

## IMPACT OF SPORT TYPES ON HAPPINESS OF UNIVERSITY ATHLETES

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### ABSTRACT

*The present study was designed to see the impact of different type of sports on happiness among the university athletes. Ninety adult participants completed the happiness inventory. The age level of the subjects was ranged from  $21.12 \pm 2.31$  years. Athletes were divided into three sport groups (team, aquatic and combat) each group consists of 30 athletes on the basis of their type of sports. The applied instrument includes Oxford Happiness Questionnaire; had proper reliability and validity. Data have been analyzed with descriptive statistics and one-way Analysis of Variance (ANOVA) to find out the inter-group differences and post-hoc test i.e. Tukey HSD was used for further analysis. To test the hypothesis, the level of significance was set at 0.05. Overall, results indicate that the happiness of the athletes in team sport is significantly higher in comparison to that of the aquatic sport and combat sport athletes. The findings of this research indicates that team sport leads to increased life satisfaction, self-esteem, life satisfaction, self-esteem, subjective well-being, and positive mood. Team sports make you feel happier and more relaxed. It is thus possible that participating in sports produce long-lasting happiness. It can be said that team sport had a positive effect on reducing depression and negative mood. Athletes should be motivated and encouraged for having the habit of regular participates in team sports to improve the quality of life.*

**Keywords:** *Happiness, mental health, well-being, sport, assessment.*

### 1. INTRODUCTION

Happiness is not easy to guess from material circumstances, it seems dependable for those who have it. In psychology, happiness is recognized as emotion. Happiness has important consequence on the achievement of people. Happy

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people have positive attitude to the proceedings and instead of negative attitudes to the proceedings, they try to use these proceedings. People differ in their level of happiness, also known as wellbeing. The beginning of the twenty century economists had convinced themselves happiness is basically subjective and evades any absolute scaling. People are happier than one might expect, and happiness does not come into view to depend significantly on exterior circumstance. Those who say that they are happy and satisfied, their daily mood reveals positive emotions.

Researchers have begun a systematic study of happiness. For many years, the issue of happiness remained empty, with research intent on aspects of human unhappiness, such as depression, anxiety, and emotional disorders. This commentary raises conceptual issues related to recent efforts to develop measures of 'subjective well-being' a term used as a synonym for happiness. Depression and anxiety the main manifestations of unhappiness (Seligman, Park & Peterson, 2005). Some researchers have examined the definitions, correlates, and predictors of happiness (e.g., Argyle, 1992, 2001; Diener, 1984; Eysenck, 1990; Myers, 1992; Seligman & Csikszentmihalyi, 2000; Vitterso & Nilsen, 2004). Research have done that personality is a greater determinant of happiness than money, social relationships, work, leisure, religion, or other external variables (Diener & Lucas, 1999). More recently, Dear, Henderson and Korten (2002) postulate a slight reduction in life satisfaction as people age, due to the prevalence of high life satisfaction becoming less common at higher ages. Previous happiness studies have tended to look at happiness mostly as a unidimensional variable. Specifically, Hills and Argyles (2002) article on the development of the 29-item Oxford Happiness Questionnaire, and its predecessor, the 20-item Oxford Happiness Inventory (Argyle, Martin, & Crossland, 1989). Instead of assessing the structure of subjective well-being (SWB), items of the Oxford Happiness Questionnaire tap into self-esteem, sense of purpose, social interest and kindness, sense of humour, and aesthetic appreciation. In many of the early, typical studies (Andrews & Withey, 1976; Bradburn, 1969; Campbell, Converse, & Rodgers, 1976; Gurin, Veroff, & Feld, 1960; Veroff, Douvan, & Kulka, 1981) it was assumed that socio-demographic and social-structural variables, such as age, gender, marital status, and income, explained the individual differences in happiness. However, the concept that happiness is multidimensional rather than unidimensional is not entirely new. Sports game is a game which is simulates by the practice of sports. Always sports have been known for their physical benefits, research has also found that sport participation can really affect your mental health. In a team sports two or more players played as one to achieve an objective. A combat sport is a contact sport with one-on-one combat. Aquatic sports activities performed in or on the water. Ultimately, the scientific study of

