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Evaluation of relationship between psychological well-being and sports performance among footballers

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Abstract

The present study was designed to assess the relationship between psychological well-being and sports performance among Footballers. A sample of one hundred thirty (N=130) Inter-college level Footballers from the affiliated colleges to Panjab University, Chandigarh was selected for the present study. The Psychological well-being scale constructed by Ryff & Keyes (1995) was employed to obtain the required information. Pearson's Product-movement correlation test was used to examine the relationship between psychological well-being and sports performance among Footballers. The Results of the present study indicated that psychological well-being positively contributes towards better sports performance among Footballers.

Keywords: Psychological well-being, sports performance, footballers

Introduction

Psychological well-being refers to an individual's satisfaction or happiness with himself, and is thought to be necessary for good mental health (Shepard, 1979) [10]. Psychological well-being can increase with age, education, extraversion and consciousness and decreases with neuroticism (Keyes *et al.*, 2002) [6]. Harre (1979) [3] revealed that the sportspersons are not capable to give their life's best performance at every age.

The performance in championships, no longer occurs at random or as a result of chance alone. International sports performance in various sports and games is influenced by numerous elements such as level of physical, physiological and psychological abilities, nutrition, technique, tactics, physique, body size and body composition (Kalpana, 1990) [5]. Human beings are an interaction of body and mind which exhibits the psycho-physical unity. The better co-ordination between mind and body leads to the better sports performance.

The concept of well-being originated from positive psychology. It refers to health, vitality, creativity, fulfillment and resilience. It is a harmonious interplay cognitive and effective process rather than subjugating to them. In Indian yogic perspective, it refers to harmony of mind, soul and senses. The relationship of one to reality determines one's well-being and the way one resorts to coping with life has its impact on the well-being (Ravichandra *et al.*, 2007) [7].

Methodology

A total one hundred thirty (N=130) Inter-college level Footballers from affiliated colleges of Panjab University, Chandigarh were selected to act as subjects for the present study. The subjects were divided into low and high performance groups on the basis of their performance. The Psychological well-being scale constructed by Ryff & Keyes (1995) [8] was used to collect the required data. The Pearson's product-movement correlation technique was used to identify the relationship between psychological well-being and sports performance among Footballers. The level of significance was set at 0.05.

Results

The relationship between psychological well-being and sports performance among high level Football performers has been presented in the table-1.

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Table 1: Relationship between Psychological Well-Being and its sub-variables and Sports Performance among high level Football Performers

Sr. No.	Variables	Correlation (r)	P-Value (Sig.)
1.	Autonomy	.149	.236
2.	Environmental Mastery	.273*	.028
3.	Personal Growth	.611*	.000
4.	Positive Relations	.561*	.000
5.	Purpose in Life	.448*	.000
6.	Self- Acceptance	.604*	.000
7.	Psychological Well Being (Total)	.852*	.000

*Significant at 0.05 Level

Table-1 indicates the results with regard to the relationship between psychological well-being and sports performance among high level Football performers. The significant relationship ($p < 0.05$) between psychological well-being and high level Football performance was observed. The significant relationship with regard to psychological well-being and its sub-variables i. e. Environmental Mastery with $r = .273$ and p-value (Sig.) = .028, Personal Growth $r = .611$ and p-value (Sig.) = .000, Positive Relations $r = .561$ and p-value (Sig.) = .000, Purpose in Life with $r = .448$ and p-Value (Sig.) = .000, Self -Acceptance $r = .604$ and p-value (Sig.) = .000 and Psychological Well-Being (Total) $r = .852$ with p-value (Sig.) = .000. However, insignificant ($p > 0.05$) relationship was found with regard to sub- variable; autonomy with sports performance as the obtained $r = .149$ and p-value (Sig.) = .236.

It is therefore, evident that environmental mastery, personal growth, positive relation, purpose in life, self-acceptance and psychological well-being (total) contribute towards better Football playing ability.

