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## Comparison of quality of life among master's athlete and sedentary people

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### Abstract

The present study was entitled as "Comparison of quality of life among master's athlete and sedentary people". To achieve the purpose the study one hundred twenty male and female selected as a subject for the present study further it was divided into four group of thirty each in the group as master's athlete male and female and another was sedentary male and female group. The average age of the subjects was 40 years and above. Considering all the facts to measure the physical and mental health questionnaire based on the line of Methodology and criteria suggested by World health organization. To find the significance difference between the groups, t-test was applied. The level of significance was set at 0.05 levels. Static Group Comparison design was used for the study. The results of present showed that athletes' life quality variable is in desirable status. Satisfaction and pleasure in life and life quality as a whole were in desirable status.

**Keywords:** Comparison of quality, master's athlete, sedentary people

### Introduction

Quality of life is an expression that is a piece of regular day to day existence. Sound judgment utilizes this expression in various circumstances without the stress of a delimitation of importance. In the scholarly world, there is additionally awesome enthusiasm for this region and regularly this same issue is available. The idea of quality of life is a multidimensional and complex build. The topic incorporates components that may influence the person's view of their environment, their emotions, their connections, the way we interface in their specific situation and their day by day execution, including, however not constrained to natural and physiological viewpoints. A few polls have been produced and approved the subject of study, which can be considered as bland or particular instruments, which are reasonable to the solid populace and a populace with some medical issue individually. Consistent physical action is a standout amongst the most critical things offers various medical advantages. Research has shown that practically all people can profit by normal physical action, regardless of whether they take an interest in fiery exercise or some kind of direct wellbeing improving physical movement. Being physically dynamic can enable people to keep up a solid weight what's more, in this manner decrease the hazard for heftiness. Physical action is additionally connected with a brought down hazard for creating heart for the vast majority, and helps rest issue, for example, sleep deprivation. The ideal time to exercise might be 4 to 8 hours before sleep time, however practice whenever of day is valuable, with the conceivable special case of overwhelming activity taken presently before sleep time, which may irritate rest. There is, regardless, deficient proof to draw point by point decisions about the connection amongst exercise and sleep (Buman, 2010) [10]. Physical action has likewise been utilized as a treatment for individuals with mental infections and as treatment to enhance personal satisfaction in the two individuals with and without psychological wellness issue. Numerous investigations proposed Regular physical action is viewed as a standout amongst the best strategies for promo-ting personal satisfaction in any populace. General physical action is viewed as a standout amongst the best systems for advancing personal satisfaction in any populace. The connection between physical movement and wretchedness in the elderly populace presents dubious viewpoints, with epidemiological investigations recommending a differing connection between the measure of action and the depressive side effects, in which these side effects increment in people who report both low and elevated amounts of physical movement.

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**Methodology and Procedure**  
**Objective of the Study**

To evaluate the quality of life of masters athlete and sedentary people.

**Selection of Sample**

To achieve the purpose the study one hundred twenty male and female selected as a subject for the present study further it was divided into four group of thirty each in the group as master’s athlete male and female and another was sedentary male and female group. The average age of the subjects was 40 years and above.

**Collection of Data**

Considering all the facts to measure the physical and mental health questionnaire based on the line of Methodology and criteria suggested by World health organization.

**Statistical Analysis**

To find the significance difference between the groups, t-test was applied. The level of significance was set at 0.05 levels. Static Group Comparison design was used for the study.

**Interpretation and Results**

**Table 1:** Comparison of psychological distress master athlete and sedentary people

Variable	Subjects	Mean	S.D	t-value
Psychological distress	Male Master athlete	14.8	1.98	-4.03*
	Sedentary male	18.6	4.77	
	Female master athlete	18.3	2.69	-5.43*
	Sedentary female	22.7	3.62	

Df-58 significance- 0.05Tab-value- 2.00

It is evident from table 1 that mean and standard deviation scores of male and female master athlete and sedentary male and female in relation to psychological distress was recorded as 14.8, 1.98 and 18.6, 4.77 and 18.3, 2.69 and 22.7, 3.62 respectively. Hence significant difference was found in domain of psychological distress with ‘t’ value recorded - 4.03\* and -5.43\* in both the category of male and female. So, it is statistically proved that master athlete in both category were less prone to psychological distress.

