

A comparative study on resilience, satisfaction and quality of life among male and female athletes

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ABSTRACT

Several of the foremost renowned athletes within the world all have one factor in common; they need to achieve extraordinary sports performances, like earning many Olympic or World championship titles and world records, coming into them into the terribly exclusive team of world's best athletes. On the opposite hand, despite sharing this similarity, it's straightforward to understand that there are unit major variations among them. Indeed, every contestant presents terribly specific attributes that once related to many years of high-quality coaching, area unit closely associated with their outstanding sports performances. The purpose of the current research is to study resilience, the satisfaction and life quality in athletes. In spite of the fact that individuals flexibility research has distinguished the qualities of elite sports teams that emphatically adjust to difficulty, further exploration is needed to see how strong individual work. The goal of this investigation, along these lines, was to investigate the psychosocial measures supporting an individual's strength in a world-class sport. Consequently, to additional add to the structure assemblage of exploration, this investigation inspects the efficacy of resilience, satisfaction, and life quality of 77 athletes (39 females and 38 males). Standardized scales were used in the research to measure the variables. The results revealed that both the Life Quality and Resilience of athletes are positively correlated with each other. As both of the variables serves as important contributors to the life of athletes. However, the association between Resilience, Life Quality, and Satisfaction in male and female athletes needs further more investigation. Government should introduce programmes that can help increase resilience, satisfaction and life quality of athletes.

Keywords: Resilience, Satisfaction, Quality of Life, Athletes, Sports Players, Performance, Well-being, Mental Health

"Without self-discipline, success is not possible, period." – Lou Holtz

The sporting realm generates a mentality of 'win at all costs.' What many don't know, though, is that winning always has a lot to do with compromise and weakness, as well as endurance and mental determination. Psychologists may assume that athletes are inherently endowed with extraordinary genetic gifts and super-human attributes, but athletes know better than anybody that winning is all in mind. As with the physical

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components of competition, coaches and administrators need to track, prepare and improve the psychological abilities of athletes.

In sport, adversity is typically synonymous with athletic success, sports association under which athletes work, and personal 'non-sporting' life activities. Continuous preparation, success and selection poses major mental endurance difficulties for both athletes and coaches, as well as the pressure of stressors typical in daily life. However, recent concerns surrounding the obligation of responsibility that sport has for athletes have contributed to the realisation that mental toughness is not something that athletes and coaches innately embody and can be built on the same basis as physical resilience.

Sports performance is that the manner within which sport participation is measured. Sport performance could be an advanced mixture of biomechanical performance, emotional factors, and coaching techniques. Performance in an athletic context contains a fashionable connotation of representing the pursuit of excellence, wherever a jock measures his or her performance as a progression toward excellence or accomplishment. There's an understanding in a sport that athletes inquisitive about performance tend to the competitive or elite level; athletes inquisitive about easy participation, for broader functions like fitness or weight management, are most frequently recreational athletes WHO don't set performance goals. On one level, the determination of sports performance in most sport disciplines could be an easy matter. In those activities wherever the result's measurable and outlined, like a race, a jump, or an object to be thrown, the top result's quantitative. In these sports, it's the search for performance improvement that drives the analysis of the individual parts of the performance. Once a jock and therefore the coach will isolate areas on that to focus on coaching, the last word result's probably to be improved.

Resilience

Resilience refers to “positive adaptation or the ability to maintain or regain mental health, despite experiencing adversity.” (Wald, Taylor & Asmundson, 2006). Luthans (2002a, pg 702) defined Resilience as “developable capacity to rebound or bounce back from adversity, conflict & failure or even positive events, progress & increased responsibility.”

Psychological resilience is the ability to mentally or showing emotion deal with a crisis or to come back to pre-crisis standing quickly. Resilience exists once the person uses "mental processes and behaviours in promoting personal assets and protective self from the potential negative effects of stressors". In easier terms, psychological resilience exists in those that develop psychological and behavioural capabilities that enable them to stay calm throughout crises/chaos and to manoeuvre on from the incident while not semi-permanent negative consequences. Resilience may be a positive psychological characteristic that reflects a human capability to higher understand, deal with, and overcome adversity; the sports atmosphere is replete with adversities, that increase athletes' stress levels and should cause undesirable outcomes.

Resilience is that the integrated adaptation of physical, mental, and no secular aspects in a very set of "good or bad" circumstances, a coherent sense of self that's ready to maintain normative biological process tasks that occur at varying stages of life.

In a study, Richardson, Neiger, Jensen, & Kumpfer (1990) studied the resiliency model served as a guiding theoretical framework at intervals the tactic of data assortment and analysis. Associate degree abstract model of the resilience model as older by the athletes

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throughout this study is given as a preliminary framework for future studies of resilience in sport.

