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RESEARCH ARTICLE

COMPARATIVE STUDY OF PSYCHOLOGICAL WELL-BEING BETWEEN COLLAGE ATHLETES AND NON ATHLETES

Jan Mohd Wani

Dr. Babasaheb Ambedkar Mahavidyalaya, Amravati.

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Abstract

Psychological well-being consists of positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life, and personal growth and development. Psychological well-being is attained by achieving a state of balance affected by both challenging and rewarding life events. During the present study, five Hundred subjects were selected for the collection of statistics which consists of 250 subjects of college athletes and 250 subjects of non athletes of Jammu and Kashmir. Simple random sampling method was employed for the selection of subjects. During the present study it was found the Mean of psychological well being of athlete (Mean= 174.28) is greater than the mean of non-athlete (Mean=12984). The results are interpreted as higher the score, better the psychology. After analyzing the data using t-test, the tabulated 't' value is found 28.55 (**p-value**=6.3E-107), which is greater than the critical value i.e., 1.964 in 0.05 level of significance at df=498.

***Corresponding Author:- Jan Mohd Wani, Dr. Babasaheb Ambedkar Mahavidyalaya, Amravati.**

Introduction:-

Wellbeing also known as wellness, prudential value or quality of life, refers to what is intrinsically valuable relative to someone. So the well-being of a person is what is ultimately good for this person, what is in the self-interest of this person. Well-being can refer to both positive and negative well-being. In its positive sense, it is sometimes contrasted with ill-being as its opposite. The term "subjective well-being" denotes how people experience and evaluate their lives, usually measured in relation to self-reported well-being obtained through questionnaires.

Psychological well-being is a core feature of mental health, and may be defined as including hedonic (enjoyment, pleasure) and eudaimonic (meaning, fulfillment) happiness, as well as resilience (coping, emotion regulation, healthy problem solving).

Psychological well-being consists of positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life, and personal growth and development. Psychological well-being is attained by achieving a state of balance affected by both challenging and rewarding life events. Psychological well-being is a core feature of mental health, and may be defined as including hedonic (enjoyment, pleasure) and eudemonic (meaning, fulfilment) happiness, as well as resilience (coping, emotion regulation, healthy problem solving). To promote psychological well-being, it is helpful to understand the underlying mechanisms associated with this construct and then develop targeted and effective. training programs. In this perspective article, we discuss key

components and potential brain-body mechanisms related to psychological well-being and propose mindfulness training as a promising way to improve it. Based on a series of randomized controlled trial (RCT) studies of one form of mindfulness training in adolescents and adults, the integrative body-mind training (IBMT), we use IBMT as an exemplar to provide research evidence of the positive effects of mindfulness training on psychological well-being. We focus on one of the mechanisms by which IBMT enhances psychological well-being—the interaction between mind (mindfulness) and body (bodifulness)—which involves both the central nervous system (CNS) and the autonomic nervous system (ANS). We also highlight the role of brain self-control networks, including the anterior cingulate cortex/prefrontal cortex (ACC/PFC), in improving psychological well-being. We suggest that mindfulness training may be a promising program that promotes the synergistic engagement of mind and body to achieve the goals of enhancing psychological well-being.

Psychological well-being carries a lot of weight because it impacts your overall life happiness and contentment. Achieving that level of well-being means you are content with your life and have a positive outlook on both yourself and your overall situation.

In addition, psychological well-being has been tied to better physical health. A positive mindset has been linked to decreased risks of cardiovascular diseases or complications. This is likely due to a desire to take care of yourself if you have higher levels of psychological wellness. Another benefit of psychological well-being is a better social life. If you are content with your life and feel good about yourself, you're more likely to engage in social activities with others and seek people out for companionship. This benefit is also two-fold, as having close relationships has been found to improve mental health and contribute to a better psychological well-being (John McLeod. 2010).