happiness could help us understand how to build a sport environment that enhances athlete's well-being and to aid athlete in getting the most satisfaction from their circumstances. However, studies showed that exercising and physical activities are effective in prevention and treatment of mental illnesses (McConvill, 2003). In addition, Researchers believe that physical exercise affect positively on the reduction of mental pressures like anxiety and stress. The results from Cooper (1984) showed that aerobic exercise has a significant effect on the increase of happiness and mental health of participants. The comparison on happiness level of university athletes in different type of sports has been ignored especially in India; even in other countries, similar cases could not be found. In this paper, we address a related question that has received little attention to date: is there any impact of sports types on level of happiness? Furthermore, Happiness would assume a different entity when observed at the different types of sports. The major purpose of this paper is to see the impact of different type of sports on happiness among the university athletes.

## **2. METHODS AND MATERIALS**

### **2.1 Participants**

A total 90 participants were (mean age =  $21.12 \pm 2.31$  years) recruited as sample at L.N.I.P.E in India from three different sports. The sample consisted of 90 male athletes. Athletes were further divided into three groups according to their sport types which includes 30 cricketers (team sport), 30 swimmers (aquatic sport), and 30 wrestlers (combat sport) from university match practice groups and all were regular players with good level of skill. The purposive sampling technique was used to obtain the required data. All the subjects participated in this study voluntarily and responded to the questionnaire without bias. No incentives for participation were offered.

### **2.2 Material**

Happiness was measured by the Oxford Happiness Questionnaire (Hills & Argyle, 2002) which is a 29-items scale. Each item was evaluated on a six-point scale: strongly agree, moderately agree, slightly agree, slightly disagree, moderately disagree, and strongly disagree. Higher scores representing greater happiness. The validity and reliability of this questionnaire was reported to be significant. Reliability of test was established by test-retest method and product moment correlation was used to find out the reliability of test in local condition.

Participants were contacted face to face by the researcher and informed about the nature of the study. They were then asked to fill the questionnaires in their free time, on their own, and in quiet conditions if they decided that they wished to participate in the study voluntarily. The response rate was high. Questionnaires were presented in the original English version.

### 2.3 Data Analysis

The descriptive statistics (mean, standard deviation, skewness, kurtosis etc.) and Shapiro-Wilk test was used for testing the assumption of normality and to know the nature of data. All data are presented as mean with standard deviations. To test the equality of variances, Levene's test was used. One way analysis of variance (ANOVA) was used to find out the inter-group differences. For this purpose, Statistical Package for Social Science (SPSS) version 20.0 (SPSS Inc. SPSS Statistics for Windows, Chicago: SPSS Inc.) was used. The level of significance was set at 0.05.

### 3. RESULTS

An assessment of the normality of data is a prerequisite for one-way ANOVA statistical tests because normal data is an underlying assumption in parametric testing. One-way ANOVA the first assumption is the assumption of independence. To test the assumption of normality, researchers use the Shapiro-Wilk test as on numerical means of assessing normality.

**Table 1: Shapiro-Wilk test of normality**

	Type of Sport	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	Df	Sig.	Statistic	df	Sig.(p-value)
Level of Happiness	Team Sport	0.12	30	0.20*	0.97	30	0.52
	Aquatic Sport	0.14	30	0.16	0.95	30	0.13
	Combat Sport	0.10	30	0.20*	0.99	30	0.99

\*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

In this case, the Shapiro-Wilk test is more appropriate because in this study only ninety samples were there. Table 1 given that  $p = 0.52$  for the Team sport,  $p = 0.13$  for the Aquatic Sport, and  $p = 0.99$  for the Combat sport; the  $p$ -value is greater than the chosen alpha level (0.05); it concludes that each of the levels of the independent variable are normally distributed. From Table 1, by looking at the  $p$ -value we can reject the alternative hypothesis and conclude that the data comes

from a normal distribution. Therefore, the assumption of normality has been met for this sample.