The relationship between psychological well-being and sports performance among low level Football performers has been presented in the table-2.

Table 2: Relationship between Psychological Well-Being and its sub-variables and Sports Performance among Low level Football Performers

Sr. No.	Variables	Correlation (r)	P-value (Sig.)
1.	Autonomy	.047	.712
2.	Environmental Mastery	.125	.323
3.	Personal Growth	.056	.659
4.	Positive Relations	.222	.075
5.	Purpose in Life	.249*	.045
6.	Self- Acceptance	.104	.408
7.	Psychological Well Being (Total)	.215	.086

*Significant at 0.05 Level

Table-2 shows the results with regard to the relationship between psychological well-being and sports performance among low level Football performers. The insignificant relationship ($p > 0.05$) between psychological well-being and low level Football performance was observed. The insignificant ($p > 0.05$) association was observed between psychological well-being and its sub- variables; autonomy with $r = .047$ and p-value (sig.) = .712, environmental mastery $r = .125$ p-value (sig.) = .323, personal growth $r = .056$ p-value (sig.) = .659, positive relation $r = .222$ and p-value (sig.) = .075, self- acceptance $r = .104$ p-value (sig.) = .408 and psychological well-being in total ($r = .215$) p-value (sig.) = .086. However, the significant relationship between sub-variable; purpose in life and low level Football playing ability was observed as the obtained $r = .249$, and p-value (Sig.) = .045.

Discussion

The analysis of data pertaining to relationship of psychological well-being with sports performance among Footballers revealed positive significant relationship with regard to the sub-variables of psychological well-being; environmental mastery, personal growth, positive relation, purpose in life, self-acceptance and psychological well-being (Total). However, insignificant relationship between sports performance and psychological well-being sub-variable; autonomy was noticed. The positive significant relationship indicates that psychological well-being is contributing factor in high level Football performance. A good Footballer requires high level of psychological well-being in addition to other factors for producing high performance. The outcome of study might be due to the fact that high performers are autonomous in making decisions and their decisions are not influenced by others. They feel free in thinking as compared to low performers. As the high performers demonstrated more environmental mastery, it shows that they can easily handle the situations in which they found fit with the people around them as compared to low performers. The high performers found better in managing their daily life responsibilities than low performers and their lifestyle is according to their likings. High performers had recorded higher level of personal growth, believe in acquiring experiences to develop personality through continuous learning and personal growth. High performers exhibited better to positive relations with others, seems to be loving and affectionate maintaining close relationships, enjoy conversation with friends. High performers also demonstrated better on the sub-variable; purpose in life. They possess sense of purpose and direction in life and enjoy making plans for future. High performers had reported better on self-acceptance and pleasingly accept the life. They are positive and confident about themselves. They like themselves and feel good about them. Huppert (2009) [4] revealed that psychological well-being is about lives going well. It is the combination of feeling good and functioning effectively. Schurr *et al.* (1977) [9] had clearly shown that athletes were independent, more objective and less anxious than non-athletes.

However, Diener *et al.* (1999) [2] included four components of psychological or subjective well-being and regarded it as a wide category. These components were (a) pleasant or positive well-being, (b) un-pleasant affect or psychological distress, (c) life satisfaction and domain and situation satisfaction whereas Buhler and Marschak (1968) [1] revealed positive criteria of mental health. Further, they pointed that culture history, ethnicity, class and so on give rise to different, perhaps competing, conceptions of well-being. People who seek too much autonomy may not perceive themselves as well adjusted. Psychological well-being resides within the experience of an individual.

Conclusion

It is concluded that sports performance in Football is positively associated with psychological well-being. The success depends upon various factors but psychological well-being is one of the major and indispensable factors which contribute towards better performance among Footballers. Therefore, it is suggested that coaches and sports psychologists dealing with sportspersons should take utmost care of psychological well-being of sports persons as it has already been established by various researches that the variable in question is an important factor for better sports performance.

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