The importance of mental health has been increasingly emphasized in recent decades as public awareness and understanding grow. Mental health is now understood to involve both the absence of mental illness and the presence of psychological well-being. Psychological well-being is a complex construct that concerns optimal psychological functioning and experience. It may be defined as including hedonic (enjoyment, pleasure) and eudaimonic (meaning, fulfillment) happiness as well as resilience [coping, emotion regulation, healthy problem solving. Elements of psychological well-being include a sense of balance in emotion, thoughts, social relationships, and pursuits which necessitates active engagement of self-control processes such as emotion regulation. Emotion regulation is defined as the processes by which we influence which emotions we have, when we have them, and how we experience and express those (Gross, 1998).

Purpose of the Study

The main purpose of the study is to find out the Psychological well being among various college athletes and non athletes of Jammu and Kashmir.

The main objectives of the study are as under:

1. To assess the psychological well being of college athletes
2. To assess the psychological well being of college non athletes

Significance of the Study

The finding of the study would help to know the psychological well being of college athletes

1. The finding of the study would help to know the psychological well being of college non athletes
2. The finding of the study would help to know the Relationship between stress and psychological wellbeing of college athletes.
3. The finding of the study would help to know the Relationship between stress and psychological wellbeing of college non athletes.

Hypotheses

On the basis of review of literature, discussion with teacher and the experience of the researchers it was hypothesized that there will be significant relationship in the psychological well being of college athletes and non athletes of Jammu and Kashmir.

- A) Stress level
- B) Psychological wellbeing

Limitations:

Following are the limitations of the study:

1. No Motivational technique was applied while full filling the questionnaire.
2. The Socio-economic status of the subjects was not considered in this study.
3. Caste creed and religion of the subjects was not considered in the study.
4. Environmental conditions were not considered in this study.
5. Certain factors like diet, rest, work, sleep etc. was beyond the control of the researcher.

Methodology:-

Present study was conducted in the college athletes and non athletes of Jammu and Kashmir. Due to time constraint and for the convenience of research, the simple Random sampling method has been used for the selection of sample for the study.

Sources of Data

For this study subjects were college athletes and non athletes of Jammu and Kashmir. Participants were produced by oral willingness and interest to being active subjects for the study.

Selection of Subjects

Five Hundred subjects were selected for the collection of statistics which consists of 250 subjects of college athletes and 250 subjects of non athletes of Jammu and Kashmir

Sampling Procedure

Simple random sampling method was employed for the selection of subjects.

College athletes and non athletes	
Subjects	Players
College athletes	250
College non athletes	250
Total	500

Collection of Data

The data for the concerned study were collected through standard questionnaires from college athletes and non athletes of Jammu and Kashmir.

Analysis And Interpretation Of Data

The data obtained from college athletes and non athletes of Jammu and Kashmir on selected criterion variables were statistically analyzed and presented in this chapter. The purpose of the study was to assess the Psychological well being among various college athletes and non athletes of Jammu and Kashmir. The data were statistically analyzed by using Pearson's correlation matrix for each parameter separately to find out the paired mean differences. In all cases, 0.05 level of confidence was fixed to test the significance, which was considered as an appropriate.

Table:- Comparison of Psychological Well Being (PWB) between College Athlete and Non-athlete.

Group	Mean	SD	MD	SE	df	Obtained 't'
Athlete	174.28	14.37	44.44	1.56	498	28.55*
Non-athlete	129.84	19.98				

