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## Psychological well-being among male soccer players of colleges of Chandigarh

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### Abstract

The objective of the study was to find out significant difference on the variable Psychological Well-Being among male soccer players of colleges of Chandigarh. For the present study, one hundred twenty (N=120) male soccer players studying in various colleges of Chandigarh were selected as sample. One-way Analysis of variance (ANOVA) is applied to find out the significant difference among soccer players of different colleges of Chandigarh. Where 'F' values were found significant, LSD post-hoc test was applied to ascertain the direction and degree of difference. The results showed that male soccer players from SGG-26 demonstrated higher on the sub-variables; satisfaction, efficiency, sociability and psychological well-being (total) as compared to other colleges. Whereas male soccer players from PGGC-46 demonstrated higher on the sub-variables mental health and interpersonal relations as compared to other colleges.

**Keywords:** Psychological, among male soccer players

### Introduction

One of the important goals for which individuals and societies make a great effort is their well-being. But the present day life style and competitive world is putting pressure on people. The consequence is that individuals from all age groups are acquiring stress and tension from different sources. Of all the stages of life, there are certain stages which are more vulnerable to this. One such stage is late adolescent and young adulthood.

Youth, particularly students require not only career guidance but also counseling in the maintenance of psychological well-being. The term well-being indicates that something is in a prosperous state. Its concept originated from positive psychology. It refers to health, vitality, creativity, fulfillment and resilience. It is a harmonious interplay of cognitive and affective process rather than subjugating to them. In Indian Yogic Perspective, it refers to harmony of mind, soul and senses. The relationship of an individual to reality determines his/her well-being and the way he resorts to coping with life has its impact on the well-being (Ravichandra *et al.*, 2007) [8]. Aristotle had mentioned about well-being in his Nicomachean Ethics and gave a thought that happiness is central to one's being (Wilcock *et al.*, 1998) [12].

The term Psychological Well-being (PSW) has been viewed and defined by different people and it signifies a wide range of interpretations, usually associated with wellness. But it should be noted that psychological well-being not only means the non existence of ill-being or mental disease, just like the absence of psychological stressors do not ensure that one is healthy in his or her life. So along with ensuring that painful experiences are prevented, psychological well-being research and practice is also concerned with the spread of positive and healthy experiences and health. It is a mental state aspired by one and all in which a person can actively contribute to the society, communicating suitably with others, and successfully dealing with problems without any serious anguish of body and mind or disorganization in behaviour (Samantaray, 2011) [9].

Psychological well-being flourishes through a fusion of identity, personality attributes, life happenings and experiences and regulation of emotions (Helson and srivastava, 2001) [5].

Psychological Well-being as that state of a mentally healthy person who possesses a number of positive mental health qualities such as active adjustment to the environment and unity of personality.

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According to Dzuka and Dalbert (2000) [4], psychological well-being is the overall satisfaction and happiness or the subjective report of one's mental state of being healthy, satisfied or prosperous and broadly to reflect quality of life and mood states. Deci and Ryan (2008) [2] viewed psychological well-being as living life in a full and deeply satisfying manner. This conceptualization maintains that well-being is not so much an outcome or end state as a process, and is concerned with living well or actualizing one's human potentials.

According to self-determination theory, the satisfaction of the basic psychological needs can improve physical and psychological well-being (Deci and Ryan, 2000) [3]. In this sense, the satisfaction of the basic psychological needs improves the indicators of well-being in athletes (Lopez *et al.* 2012) [7].

Well-being has been defined as "a dynamic and relative state where one maximizes his or her physical, mental, and social functioning in the context of supportive environments to live a full, satisfying, and productive life" (Kobau, *et al.* 2009) [6].

## Methods & Procedure

### Participants

For the purpose of present study one hundred twenty (N=120) male soccer players studying in various colleges of Chandigarh were selected as sample. The technique applied for selecting the subjects was purposive sampling. The age of subjects will range between 19 to 25 years.

### Tool

Psychological Well-Being Scale (PWBS) developed by D. S. Sisodia, and P. Choudhary (2012) [10] was used to assess the Psychological Well-Being of male soccer players of different colleges of Chandigarh.

### Statistical Design

One way Analysis of variance (ANOVA) was applied to find out the significant difference among soccer players of different colleges of Chandigarh. Where 'F' values were found significant, LSD post-hoc test was applied to ascertain the direction and degree of difference. The level of significance was set at 0.05.

## Results

**Table 1:** Descriptive analysis of variable psychological well-being (total) among male soccer players of Chandigarh

S. No	College	N	Mean	Std. Deviation	Std. Error	Minimum Score	Maximum Score
1.	PGGC-11	20	183.	17.1	3.82	140.	212.
2.	GGDSD-32	20	187.	17.9	4.01	151.	231.
3.	PGGC-46	20	197.	13.4	2.99	166.	222.
4.	SGGS-26	20	206.	14.3	3.20	180.	228.
5.	DAV-10	20	184.	22.7	5.09	139.	227.
6.	PUC-14	20	186.	22.4	5.03	120.	225.
	TOTAL	120	190.	19.9	1.81	120.	231.