**Table 2:** Comparison of psychological well-being of master athlete and sedentary people

Variable	Subjects	Mean	S.D	t-value
Psychological well-being	Male Master athlete	23.8	2.43	3.28*
	Sedentary male	20.8	4.32	
	Female master athlete	24.6	2.53	3.57*
	Sedentary female	21.5	4.02	

Df-58 significance- 0.05Tab-value- 2.00

Table 2 revealed that mean and standard deviation scores of male and female master athlete and sedentary male and female in relation to psychological well-being was recorded as 23.8, 2.43 and 20.8, 4.32 and 24.6, 2.53 and 21.5, 4.02 respectively. Hence significant difference was found in domain of psychological well-being with ‘t’ value recorded 3.08\* and 3.57\* in both the category of male and female. So, it is statistically proved that master athlete in both category were good to psychological well-being.

**Table 3:** Comparison of tolerance of stress of master athlete and sedentary people

Variable	Subjects	Mean	S.D	t-value
Tolerance of stress	Male Master athlete	4.67	0.758	-2.59*
	Sedentary male	5.43	1.43	
	Female master athlete	4.77	0.858	-1.98
	Sedentary female	5.50	1.83	

df-58 significance-0.05 Tab-value- 2.00

It is evident from table 3 that mean and standard deviation scores of male and female master athlete and sedentary male and female in relation to tolerance of stress was recorded as 4.67, 0.758 and 5.43, 1.43 and 4.77, 0.858 and 5.50, 1.83 respectively. Hence significant difference was found in domain of tolerance of stress with ‘t’ value recorded -2.59\* in the category of male master athlete. So, it is statistically proved that master athlete in male category were less prone to tolerance of stress, but in female master athlete and sedentary female category there was no significance difference was found as ‘t’ value was -1.98 but mean value shows that female master athlete were better in tolerance of stress.

**Table 4:** Comparison of basic need satisfaction of master athlete and sedentary people

Variable	Subjects	Mean	S.D	t-value
Basic need satisfaction	Male Master athlete	17.7	2.16	.540
	Sedentary male	18.1	2.60	
	Female master athlete	17.1	2.32	3.18*
	Sedentary female	18.8	1.88	

df-58 significance- 0.05 Tab-value- 2.00

It is evident from table 4 that mean and standard deviation scores of male and female master athlete and sedentary male and female in relation to basic need satisfaction was recorded as 17.7, 2.16 and 18.1, 2.60 and 17.1, 2.32 and 18.8, 1.88 respectively. Hence significant difference was found in domain of basic need satisfaction with ‘t’ value recorded 3.18\* in the category of female master athlete and sedentary female and insignificant difference was found with ‘t’ value. 540 in male master athlete and sedentary male.

**Table 5:** Comparison of independence of master athlete and sedentary people

Variable	Subjects	Mean	S.D	t-value
Independence	Male Master athlete	16.6	1.57	1.55
	Sedentary male	17.7	3.42	
	Female master athlete	18.0	3.08	0.355
	Sedentary female	17.8	2.73	

df-58 significance- 0.05 Tab-value- 2.00

It is evident from table 5 that mean and standard deviation scores of male and female master athlete and sedentary male and female in relation to independence was recorded as 16.6, 1.57 and 17.7, 3.42 and 18, 3.08 and 17.8, 2.73 respectively. Hence insignificant difference was found in domain of independence with ‘t’ value recorded 1.55and. 355 in both the category of male and female.

**Table 6:** Comparison of interpersonal interactions of master athlete and sedentary people

Variable	Subjects	Mean	S.D	t-value
Interpersonal interactions	Male Master athlete	13.8	1.60	0.243
	Sedentary male	14.0	2.54	
	Female master athlete	13.4	1.99	0.798
	Sedentary female	13.0	1.88	

df -58 significance- 0.05 Tab-value- 2.00

It is evident from table 6 that mean and standard deviation scores of male and female master athlete and sedentary male and female in relation to interpersonal interactions was recorded as 13.8, 1.60 and 14.0, 2.54 and 13.4, 1.99 and 13.0, 1.88 respectively. Hence insignificant difference was found in domain of interpersonal interactions with 't' value recorded. 243 and. 798 in both the category of male and female.

