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Comparing the quality of life of retired male champions of selected team and individual sport fields in Iran

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ABSTRACT

This research is made with the purpose of comparing the quality of life of male talented athletes in different team and individual fields in Iran. Statistical society of this research consisted of all male athletes that are retired from championship sports in different selected team sport fields (football, volleyball, basketball) and individual sport fields (wrestling, taekwondo, track & field) in Iran who had minimally a record of one year membership in the national team and were retired in the recent 5 years. From each sport field a statistical society including 180 individuals was selected for the research using cluster sampling method. For the purpose of gathering information an individual particulars information questionnaire and quality of life questionnaire of World Health Organization (1996) were used. For the purpose of analyzing the quality of life, descriptive statistics and Yuman Whitney's statistical method was used. Quality of life score point among athletes of group sport fields were reported as (football 97.19, basketball 90.96, volleyball 83.81) and quality of life score points among athletes of individual sport fields were reported as (taekwondo 86.04, wrestling 80, track & field 77.82). Also the results achieved from Yuman Whitney's Test indicated that there is a significant difference between the quality of life of team and individual sport fields male athletes.

Keywords: Quality of Life, Team Sport Fields, Individual Sport Fields, Retired Sport Champion.

INTRODUCTION

Quality of life has been discussed as an important and significant research field in the recent decades [1]. Today, quality of life in communities is used as a framework for the allocation of resources and providing appropriate services for diverse aspects of life [2]. Sports has various risks according to the sport branches as well as it has positive effects on human health [3].

Quality of life has a direct relationship with daily activities. Quality of life is the understanding of people from life considering the cultural and value system in which they live and also their purposes, experiences, patterns and dependencies [4]. Reviewing the results of the researches in the field of the role and effect of physical activity and mental health and sport on difference aspects of life quality indicates the definite role and effect of these activities on physical and mental health [5]. Exercise can improve flexibility, cognitive functioning, psychological adaptation,

and functional adaptation. It plays a significant role in increasing quality of life which cannot be achieved by other treatments [6]. Assessing the quality of life is effective to identify social needs in order to enhance mental health services, obtain necessary funds and programs, and improve the quality of life [7]. The major challenge of health in the 20th century was to remain alive, and the challenge of the present century was to live with a higher quality.

Today, considering the increase of life time index, a more important issue is presented under the title of how to pass the lifetime, i.e. quality of life; and many researchers in the field of sport and physical education has focused on this issue [8]. Exercise also reduces stress and increases feelings of happiness and satisfaction of life in peoples [9]. Nowadays only maintaining the life as its ordinary form is not considered appropriate, but improving the quality of life in different aspects is considered as an aim. Quality of life is considered as a fundamental index, and paying attention to this issue is of special significance for it consists of various aspects. By measuring the quality of life, we can identify the requirements and needs of the society, adjust the plans and budgets and generally improve the quality of life [10]. Personal beliefs play a vital role in various fields, especially the promotion and provision of mental health plays. According to the World Health Organization's definition of the experts are of the mind and mental health, harmonious relationships with others and the ability to modify individual and social environment, conflict resolution and personal desires, reasonably, is fair and reasonable. Mental health plays an important role in ensuring the effectiveness of every community and plays [11]. Nowadays quality of life is examined by social and welfare organizations, social science, health, psychology, medical and physical education researchers [12]. As the championship period is a part of the athlete's life, the end of spot road is also a stage in athlete's life. As planning is made for their championship period and several studies and researches will be made for the transferring and retirement stage; planning, studying and researching is necessary. There must also be some thinking with respect to their retirement period so that retirement would no more be considered as a critical time and would not result in imbalance life quality for the athletes. In this research, quality of life of talented male retired athletes of different selected team and individual sport fields are being studied. There has been no research in this format and with this statistical society inside or outside the country in the field of quality of life, and we hope that we would be able to establish a new way in this aspect through this research and provide valuable information of quality of life of champions in different individual and team sport fields for athletes, Ministry of Sport & Young Adults, National Olympic Committee, Federations and Sport Clubs so that the managers of the such organizations would be able to use the above mentioned information with respect to quality of life of these champions to take appropriate policies and consider appropriate approaches for the purpose of increasing the level of life quality of sport champions as society members in such a way that they would be able to provide a peaceful retirement for athletes. In this way, these valuable capitals would be preserved; and we would be able to benefit from their experiences in other parts of sport.