Table-1 depicts the results of psychological total well-being among male soccer players of Chandigarh.

The score of PGGC-11 players showed the mean and SD values as 183 and 17.9 respectively. The score of GGDSD-32 players showed the mean and SD values as 187 and 6.54 respectively. The score of PGGC-46 players showed the mean

and SD values as 197 and 13.4 respectively. The score of SGGS-26 players showed the mean and SD values as 206 and 14.3 respectively. The score of DAV-10 players showed the mean and SD values as 184 and 22.7 respectively. However, the score of PUC-14 players showed the mean and SD values as 186 and 22.4 respectively.

**Table 2:** One way Analysis of Variance (ANOVA) results with regard to the variable psychological well-being (total) among male soccer players of Chandigarh

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-Value	P-Value (Sig).
Between Groups	8695.067	5	1739.013		
Within Groups	38496.400	114	337.688	5.150*	.000
Total	47191.467	119			

\*Significant at 0.05 F(0.05 (5,114))

It can be seen in Table-2 that significant differences ( $p < 0.05$ ) were found with regard to the variable psychological well-being (total) among male soccer players of Chandigarh.

Since the obtained F-value 5.150 was found statistically significant, therefore, Least Significant Difference (LSD)

Post-hoc test was employed to find out the degree and direction of difference between paired means among male soccer players of Chandigarh with regard to the variable psychological well-being (total). The results of LSD Post-hoc test have been presented in table-2

**Table 3:** Significance of difference between paired mean among male soccer players of Chandigarh with regard to the variable psychological well-being (total)

College 1	College 2	College 3	College 4	College 5	College 6	Mean Difference	P-Value (Sig.)
PGGC-11 (183.)	GGDSD-32 (187.)					3.55	.542
PGGC-11 (183.)		PGGC-46 (197.)				14.5*	.014
PGGC-11 (183.)			SGGS-26 (206.)			23.2*	.000
PGGC-11 (183.)				DAV-10 (184.)		.600	.918
PGGC-11 (183.)					PUC-14 (190.)	3.05	.601
	GGDSD-32 (187.)	PGGC-46 (197.)				10.9	.062
	GGDSD-32 (187.)		SGGS-26 (206.)			19.6*	.001
	GGDSD-32 (187.)			DAV-10 (184.)		2.95	.613
	GGDSD-32 (187.)				PUC-14 (190.)	.500	.932
		PGGC-46 (197.)	SGGS-26 (206.)			8.70	.137
		PGGC-46 (197.)		DAV-10 (184.)		13.9*	.018
		PGGC-46 (197.)			PUC-14 (190.)	11.4	.051
			SGGS-26 (206.)	DAV-10 (184.)		22.6*	.000
			SGGS-26 (206.)		PUC-14 (190.)	20.1*	.001
				DAV-10 (184.)	PUC-14 (190.)	2.45*	.674

It has been observed from the Table-3 that means difference between PGGC-11 players and GGDSD-32 players with regard to the variable psychological well-being (total) was found to be 3.55. The P-value (Sig.) .542 showed that GGDSD-32 players demonstrated significantly better well-being than their counterpart PGGC-11 players.

The mean difference between PGGC-11 players and PGGC-46 players with regard to the variable psychological well-being (total) was found to be 14.5. The p-value (Sig) .014 showed that PGGC-46 players demonstrated significantly better well being than their counterpart PGGC-11 players.

The mean difference between PGGC-11 players and SGGS-26 players with regard to the variable psychological well-being (total) was found to be 23.2. The p-value (Sig) .000 showed that SGGS-26 players demonstrated significantly better well-being than their counterpart PGGC-11 players.

The mean difference between PGGC-11 players and DAV-10 players with regard to the variable psychological well-being (total) was found to be .600. The P-value (Sig.) .918 showed that DAV-10 players demonstrated significantly better well-being than their counterpart PGGC-11 players.

The mean difference between PGGC-11 players and PUC-14 players with regard to the variable psychological well-being (total) was found to be 3.05. The P-value (Sig.) .601 showed that PUC-14 players demonstrated significantly better well-being than their counterpart PGGC-11 players.

The mean difference between GGDSD-32 players and PGGC-46 players with regard to the variable psychological well-being (total) was found to be 10.9. The p-value (Sig) .062 showed that PGGC-46 players demonstrated significantly better well-being than their counterpart GGDSD-32 players.

The mean difference between GGDSD-32 players and SGGS-

26 players with regard to the variable psychological well-being (total) was found to be 19.6. The p-value (Sig) .001 showed that SGGS-26 players demonstrated significantly better well-being being than their counterpart GGDSD-32 players.