**Table 7:** Comparison of spouse role of male master athlete and sedentary male

Variable	Subjects	Mean	S.D	t-value
Spouse role	Male Master athlete	11.2	2.91	2.73*
	Sedentary male	9.20	2.66	
	Female master athlete	11.4	1.69	4.08*
	Sedentary female	8.67	3.21	

df -58 significance- 0.05 Tab-value- 2.00

It is evident from table 7 that mean and standard deviation scores of male and female master athlete and sedentary male and female in relation to spouse role was recorded as 11.2, 2.91 and 9.20, 2.66 and 11.4, 1.69 and 8.67, 3.21 respectively. Hence significant difference was found in domain of spouse role with 't' value recorded 2.73\* and 4.08\* in both the category of male and female. So, it is statistically proved that master athlete in both category were having positive spouse role in their life.

**Table 8:** Comparison of social support of master athlete and sedentary people

Variable	Subjects	Mean	S.D	t-value
Social support	Male Master athlete	17.6	2.27	1.64
	Sedentary male	16.7	1.80	
	Female master athlete	17.8	2.06	3.70*
	Sedentary female	15.3	3.07	

df -58 significance- 0.05 Tab-value- 2.00

It is evident from table 8 that mean and standard deviation scores of male and female master athlete and sedentary male and female in relation to social support was recorded as 17.6, 2.27 and 16.7, 1.80 and 17.8, 2.06 and 15.3, 3.07 respectively. Hence significant difference was found in domain of social support with 't' value recorded 4.08\* in the category of female master athlete and sedentary female and insignificant difference was found with 't' value 1.64 in male master athlete and sedentary male.

**Table 9:** Comparison of work at home of master athlete and sedentary people

Variable	Subjects	Mean	S.D	t-value
Work at home	Male Master athlete	12.2	3.12	0.290
	Sedentary male	12.0	2.12	
	Female master athlete	14.1	3.00	1.19
	Sedentary female	13.4	1.56	

df -58 significance- 0.05 Tab-value- 2.00

It is evident from table 9 that mean and standard deviation scores of male and female master athlete and sedentary male

and female in relation to work at home was recorded as 12.2, 3.12 and 12.0, 2.12 and 14.1, 3.00 and 13.4, 1.56 respectively. Hence insignificant difference was found in domain of work at home with 't' value recorded 0.290 and 1.19 in both the category of male and female.

**Table 10:** Comparison of employability of master athlete and sedentary people

Variable	Subjects	Mean	S.D	t-value
Employability	Male Master athlete	21.8	3.56	0.447
	Sedentary male	22.1	2.01	
	Female master athlete	22.5	2.21	3.07*
	Sedentary female	20.4	2.96	

df -58 significance- 0.05 Tab-value- 2.00

It is evident from table 10 that mean and standard deviation scores of male and female master athlete and sedentary male and female in relation to employability was recorded as 21.8, 3.56 and 22.1, 2.01 and 22.5, 2.21 and 20.4, 2.96 respectively. Hence significant difference was found in domain of employability with 't' value recorded 3.07\* in the category of female master athlete and sedentary female and insignificant difference was found with 't' value 0.447 in male master athlete and sedentary male.

**Table 11:** Comparison of work on the job of master athlete and sedentary people

Variable	Subjects	Mean	S.D	t-value
work on the job	Male Master athlete	13.0	11.8	0.851
	Sedentary male	10.6	9.68	
	Female master athlete	12.0	9.62	2.01*
	Sedentary female	7.37	8.16	

df -58 significance- 0.05 Tab-value- 2.00

It is evident from table 11 that mean and standard deviation scores of male and female master athlete and sedentary male and female in relation to work on the job was recorded as 13.0, 11.8 and 10.6, 9.68 and 12.0, 9.62 and 7.37, 8.16 respectively. Hence significant difference was found in domain of work on the job with 't' value recorded 2.01\* in the category of female master athlete and sedentary female and insignificant difference was found with 't' value. 851 in male master athlete and sedentary male.

