 55 640-644.