The mean difference between GGDSD-32 players and DAV-10 players with regard to the variable psychological well-being (total) was found to be 2.95. The P-value (Sig.) .613 showed that DAV-10 players demonstrated significantly better well-being than their counterpart GGDSD-32 players.

The mean difference between GGDSD-32 players and PUC-14 players with regard to the variable psychological well-being (total) was found to be .500. The P-value (Sig.) .932 showed that PUC-14 players demonstrated significantly better well-being than their counterpart GGDSD-32 players.

The mean difference between PGGC-46 players and SGGS-26 players with regard to the variable psychological well-being (total) was found to be 8.70. The p-value (Sig) .137 showed that SGGS-26 players demonstrated significantly better well-being than their counterpart PGGC-46 players.

The mean difference between PGGC-46 players and DAV-10 players with regard to the variable psychological well-being (total) was found to be 13.9. The P-value (Sig.) .018 showed that DAV-10 players demonstrated significantly better well-being than their counterpart PGGC-46 players

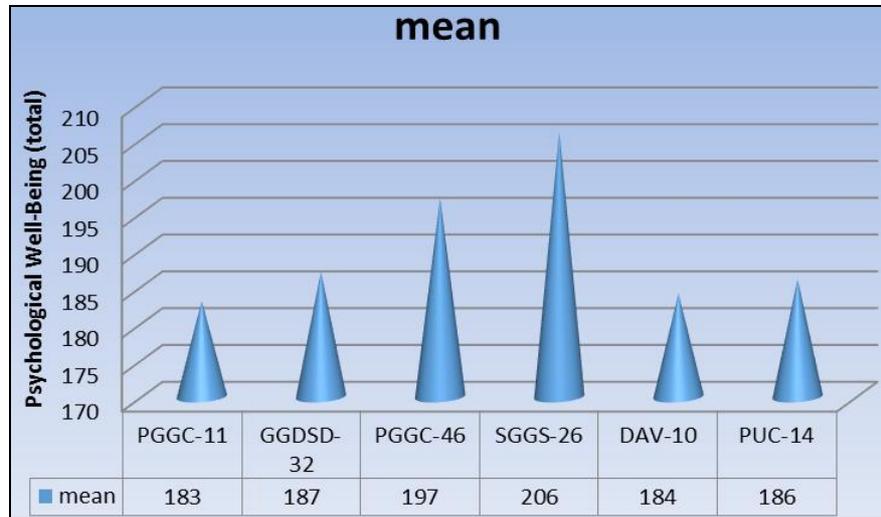
The mean difference between PGGC-46 players and PUC-14 players with regard to the variable psychological well-being (total) was found to be 11.4. The P-value (Sig.) .051 showed that PUC-14 players demonstrated significantly better well-being than their counterpart PGGC-46 players.

The mean difference between SGGS-26 players and DAV-10 players with regard to the variable psychological well-being

was found to be 22.6. The P-value (Sig.) .000 showed that DAV-10 players demonstrated significantly better well-being (total) than their counterpart SGGS-26 players.

The mean difference between SGGS-26 players and PUC-14 players with regard to the variable psychological well-being (total) was found to be 20.1. The P-value (Sig.) .001 showed that PUC-14 players demonstrated significantly better well-being than their counterpart SGGS-26 players.

The mean difference between DAV-10 players and PUC-14 players with regard to the variable psychological well-being (total) was found to be 2.45. The P-value (Sig.) .674 showed that PUC-14 players demonstrated significantly better well-being (total) than their counterpart DAV-10 players. The graphical representation of mean scores with regard to the variable psychological total well-being among male soccer players of Chandigarh has been presented in figure-1



**Fig 1:** Graphical representation of mean scores with regard to the variable psychological well-being (total) among male soccer players of Chandigarh.

### Discussion

It is observed from the results presented in Analysis of Variance (ANOVA) Tables (1-3) that significant differences were found with regard to the sub-variables; satisfaction, efficiency, sociability, mental health and psychological well-being (total). However, insignificant difference was found on the sub-variable interpersonal relations among male soccer players of Chandigarh. Billing (2015) <sup>[1]</sup> undertook study on physical activity attitude, eating behavior and psychological well-being of college women students in relation to their levels of socio-economic status and reported significant differences among high, middle, and low socio-economic status college women with regard to the sub-variables; satisfaction, sociability, mental health, interpersonal relations, and psychological well-being (total). Ugwu (2012) <sup>[11]</sup> found significant socio-economic differences on the variable psychological well-being.

### Conclusion

It is concluded from the above results that Male soccer players from SGGS-26 demonstrated higher on the sub-variables; satisfaction, efficiency, sociability and psychological well-being (total) as compared to their counterparts PGGC-11, GGDS-32, PGGC-46, DAV-10 and PUC-14. Whereas male soccer players from PGGC-46 demonstrated higher on the sub-variables mental health and interpersonal relations as compared to their counterparts PGGC-11, GGDS-32, SGGS-26, DAV-10 and PUC-14.

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