**Table 12:** Comparison of meaningful use of time of master athlete and sedentary people

Variable	Subjects	Mean	S.D	t-value
meaningful use of time	Male Master athlete	12.3	2.91	6.55*
	Sedentary male	8.50	1.20	
	Female master athlete	11.4	1.98	8.03*
	Sedentary female	8.20	0.925	

df -58 significance- 0.05 Tab-value- 2.00

It is evident from table 12 that mean and standard deviation scores of male and female master athlete and sedentary male and female in relation to meaningful use of time was recorded as 12.3, 2.91 and 8.50, 1.20 and 11.4, 1.98 and 8.20, 0.925

respectively. Hence significant difference was found in domain of meaningful use of time with 't' value recorded 6.55\* and 8.03\* in both the category of male and female. So,

it is statistically proved that master athlete in both category use their time in constructive manner.

**Table 13:** Comparison of negative consequences of alcohol use of master athlete and sedentary people

Variable	Subjects	Mean	S.D	t-value
negative consequences of alcohol use	Male Master athlete	2.03	6.34	-1.04
	Sedentary male	4.13	9.06	
	Female master athlete	0.00	0.00	.00
	Sedentary female	0.00	0.00	

df -58 significance- 0.05 Tab-value- 2.00

It is evident from table 13 that mean and standard deviation scores of male and female master athlete and sedentary male and female in relation to negative consequences of alcohol use was recorded as 2.03, 6.34 and 4.13, 9.06 and 0.00,

0.00 and 0.00, 0.00 respectively. Hence insignificant difference was found in domain of negative consequences of alcohol use with 't' value recorded -1.04 and 0.00 in both the category of male and female.

**Table 14:** Comparison of negative consequences of drug use of master athlete and sedentary people

Variable	Subjects	Mean	S.D	t-value
Negative consequences of drug use	Male Master athlete	0.00	0.00	-2.34*
	Sedentary male	1.77	4.13	
	Female master athlete	0.00	0.00	-5.80*
	Sedentary female	7.23	6.83	

df -58 significance- 0.05 Tab-value- 2.00

It is evident from table 14 that mean and standard deviation scores of male and female master athlete and sedentary male and female in relation to negative consequences of drug use was recorded as 0.00, 0.00 and 1.77, 4.13 and 0.00, 0.00 and 7.23, 6.83 respectively. Hence significant difference was found in domain of negative consequences of drug use with 't' value recorded -2.34\* and -5.80\* in both the category of male and female. So, it is statistically proved that master athlete in both category were less prone to negative consequences of

drug use.

**Discussion of Findings**

The study was conducted to find out the difference of quality of life of male and female master athlete and sedentary male and female.

Following is the brief Summary of the results quality of life domains

S. No	DOMAIN	Master athlete male and Sedentary male	Master athlete female and Sedentary female
1	Psychological Distress	Significant difference found	Significant difference found
2	Psychological Well-being	Significant difference found	Significant difference found
3	Tolerance of Stress	Significant difference found	Insignificant difference found
4	Basic need Satisfaction	Insignificant difference found	Significant difference found
5	Independence	Insignificant difference found	Insignificant difference found
6	Interpersonal Interactions	Insignificant difference found	Insignificant difference found
7	Spouse Role	Significant difference found	Significant difference found
8	Social Support	Insignificant difference found	Significant difference found
9	Work at home	Insignificant difference found	Insignificant difference found
10	Employability	Insignificant difference found	Significant difference found
11	Work on the job	Insignificant difference found	Insignificant difference found
12	Meaningful use of time	Significant difference found	Significant difference found
13	Negative consequences of alcohol	Insignificant difference found	Insignificant difference found
14	Negative consequences of drugs use	Significant difference found	Significant difference found

The results of present showed that athletes' life quality variable is in desirable status. Satisfaction and pleasure in life and life quality as a whole were in desirable status. Also, the results of confirm the positive role of sport and physical activity in increased mental health and quality of life. The results of this research are consistent with the study's results Buman, 2010 [1]. It was found in this research that physical exercises and training can have many advantageous impacts on the behaviour and mood, and moreover, physical exercises are associated with reduced stress, tension and depression and increased self-confidence, this means with increasing physical fitness achieved through physical activities, the symptoms of pain and physical discomfort will decrease. Present result of the study reveals that exercise and physical activity increases the individual mobilizations in the community and in form of

a team, and helps the individual to become more socialized. Incorporating exercise programs in people daily life leads to their improve their quality of life.

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