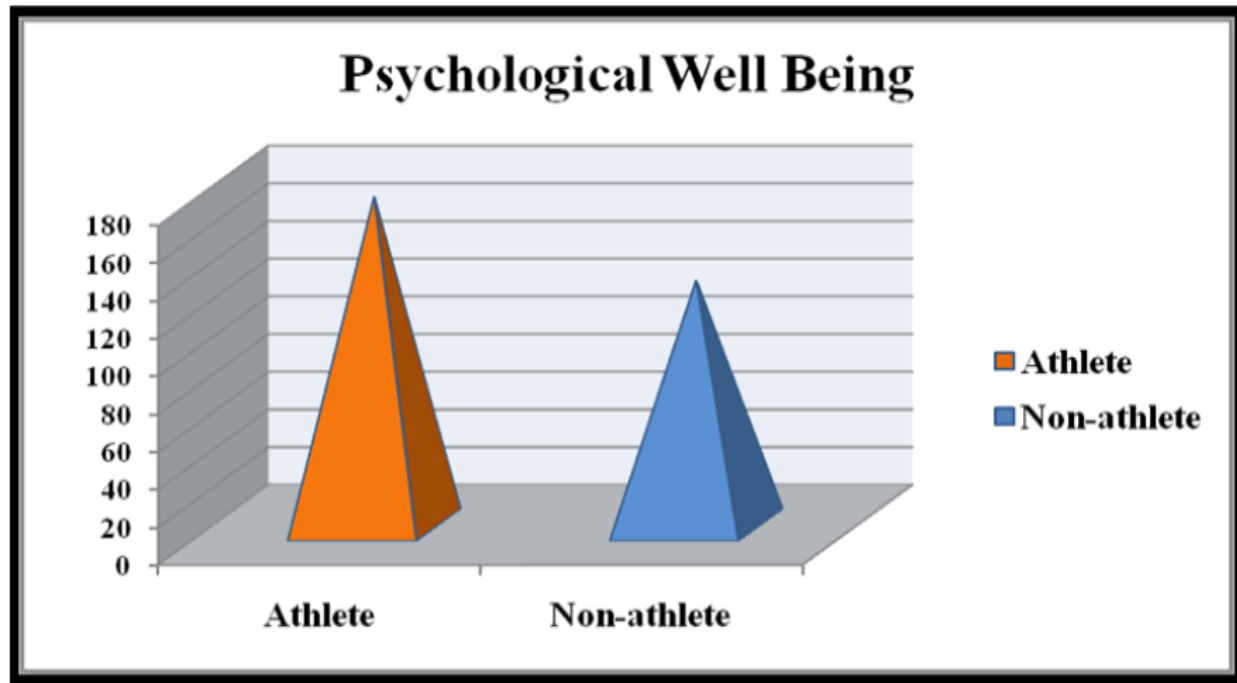
Level of Significance=0.05

Tabulated' (498) =1.964

During the present study it was found the Mean of psychological well being of athlete (Mean= 174.28) is greater than the mean of non-athlete (Mean=12984). The results are interpreted as higher the score, better the psychology. Now, the data was again analyzed statistically and found the 't' value is 28.55 (**p-value**=6.3E-107), which is greater

than the critical value i.e., 1.964 in 0.05 level of significance at $df=498$. It proves that there is significant difference in Psychological well being between College athlete and non-athlete of Jammu and Kashmir and the researchers pre-assumed is accepted. (In the above table * denotes significant relationship and # denotes the insignificance.)

Graph:- Showing the Difference between the Stress Level of College Athlete and Non-athlete.



Data reveals that the Mean of psychological well being of athlete is 174.28 and non-athlete is 129.84. Also, the Mean of psychological well being of athlete (Mean= 174.28) is greater than the mean of non-athlete (Mean=129.84). Now, after analyzing the data using t-test, the tabulated 't' value is found 28.55 (**p-value=6.3E-107**), which is greater than the critical value i.e., 1.964 in 0.05 level of significance at $df=498$. It proves that there is significant difference in Psychological well being between College athlete and non-athlete of Jammu and Kashmir and the researchers pre-assumed is accepted.

Justification of Hypothesis:

In the beginning of this study it was hypothesized that there would be significant difference of psychological well being between athlete and non-athlete. But, in overall numerical and statistical analysis the Relationship of psychological well being among athlete and no-athlete, it is found that there is significant difference in Stress between athlete and no-athlete and also significant difference in Psychological well being between them. Therefore the hypothesis which the researcher has given is accepted.

Recommendations:-

The following Recommendations are made on the basis of the results from the study which may be useful for the future research work.

1. The study may be repeated to other physiological variables on the same subjects.
2. The similar study may be repeated on the female subjects.
3. The same study may be repeated on the other class of the society for different age groups.
4. The similar study can be carried out on the total physical and motor fitness components.
5. A similar study may be conducted by comparing psychological variables.
6. In this study only two psychological variables are taken, but this can be done more variables.
7. Coaches and physical educations teachers are recommended to undertake this type of study for selecting players at national.

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