

Psycho-Social Factors and Wellness Status of Football Coaches and Players in Calabar, Cross River State, Nigeria

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Abstract

This study examines the effect of psycho-social factors on the wellness status of football coaches and players in Calabar, Cross River State. To achieve the objectives of this study, two research hypotheses were raised to serve as a guide to the study. The descriptive survey research method was adopted for the study. A total of forty (40) respondents were randomly selected for the study. The selection was done through fish bowl method of sampling technique. A questionnaire was designed by the researchers with the help of some measurement and evaluation experts that gave its content and face validation. To test the hypotheses, t-test analysis was considered appropriate for the study. The .05 level of significance was used for the statistical testing of each hypothesis with critical values and degrees of freedom. The results show that there is a significant effect of stress and alcohol consumption on the wellness status of football coaches and players. Based on these findings of the study, appropriate conclusions and recommendations were made.

Keywords: Psycho-Social Factors, Wellness Status, Alcohol, Stress, Football Coaches and Players.

1. Introduction

Ardell (1995), stated that wellness is an integrated, a dynamic level of functioning oriented towards maximizing potential dependent upon self-responsibility. Wellness involves not only preventive health behavior, but also a shift in thinking and attitude. He further opined that, wellness is a kind of lifelong growth and achievement in the emotional, spiritual, physical, occupational, intellectual and environmental and social dimensions. It means a life time of striving towards ever-higher level of functioning. To him, emotional wellness includes three areas: awareness, acceptance and management. Emotional awareness involves recognizing your feelings, as well as the feelings of others. Emotional acceptance means understanding the normality of human emotion, in addition to realistically assessing your own personal abilities and limitations.

Gecas and Seff (1990), said wellness involves a work environment that minimizes stress and exposure of the physical health hazards. It is vital that one's vocational choice be personally enriching and stimulating. If one is not happy with his/her occupation, you will find that your well being suffers. They further stated that, social wellness involves the ability to get along with others, as well as to appreciate the uniqueness of others. It also includes concern for humanity as a whole and feeling a genuine sense of belonging to a large social unit. According to Dunn (1995), wellness is not a goal to be attained but a process to be maintained.

American College of Sports Medicine (2000) said, wellbeing is largely achieved and mentioned by the individual who properly manages his or her own lifestyle. Paying attention to aspect of a healthy life style or having such as physical, adequate nutrition, stress management can all contribute to wellbeing. To Zimmer (2010), wellness is generally used to mean a healthy balance of the mind, body and spirit that results in an overall feeling of well-being and making choices toward a more successful existence. To him, wellness is also an integrated method of functioning which is oriented towards maximizing the potential of which the individual is capable. It requires that the individual maintains a continuum of balance and purposeful direction within the environment where he is functioning. Zimmer (2010) further stated that wellness, as a luxury pursuit, is found obviously in the more affluent societies because it involves managing the body state after the basic needs of food, shelter and basic medical care have been met.

The obvious problem is that there are different ideas about what is health. Gwen, Debbie and Slawn (1999) defined health as the absence of disease; this is narrow and also a negative conception of health. According to World Health Organization famous conception of health (WHO, 1947), health is a state of complete physical, mental and social well-being of an individual and not merely the absence of disease or infirmity. Udoh and Ajala (1988) described health as a quality of life; a result of one's total functioning within his environments, how effective an individual's level of living is, his quality of life and physical, mental and social and spiritual experience.

2. Literature Review

Seyle (1984) sees stress as a 'non-specific respond of the human organism to any demand made upon it'. He also saw it as the response of the body to any type of change to any new, threatening, or existing situation. Non-specific means that the body react the same regardless of the cause. Laxarus (1990) also sees stress as a process

that enables the body to resist the stressor in the best possible way, by enhancing the functioning of the system best able to respond to it. Stress is a part of everyday life and is as old as man himself. Stressors are the endless number of daily occurrences that draw upon our resources to adapt.

