

Psychological Satisfaction through Sports Participation

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Abstract

The present research study was an attempt to investigate the perception of athletes about the role of sports in psychological satisfaction. The target population of this research study was consisted of all the players of Gomal University KP Pakistan. A sample of (50) players from different sports activities were randomly taken from the selected population. For the collection of data, a closed form of questionnaire was developed by the researcher under the supervision of his research supervisor. Data collected through questionnaire were tabulated and analyzed by using percentage as a statistical tool. After analysis, the researcher arrived at conclusion that sports play a significant role in the development of Self-confidence, Self-esteem, motivation and play a key role in psychological satisfaction of the players.

Keywords: Psychological Satisfaction, Players, Gomal University, Kpk, Pakistan

1. Background of the Study

According to Richard Tenorio,(2015) "*Socialization is "the process by which a human being beginning at infancy acquires the habits, beliefs, and accumulated knowledge of society through education and training for adult status"*" Participation in sports activities play both positive and negative role in socialization process of an individual.

According to Khan *etail*,.(2016), sports activities means those activities which we perform in skillful and co-ordinated manner. The author further says that sports are a universal tool for promoting social values such as peace, equality, goodwill etc. Participation in sports activities develops self-confidence, self-esteem, motivation, and helps in reducing stress among its participants. A person with all the social qualities not only prove wrathful for his family but also in society at large (Petitpas *etail*,2015).

According to Sennett Chun,(2012)*Cognitive development is the brain structuring of a child that focuses on progressions of an individual's thought mechanisms such as information processing, memory, problem-solving, and decision making skills*. Participation in sports activities helps us in our cognitive development. A participant of sports activities can easily decide for him/herself that, what I have to do and how I have to do.

Physical activities have significant effect on mental health of its participants. One of the main reason or cause of stress among the people is free time. If a person participate in sports activities in his free time then he can easily judge the role of sports participation in the refreshment of his mode. Sports participation boost up the level of self-confidence, self-esteem and motivation and help in reducing stress among its participants (JumpBunch,2013).

According to Khan, (2014) it is a famous quotation that empty mind is the workshop of devil. Free time lead the children towards participation in immoral activities. Children need to engage in sports activities in free time. Participation in sports activities helps to spend the leisure time in constructive way.

Sport is a most popular extra-curricular activity among children. Sports activities help one to avoid the participation of immoral activities. Sports participation helps in psychological development and reduces the psychological stress, tension and wariness. According to the National Alliance for Youth Sports (NAYS), approximately 65% of children worldwide are involved in sports activities. While 55% of American children are involved in youth sports, among German children who are the target of this analysis, this number is somewhat higher: about 70% of all children aged 6-14 engage in sports activities (Kutteroff & Behrens, 2006).

Satisfaction of mind is the basic need of human being. Lack of psychological satisfaction adversely affects the overall functions of the body parts. Participation in physical activities helps to promote the functional capacity of human body systems (Khan,2014).

Psychological factors such as stress, tension and worry affect the physical performance of athlete. The athlete with psychological satisfaction always shows good performance in physical activities as compare to athlete who has psychological dissatisfaction (Lazarus, 2000).

Stress, tension and worry are all those factors, which directly affect the physical performance of a person. To show good performance, a person needs to participate in all those activities which provide psychological satisfaction by reducing the psychological problems i.e. stress, tension and worry (Weinberg, 2014).Sports participation boost up the level of confidence among the players. A player with high level of confidence always show good performance in the competition (Mamassis & Doganis,2004).

I can play. it is confidence. I will win the competition. it is commitment. Such qualities only found among the players. Participation in sports develops the level of confidence and commitment (Vargas *et al.*,2003).

Sound mind in a sound body, for development of the body a person need to participant in sports activities. Sports participation not only develops the physique but also develops a person mentally as well as emotionally (Balyi *et al.*,2013).The author further states that youth sports in the best way of reducing the immoral activities among the players.

