



ORIGINAL RESEARCH PAPER

Psychology

WELL-BEING OF SHOOTING PLAYERS IN RELATION TO THEIR GENDER

KEY WORDS: well-being and shooting players.

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ABSTRACT

Aim of the present study was to investigate gender differences on well-being in the sample of 232 national level shooting players from India who are participating in national shooting championship 2017. Sample consists of 116 female and 116 male shooting players who were selected randomly from the national shooting championship 2017 of India. Well-being scale by Singh and Gupta (2001) was used to collect data from shooting players. Results had found significant gender differences in well-being of shooting players. Findings indicated that male shooting players had scores significantly higher on well-being than female shooting players.

Introduction

In the present era, sports psychologist's attention has been turned to the psychological well-being of athletes. World Health Organization (2004) described well-being as a major determinant in enabling individuals to cope with daily stressors. Reinboth and Duda (2006) stated that well-being is generally described as the presence of positive feelings and the absence of negative feelings. Ryff (1995) described well-being as a dynamic and multifaceted concept and health related behaviour with social subjective and psychological aspects. Dunn (2014) explained the concept of athlete's well-being which included all aspects of an athlete's life, even those which are not athletic participation related. Generally, well-being refers to the quality of life; an individual is leading which is concerned with their social, economic, psychological, spiritual, medical state and includes civic engagement, relationship satisfaction, success in work domains, mental health and life expectancy. Dunn (2014) found Athlete's well-being as an key component of sports performance. Durand-Bush & Salmela (2002); Gould et al.(2002); Morgan (1985) in their studies have also stated that sports players with long, successful sports careers are characterized by a range of attributes concerned with well-being such as hopeful and optimistic view, developed skills to cope with both major and minor day to day problems, and high levels of mental and emotional health. With the increased participation of females in games and sport, the research on gender differences in many facets of sport and exercise has bloomed as a field of study. While a large body of research present on the gender differences in psychology for the general population, such studies and psychological data on male and female elite athletes is scarce. According to a study of Alonso et al. (2004) females are diagnosed with depression and anxiety disorders roughly twice as often as males. In another study Preti (2009) found that women suffer from eating disorders 6 to 10 times more often than men, while a notable men preponderance present in alcohol abuse and dependence and externalizing disorders, such as alcohol and drug abuse. It would therefore be reasonable to say that even among elite athletes, these gender-based differences would be observed. It is worthwhile to conduct researcher on athlete well-being in the context of elite sport. This study aims to bring forth the disparities between the male and female shooting players of national level in relation to their gender.

RESEARCH METHOD

Descriptive survey method of research was used to conduct the present study.

SAMPLE

The total sample comprised of 232 national level shooting players from India. 116 male and 116 female players were randomly selected from the participants of national shooting championship 2017 of India.

TOOLS USED

In order to achieve the objectives of the study followings tool is used:
Well-being scale by Singh and Gupta (2001)

DATA ANALYSIS

Date was analysed by using statistical techniques such as mean, SD, and t-test.

RESULTS

1 Comparison of Well-being Scores among national level Shooting Players in Relation to their Gender

The mean score of Well-being among male and female shooting players along with standard deviation and t-value is given in table 1

Table 1 Comparison of Well-being Scores among shooting players in Relation to their Gender

Gender	N	Mean	SD	t-value
Male	116	183	19.51	2.40*
Female	116	177	19.23	

**Significant at 0.05 level.

It is clear from the table 1 that mean score of Well-being of male shooting players is 183 (SD=19.51) as compared to mean score of Well-being of female shooting players which is 177 (SD=19.23). The t-value testing the significance of mean difference of Well-being of male and female shooting players is 2.40 which is significant at 0.05 level. This showed that male and female shooting players differ significantly in Well-being.

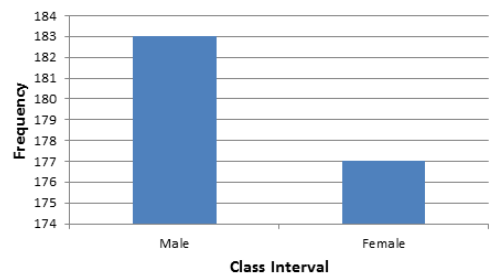


Figure 1: Comparison of Well-being Scores among shooting players in Relation to their Gender

Figure 1 illustrates that mean score of male shooting players is 183 and of female shooting players is 177. The figure also depicts that male shooting players have higher Well-being than female shooting players.

DISCUSSION

This study brings forth the disparities present on psychological factors in elite sport. The gender-based differences in sports psychology demonstrated here agree with findings of studies conducted by McLean and Anderson (2009) and Vamvakopoulos (1995) which were performed on the general population, revealed that women athletes are more likely to be encountered with a psychological problem than men. Mclean (2009) reported that different studies have found reasons for this women predominance in anxious disorders at the genetic, physiological,

and socio-environmental levels. In the present study, results had found significant different on well-being scale between men and women shooting players who are national level participants. Male shooting players had scored significantly higher than female counterparts on well-being scale. Shooting is the game of concentration and focus which only can be maintained if the player's overall well-being is at optimal level. It is suggested that Psychological issues and the stressors in female athletes should be addressed during starting stages, so that the potential consequences on the women' health and on their career can be avoided.

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