Coleman (2000), in his contribution to the definition explained that, all human beings are constantly under siege and anything deliberately sought or accidentally found, pleasant or unpleasant, that increases the intensity of life causes an increase, temporary or permanent, in the pressure (stress) of living. Akimboye (2002), viewed stress as the body's responses to any undesirable mental, physical and emotional situations in the environment while Denga and Ekpo (1991) stated that, stress is a generalized non-specific response of the body to any occurrence when the pressure upon an individual exceeds the resources to cope with those pressure.

Generally, every individual would probably experience different types of stress at one time or another including coaches, players and athletes in general. Stress therefore, is an external condition which produces feelings of discomfort and tension, since they are seen as threatening or frustrating, or they exceed the individuals' capacities to deal with them.

According to Arnold (2005), alcohol is a general term for any organic compound in which a hydroxyl group (-OH) is bound to a carbon atom, which in turn may be bound to other carbon atoms and further hydrogen. He again stated that, alcohol is a psychoactive drug classified as depressant, hypnotic, and sedative. Marlatt (2002) opined that alcohol is a systematic drug which when consumed is carried by the blood stream and which act on the central nervous system (CNS) with both psychological and physiological consequences. He further stated that, pharmacologically, although it may also act as a stimulant at an initial ingestion. He concluded by saying that, alcohol is thought to produce confusion and hallucination under certain condition even in moderate or full doses.

Harada (1993) observed that there are many types of alcohol known by chemists but the popular ones are methyl alcohol ($\text{CH}_3 \text{OH}$) and ethyl alcohol ($\text{CH}_3 \text{CH}_2. \text{OH}$) while the latter one is consumable. It is commonly referred to as grain alcohol. He further analyzed that drinks containing alcohol are known as alcoholic drinks or beverages (an average beverage is any sort of drinks except water, milk, tea, wine and beer). There are two classes of alcohol beverages; the natural fermentation beverages and the distilled beverages. The former are wines and beers produced through the action of yeast on sugar present in cereals or grains and fruits with other chemical added in some cases for coloration and flavoring. While distilled beverages are wines subjected to other processes to increase their alcoholic content by heating them to the boiling point. The end product is distilled spirit e.g. gin, whiskey, etc.

Oscar – Berman (2003), in his opinion stated that, alcohol is created when grains, fruits, or vegetables are fermented. Fermentation is a process that uses yeasts or bacteria to change the sugar in the food into alcohol. Fermentation is used to produce many necessary items – everything from cheese to medications. He further stated that, alcohol has different forms and can be used as a cleaner, antiseptic, or a sedative. He concluded that, when people drink alcohol, it is absorbed into their bloodstream. From there, it affects the central nervous system (the brain and spinal cord), which controls virtually all body functions.

3. Methodology

In this study, the researchers made use of descriptive survey research design which is meant to describe and interpret the effect of psycho-social factors on the wellness status of football coaches and players. The population of the study consists of all the football coaches and players in Calabar, Cross Rivers State. A total of 40 respondents were randomly selected from the total number of 100 coaches and 400 players in Calabar, Cross Rivers State. The sampling technique employed in selecting the size was the fish bowl method of sampling technique. The main instrument used for data collection was a self developed, close-ended structured questionnaire. The questionnaire item was divided into two (2) sections. Section 1 was used to collect information on the demographic data of the respondents, while section 2 contained data on the effects of psycho-social factors on the wellness status of football coaches and players. The instrument used for data collection was validated using content and face validation the team experts in the Department of measurement and evaluation, University of Calabar. Each item in the questionnaire was formulated to relate to the topic under investigation. Reliability of the instrument was ascertained by using the test-retest method and an (r) of 0.78 was obtained.

Hypothesis one

There is no significant effect of stress on the wellness status of football coaches and players. The result of the analysis is presented in table 1

Table 1: t-test analysis of effect of stress on the wellness status of football coaches and players.

| Respondents | N | \bar{X} | SD | Cal.t | Crit-t |
|------------------|----|-----------|------|-------|--------|
| Football coaches | 20 | 9.7 | 1.34 | | |
| | | | | 5.0 | 2.02 |
| Football players | 20 | 11.2 | 0.8 | | |

*significant at .05level, d f= 38, critical t = 2.02.