Mandalizadeh (2011), in a research, compared the quality of life of public sports athletes and Isfahan provincial champions. The results indicated that there was no significant difference between life quality of public sport athletes and championship sports athlete [13].

Ghadiri (2011) studied the issue of effect of participation in team and individual sport fields on physical image and quality of life among men and women. Among men and women there was a significant difference with respect to physical image and there was no difference in quality of life among men and women in team and individual sport fields [14].

Mousavi (2000), in a research, compared the quality of life of individual sports and group sports athletes and indicated that the women's life quality in individual sport fields is better than team sport fields, but this result was contradictory among men and quality of life in men was better in team sport fields in comparison to individual sport fields [5].

Kenneth et al. (2013), performed a research under the title of quality of life of young and adolescent athletes. In this research 4 minor scales (physical, emotional, social and school performance) were evaluated. The results indicated that young adult athletes are better in different aspects in comparison to non-athlete adults [15].

Synder et al. (2010), performed a research and compared two athlete and non-athlete groups with respect to quality of life. He concluded that quality of life scores of athletes were higher than that of the non-athletes [16].

Schwenk et al. (2007), in a research studied the problems of transferring from a sport competition to retirement in professional retired players of NELPA. Most of the respondents reported low level of life quality in quality of life indexes including, sleeping problems, financial problems, marital and family problems, social relations problems and fitness problems. In fact, they all reported depression from average to intense level [17].

The present research aims to determine that:

Weather there is a difference between quality of life of the athletes in selected team and individual sport field.

MATERIALS AND METHODS

The present study is made by considering the purpose of the applied research group. The method of the present study is descriptive-comparative and it is considered as a field research.

All male athletes who are retired from championship sport in selected team sport fields (football, volleyball, basketball) and individual sport fields (wrestling, track & field, taekwondo) and had a record of membership in the national team and are retired in the recent 5 years are the statistical society of this research. From each sport field 30 people were selected as sample and finally 180 individuals were selected for statistical society of this research using cluster sampling method.

After determining the statistical society and sample, the researcher contacted all the 180 people of statistical sample and talked about the research and its aims and purposes. Then he mailed and faxed the questionnaire to 16 people inside and outside the country and the remaining 164 people was referred personally by the researcher for filling the questionnaire. Generally 162 people responded to the questionnaire and 18 people were not convinced to cooperate despite the pursuing of the researcher.

For collecting information two questionnaires were used:

Demographic Specifications Questionnaire; including: Sport branch, Present Job, Latest Academic Degree.

WHO Quality of Life Questionnaire (1996)

WHO short form life quality questionnaire consisted of 26 questions and evaluated the life quality of people in Likert 5-value scale. This questionnaire has four aspects including, physical aspect, psychological aspect, social relationship aspects, and environmental communication aspect.

It is also worth mentioning that the first two questions are general and are related to none of the above aspects and measures satisfaction of the individual from public health and general understanding of individual from its quality of life. Thus the range of general score point of individuals in this questionnaire is between 26 to 130. In this research also the questionnaire index was obtained using Kronbakh alphabets method as 92%.

For categorization and adjustment of the data, descriptive statistics (including average calculation, standard deviation and also drawing tables) was used. Conceptual analysis of the results of Yuma Whitney's test was used for conceptual analysis of the results. Statistical operation was made using SPSS software, version 18.

RESULTS

The number of athletes in each sport field and statistical population of each sport field is partitioned in table No. 1.

In each of the sports fields the participation in the research were as follows: football and basketball 26 individuals equal to 16.05%, track & field and wrestling 28 individuals equal to 17.28%, Taekwondo and Volleyball 27 individuals equal to 16.67%.