Additionally, Barley, Cerqueira et al., (2012) additionally studied that sport appears to contribute to the event of a lot of resilient profile and higher quality of life.

In another study by Morgan, Sarkar (2015) found disclosed five main psychosocial processes underpinning team resilience: transformational leadership, team learning, social identity, and positive emotions. Associate examination of narrative structure within the autobiographies disclosed a progressive narrative sort characterized by collective positive analysis of setbacks.

Life quality

Quality of life (QOL) could be a wide researched topic in several fields (Dijkers, 1999) all the same, there's a deficiency of knowledge with regard to athletes' QOL contained within the living game brain analysis writing. The subsequent review is an effort to integrate the present QOL literature with analysis relating to athletes' QOL. Initially, definitions of satisfaction, jock satisfaction, and quality of life are given. In consequent sections, the various sides of life quality are mentioned still as athletes' descriptions of various factors which will have an effect on QOL. Finally, a quick outline of Riemer and Chelladurai's (1998) jock Satisfaction form (ASQ) is provided.

Dijkers, (1999) defined Quality of Life as a "While the standard of life has been wide studied, there presently exists no single definition of life quality". Consistent with Farquhar (1995), there are many completely different philosophical views relating to the standard of life. A review of the assorted definitions of QOL indicates that one term that's systematically used is life satisfaction. Once in a very whereas life fulfilment is viewed as a locality of QOL; all the same, infrequently, it's used interchangeably with athletes with spastic paralysis.

Groff, Lundberg and Zabriskie (2008) urged that participation in tailored sport is claimed to Life Quality and athletic identity for individuals. To foster these edges advocates for persons with disabilities ought to be compelled to figure toward increasing opportunities to vie in sports. In a study of Snyder, Martinez, et al., (2010) found athletes scores high in psychological state. In another study by Simon, Docherty (2013) showed that athletes have small health-related quality of life as compared with non-athletes.

Satisfaction

Satisfaction is perceived as a significant determinant of inspiration and responsibility in-game and exercise. In spite of the fact that scientists and professionals have recognized that satisfaction impacts roused conduct and furthermore speaks to an alluring psychological enthusiastic end state in itself, satisfaction isn't perceived as an unmistakable feeling or disposition state. Satisfaction has been utilized conversely in the game and exercises writing with different terms, for example, pleasure, joy, responsibility, loving, and prosperity. Albeit sharing the positive emotional experiential parts of these different terms, satisfaction should be treated as an unmistakable term. Satisfaction speaks to a positive intellectual full of feeling state coming about because of a psychological judgment measure that what is gotten or experienced meets or surpasses an individual norm.

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Life satisfaction speaks to a psychological assessment of the nature of a person's life in general. Scientists inside exercise and sports psychology (SP) who are keen on subjective well-being (SWB) regularly study life satisfaction. Life satisfaction is frequently compared with or utilized as an equivalent for general joy or prosperity.

Martin, Byrd, et al., (2015) indicated that athlete's reportage the very best levels of grit and resilience attended even be the foremost engaged in their sport, and athletes with a high level of hardiness and the very best satisfaction of life.

In a study of performance satisfaction by Chelladurai (1984) showed that discrepancy in leadership for athletes within the varied sports was related to 3 measures of satisfaction: Satisfaction with Team Performance, with Leadership, and with Overall Involvement. Further, coaching and Instruction, and regeneration were the foremost common dimensions of leader behaviour poignant athletes' satisfaction.

Nicholls, Polman and Levy (2012) showed the path analysis discovered that appraisals of uncontrollable-by-self, stressfulness, and position were completely related to the relative which means threat appraisals. Threat appraisals were related to unpleasant emotions, before competition, and pre-ceded distraction- and disengagement-oriented header. The pre-competition appraisals of controllable-by-self, centrality, controllable-by-others, and stressfulness were related to challenge relative meanings, which successively were joined to task-oriented header throughout competition. Task-oriented header was completely associated with superior subjective performance.

In a study of Malinauskas and Romualdas (2010) showed that greater perceived stress was related to diminished life satisfaction for athletes with a serious injury quite for those with a minor injury. The relation between coming stress and perceived social support was associated most with life satisfaction for participants with a serious injury.

Purpose

The current study aims to assess the Resilience, Satisfaction, and Quality of Life in male and female athletes.

Hypothesis

There will be no significant differences in Resilience, Satisfaction, and Quality of Life among male and female athletes.

METHOD

Sample

The sample consisted of 77 (39 females and 38 males) athletes from Tricity (Chandigarh, Mohali and Panchkula) of India. The samples vary between 18-25 years of age.