The result of the statistical analysis as presented in table 1 shows that the calculated t-value of 5.0 was greater than the critical t-value of 2.02 when tested at 0.05 level of significant with 38 degree of freedom. The result is significant and the null hypothesis was rejected. This implies that there is significant effect of stress on the wellness status of football coaches and players.

Hypothesis two

There is no significant effect of alcohol consumption on the wellness status of football coaches and players the result of the analysis is presented in table 2.

Table 2: t-test analysis of effect of alcohol consumption on the wellness status of football coaches and players.

| Respondents | N | \bar{X} | SD | Cal-t | Crit-t |
|------------------|----|-----------|------|-------|--------|
| Football coaches | 20 | 11.24 | 0.7 | | |
| | | | | 3.5 | 2.02 |
| Football players | 20 | 10.1 | 1.64 | | |

*significant at .05 level, df =38, critical t =2.02.

The result of the statistical analysis showed that the calculated t-value of 3.5 was greater than the critical t-value of 2.02 when tested at .05 level of significance with 38 degree of freedom. This shows that the result is significant and the null hypothesis was rejected. This means that there is a significant effect of alcohol consumption on the wellness status of football coaches and players.

4. Discussions And Findings

The section deals with the discussion of findings and is presented hypothesis by hypothesis as seen below. From the data analysis as shown in table one (1), it was observed that the findings was significant as the calculated t-value was greater than the critical t. this findings is in line with opinion of Goldberg (2012) who said that stress contributes to hypertension and increases harmful blood clothing. He further stressed that stress hormones damage the arterial lining, and make unhealthy arteries more prone to infections. He also indicated that stress may lead to unhealthy changes in sleep, eating, and exercise habits, and increase the use of harmful substances such as caffeine, alcohol, tobacco and other drugs all of which may contribute to cardiovascular diseases. When all theses happen it will affect the wellness status of both the football coaches and the players drastically.

Lazarus (1990) also asserted that stress becomes harmful when people use alcohol, tobacco, or drug s to try and relieve their stress. Unfortunately, instead of relieving stress and returning the body to a relaxed state, these substances tend to keep the body in a stressed state and cause more problems. He said that stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety.

The result of second hypothesis indicates that alcohol consumption has a significant effect on the wellness status of football coaches and players. To support the findings of this study, Marlatt (2002), observed that, short-term effects of alcohol consumption include intoxication and dehydration while long term effects include changes in the metabolism of the liver and brain. He further stated that, alcohol intoxication affects the brain, causing slurred speech, clumsiness, and delayed reflexes. He again stated that, alcohol also limits the production of vasopressin from the hypothalamus and secretion of this hormone from the posterior pituitary gland.

The brain is the first organ affected by alcohol. This makes people more relaxed and talkative for a while (Oscar- Berman 2003). Alcohol is a depressant and serves as inhibitions and also slows the body's reflexes by interfering with nerve signals. Strong alcohol drinks harm the delicate tissues of the mouth and throat thereby affecting the body functions of every drinker. He concluded that, alcohol is a depressant, which means it slows the function of the central nervous system. Alcohol actually blocks some of the messages trying to get to the brain. This alters person's perceptions, emotions, movement, vision, and hearing. Therefore, it is not uncommon that it can affect football coaches and players wellness status negatively.

5. Conclusions and Recommendations

It was concluded based on the findings of the study that:

1. There is a significant effect of stress on the wellness status of football coaches and players.
2. There is a significant effect of alcohol consumption on the wellness status of football coaches and

players.

Based on the findings and conclusions of this study, it was recommended that:

1. Coaches and players should exercise regularly because regular physical activity relieves tensions by deepening your breathing and relaxing tense muscles.
2. Coaches and players should identify the sources of stress in their lives. There are certain things that are out of control, but perhaps there are small but meaningful changes they can make in their lives.
3. Individuals should schedule relaxation time into their day. Just like one schedule meetings or appointments, set aside time in a day for you.
4. Alcohol consumption should be discouraged among the football coaches and players.
5. Periodic education should be given to the football coaches and players in order to let them know how adversely alcohol consumption affects their wellness status.

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