2. Justification of the Study

Psychological satisfaction is the basic need of every one. How one can get psychological satisfaction? What is the role of sports psychological satisfaction of a person. For the purpose to discover the fact the researcher, intend to conduct a research study under the title “Psychological Satisfaction through Sports Participation”

3. Objectives of the Study

The main objectives of the study were

- 3.1 To examine the role of sports in psychological satisfaction of athlete
- 3.2 To assess the role of sports in reducing stress, tension and worry among the athlete

4. Significance of the Study

It is the general agreement among the masses that sports activities play a key role in the psychological satisfaction of a person. This research study will helps to inculcate the perception of player about the role of sports in psychological satisfaction of a person.

5. Research Questions

- 5.1 What is the role of sports in psychological satisfaction of a person?
- 5.2 What is the role of sports in reducing stress, anxiety and worry among the masses?

6. Methods and Materials

This research study was about the role of sports in psychological satisfaction of athletes. Therefore, the researcher used quantitative research approach for the accomplishment of this research study. According to Creswell (2009) “*The descriptive survey design looks with intense accuracy at the phenomenon of the moment and then describes precisely what the researcher sees*”. For the collection of data, the researcher developed a closed form of questionnaire. As Khan (2014) stated that questionnaire is the best tool for collecting data from the respondents. The target population of this research study was consisted of all the players of Gomal University KP Pakistan. A sample of (50) players from different sports activities were randomly taken from the selected population. For the collection of data, the researcher under the supervision of his research supervisor developed a closed form of questionnaire. The collected data were tableted and analyzed by using percentage as statistical tool.

7. Statistical Analysis of Data

Table No 4.1 Showing Psychological Satisfaction of Athlete through Sports Participation

S.No	Statement	Yes	Percentage	No	Percentage	Total
1.	Sports make you fresh					
2.	Sports participation help you to reduce the level of fatigue	45	90	05	10	50
3.	Sports make you able to enjoy your life	45	90	05	10	50
4.	Sports make you able to feel from all kind of psychological pressures	40	80	10	20	50
5.	Sports helps in reducing stress , tension and worry	42	84	08	16	50
6.	Sports boost the level of your confidence	38	76	12	24	50
7.	Sports promote your level of motivation	42	84	08	16	50
8.	Sports develop the quality of self-esteem	42	84	08	16	50

The following findings were draw by the researcher after analysis of data

1. 90 % of total respondents opined that sports make one fresh and relax(See Table No 4.1)
2. 90 of total respondents opined that sport participation helps in the removal of physiological as well as psychological fatigue (See Table No 4.1)
3. 84 % of total respondents opined that sports activities helps in reducing stress, tension and worry(See Table No 4.1)

4. 76 % of total respondents opined that sports boost their level of confidence (See Table No 4.1)
5. 84 % of total respondents opined that sports promote their level of motivation (See Table No 4.1)
6. 84 % of total respondents opined that sports develop the quality of self-esteem among them(See Table No 4.1)

7. Results & Discussion

It is find out by the present research study that sports participation play a key role in the development of self-confidence, self-esteem and motivation among the participants. Mamassis & Doganis, (2004), supported such emerging concept by explaining that Sports participation boost up the level of confidence among the players. They further says that a player with high level of confidence always shows good performance in the competition.

The study finds out that sports activities make a player psychological fresh and relaxes. This finding supported by Khan, (2014) by indicating that satisfaction of mind is the basic need of human being. Lack of psychological satisfaction adversely affects the overall functions of the body parts. Participation in physical activities helps to promote the functional capacity of human body systems. The findings of study conducted by Balyi *et al*, (2013) is also inline of the present study. According to the findings of their study, for development of the body a person need to participant in sports activities. Sports participation not only develops the physique but also develops a person mentally as well as emotionally.

The study concluded that stress, tension and worry all the factors, which adversely affect the performance of athlete. Such concept is supported by Weinberg (2014) finding that Stress, tension and worry are all those factors, which directly affect the physical performance of a person. To show good performance, a person needs to participate in all those activities, which provide psychological satisfaction by reducing the psychological problems i.e. stress, tension and worry.

8. Conclusion

In light of the above findings, the researcher arrived at conclusion that sports activities develop the different psychological qualities such as self- confidence, self-esteem and motivation. It was indicated by the findings of the present study that sports activities make one fresh, relax, and remove the different physiological and psychological pressures such as stress, tension and worry.

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