Measures

The following standardized tests were used:

- 1. Connor Davidson Resilience Scale (CD-RISC-10):** Connor Davidson Resilience Scale is a 10 item self-report measure of resilience that was developed by Campbell-Sills and Stein, refined the original 25-item CD-RISC and validated a 10-item version of the measure, called the CD-RISC-10, 2007. Respondents were asked to rate each item on a 5-point scale ranging from 0 (Not True at All) to 4 (True Nearly All the Time). Items were summed to obtain total scores ranging from 0 to 40.

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- 2. Athlete Life Quality Scale (Development and Psychometric):** Athlete Life Quality Scale is a 15 item self-report measure of life quality that was developed by Noah B. Gentner, 2004. Respondents were asked to rate each item on a 7-point scale ranging from 1 (very dissatisfied) to 7 (very satisfied). Items were summed to obtain total scores ranging from 0 to 105.

- 3. Satisfaction Scale for Athletes (SSA):** The Satisfaction Scale for Athletes (SSA) is a study of validity and reliability is a 16 item self-report measure of satisfaction that was developed by Gokhan Caliskan and Hacer Ozge Baydar, 2016. Respondents were asked to rate each item on a 7-point scale ranging from 1 (Not at All Satisfied) to 7 (Very Satisfied). Items were summed to obtain total scores ranging from 0 to 112.

Procedure

The participants were informed about the purpose of the research and the questionnaires were made filled through Google forms. The members were guaranteed the classification of the data to inspire their legitimate reactions with no dread or restraints. Standardized psychological tests were administered to the participants.

RESULTS

The responses of the participants were analysed using t-test to see the significance in Resilience, Life Quality and Satisfaction among the sample of male and female athletes. Mean and Standard Deviation of descriptive data is presented in Table 1, Table 2 shows the Co-Relation Matrix, Table 3 shows the Independent sample T-Test and Table 4 shows the Group Descriptive significance of Resilience, Life Quality and Satisfaction among male and female athletes.

Table 1: Mean, Standard Deviation of all variables. N=77

	Gender	Resilience	Life Quality	Satisfaction
N	FEMALE	39	39	39
	MALE	38	38	38
Mean	FEMALE	24.8	81.1	83.8
	MALE	25.4	76.6	81.8
Standard deviation	FEMALE	7.53	16.9	12.6
	MALE	8.77	23.5	14.2

Table 2: Correlation of all Variables.

	Resilience	Life Quality	Satisfaction
Resilience	—		
Life Quality	0.466 ***	—	
Satisfaction	0.172	0.405 ***	—

Note. * p < .05, ** p < .01, * p < .001**

Table 3: T-test for male & female athletes

	Group	N	Mean	SD	statistics	df	p
Resilience	FEMALE	39	24.8	7.53	-0.364	75.0	0.717
	MALE	38	25.4	8.77			
Life Quality	FEMALE	39	81.1	16.95	0.960	75.0	0.340
	MALE	38	76.6	23.48			
Satisfaction	FEMALE	39	83.8	12.58	0.658	75.0	0.513
	MALE	38	81.8	14.15			

DISCUSSION

The study provides evidence of no significant gender differences in Resilience, Satisfaction and Life Quality. The results show that there is a positive correlation between Life Quality & Resilience ($r=0.466$, $p < .001$) and also there's positive correlation between Life Quality and Satisfaction ($r=0.405$, $p < .001$). There is no such difference have been seen in the group descriptive in Resilience, Life Quality and Satisfaction of both male and female; shows no such vast difference in the variable. Hence, the hypothesis that there will be no significant difference in Resilience, Satisfaction and Life Quality among male and female athletes is accepted.

Haase (2004) Theorised specializing in positive health ideas like resilience area unit probably wonderful guides for developing effective psychosocial interventions, as a result of the factors that influence positive health, like hope, positive brick, and perceived social support, area unit amenable to improvement.

Developing “mental toughness” or resilience will help an athlete perform well in the face of adversity. A resilient athlete is one who is able to overcome setbacks, remain confident, and focus on the present (Solomon and Becker, 2004).

CONCLUSION

The research aimed at analysing the difference in Resilience, Life Quality and Satisfaction among male and female athletes. The result provides evidence of no such significant difference between male and female athletes. The null hypothesis of no gender difference in all states i.e., Resilience, Life Quality and Satisfaction was accepted. The findings are quite contradicting with the past researches bit it sparks a ray of light towards people being aware of their positive things in life in the areas of Resilience, Life Quality and Satisfaction in stressful situation. The research was conducted on a small sample of 77 athletes (39 females and 38 males) but future researches on a larger sample can give us a more in-depth insight. Resilience, Satisfaction and Life Quality training can be better in the future of athletes with the help of better counsellors and trainees that can help them believing in their abilities, developing their strong social network, embracing negative or traumatic changes towards life and performance, developing problem solving skills, establishing better goals and taking action towards their future can be done.

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Conflict of Interest

The author declared no conflict of interest.

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