Table No. 1: Studied Group Separately according to the Sport Field

Sport Field		Percent
Football	26	16.05
Basketball	26	16.05
Volleyball	27	16.67
Wrestling	28	17.28
Taekwondo	27	16.67
Track & Field	28	17.28
Total	162	100

Table No. 2: Studied Group Separately according to the Job Title

What is your present job?	Volleyball	Football	Basketball	Total Team Fields	Track & Field	Wrestling	Taekwondo	Total Individual Fields	Total
Sport Coach	6	14	10	30	3	8	8	19	49
Employee	6	1	6	13	8	9	5	22	35
University Professor	3	0	0	3	0	3	3	6	9
Self employed	9	10	10	29	12	7	6	25	54
Student	1	0	0	1	2	1	4	7	8
Total	25	25	26	76	25	28	26	79	155

Among team sport field athletes 30 sport coaches, 13 employees, 3 university professors, 29 self employed persons and 1 student are selected. In individual sport fields 19 sport coaches, 22 employees, 6 university professors, 25 self employed persons and 7 students are selected. Total number of 6 persons did not answer this question.

Table No. 3: Studied Group Separately according to Latest Degree

Latest Degree	Volleyball	Football	Basketball	Total Team Fields	Track & Field	Wrestling	Taekwondo	Total Individual Fields	Total
High School Diploma	6	13	6	25	10	5	2	17	42
Associate's Degree	4	0	4	8	4	2	7	13	21
Bachelor's Degree	9	8	13	30	10	11	8	29	59
Master's Degree	6	4	3	13	4	9	9	22	35
Doctorate Degree	2	0	0	2	0	1	1	2	4
Total	27	25	26	78	28	28	27	83	161

Between team sport field athletes, 25 people had high school diploma, 8 had associate's degree, 30 had bachelor's degree, 13 had master's degree and 2 had doctorate degree. Between individual sport field athletes, 17 people had high school diploma, 13 had associate's degree, 29 had bachelor's degree, 22 had master's degree and 2 had doctorate degree. Total number of 6 persons did not answer this question.

Table No. 4: Statistical Indexes of Life Quality Separately according to Team Sport Fields

Sport Field	Average	Standard Deviation	Number
Football	97.19	12.11	26
Basketball	90.96	19.79	26
Volleyball	83.81	24.34	27

Football players with an average of 97.19 had higher level of life quality in comparison with the athletes of the other two sport fields.

Table No. 5: Statistical Indexes of Life Quality Separately according to Individual Sport Fields

Sport Field	Average	Standard Deviation	Number
Track & Field	77.82	13.18	28
Wrestling	80	17.36	28
Taekwondo	86.04	19.60	28

In individual sport fields, athletes of Taekwondo with an average of 86.04 reported a higher level of life quality.

Table No. 6: The results of Yuman Whitney's Test for Comparing Life Quality among Athletes of Selected Individual & Team Sport Fields

Yuman Whitney's Test	Z	Meaningful Level	Result
2269.5	-3.382	0.001	Meaningful P<1%

The results of the above table and significance level indicate that there is a significant difference between life quality in individual and team sport fields. Comparing the averages indicates that this difference is obtained from the superiority of life quality in team sport field athletes.

DISCUSSION AND CONCLUSION

The results of this research indicate that there is a significant difference between life quality among athletes of selected team and individual sport fields. The results of this part of research indicate that life quality among athletes of selected team sport fields was higher in comparison to selected individual sport fields. Maybe one of the major reasons of higher quality of life among team sport field athletes are as follows: 1- Higher financial contracts of the athletes in selected team sport fields in championship period that can affect the life quality after retirement. 2- There have been a lot of discussions about effects of team and individual sports on athletes that are mainly psychological oriented and does not have an appropriate scientific support. Public belief is based on the fact that athletes of individual sport fields are reclusive and retiring but team sport fields' athletes are mainly social with higher level of public relationship. Despite the basis of the claimed theories is not clear [5], this public belief is verified in this research. This result is in conformation with the results of Mousavi (2000). But this result is not in conforming to the results archived by Schwenk et al. (2007) and Ghadiri (2011). Main results of this difference are related to difference in 1- Professional level 2- Financial level and 3- Research samples.

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