**Table 2: Levene’s test for checking homogeneity of variance**

Level of Happiness			
Levene Statistic	df1	df2	Sig.(p-value)
2.52	2	87	0.09

The test of homogeneity of variances test is an important assumption made by the one way analysis of variance. To test the equality of variances, Levene’s test was used. In Table 2, the  $p$  value (0.09) is greater than  $\alpha$  level (0.05), [ $p$  (0.09) >  $\alpha$  (0.05)] for this test, the null hypothesis of equality of variance may be accepted, and Levene’s Test is non-significant, indicating that the group variances are roughly equal (hence the assumption of homogeneity of variance has been met).

**Table 3: Descriptive statistics for the data on happiness among athletes in different Sport groups**

Type of Sports	N	Mean	Std. Deviation	Std. Error	Minimum	Maximum
Team Sport	30	4.72	0.31	0.06	4.10	5.41
Aquatic Sport	30	3.63	0.31	0.06	3.17	4.31
Combat Sport	30	3.95	0.46	0.08	2.97	4.90
Total	90	4.10	0.59	0.06	2.97	5.41

Table 3 shows the mean, standard deviation, standard error of mean, minimum and maximum value on happiness in different sports. The mean value of happiness of Team sport athletes is 4.72, Aquatic sport athlete group is 3.63, and Combat sport athlete group is 3.95. It is clear the mean value of happiness is highest among the athletes in the Team sport group in comparison to that of Aquatic sport and Combat sport group.

**Table 4: ANOVA results with regard to happiness among athletes in different Sport groups**

Happiness	Sum of Squares	df	Mean Square	F-value	p-value (Sig.)
Between Groups	18.89	2	9.44	70.64*	0.00
Within Groups	11.63	87	0.13		
Total	30.52	89			

\*Significant at the 0.05 level.

It is evident from Table 4 that results of Analysis of Variance with regard to Happiness among athletes in different Sport groups (Team, Aquatic and Combat) and the  $p$ -values of variable is found statistically significant as less than 0.05; the obtained  $F$ -ratios of the players is 70.64, found greater than critical value i.e.  $F(0.05, 2,87) = 3.10$ . Since; the  $F$ -value is significant, the null hypothesis of no difference among the means of three groups is rejected. Therefore, Post-hoc test (Tukey HSD) is applied to find out differences between paired means among athletes in different Sport groups (Team, Aquatic and Combat) with regard to happiness level of players. The results of Post-hoc test have been presented in below.

**Table 5: Post hoc Comparison of Mean Values of Happiness in Post-Hoc Test (Tukey HSD) among athletes in different Sport groups**

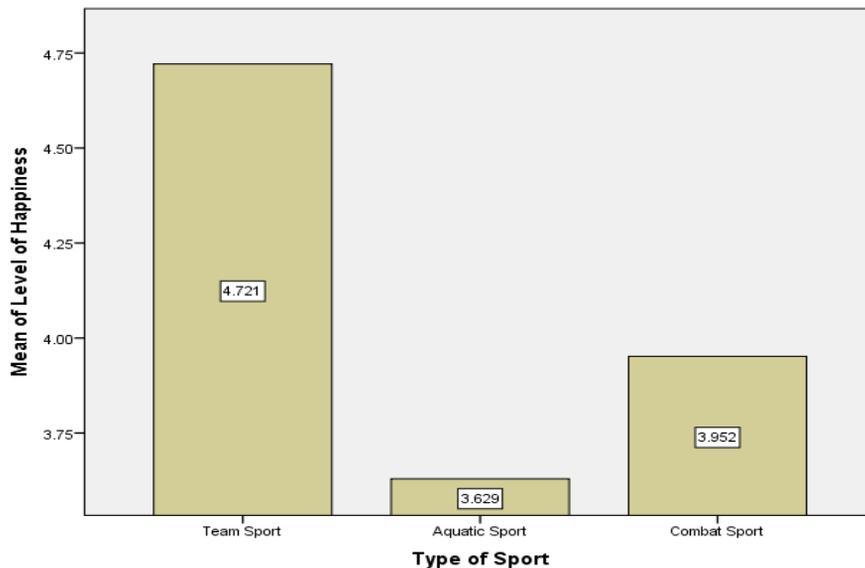
Type of Sport (I)	(J) Type of Sport	Mean Difference (I-J)	Std. Error	Sig. (p-value)
Team Sport	Aquatic Sport	1.09*	0.09	0.00
	Combat Sport	0.77*	0.09	0.00
Aquatic Sport	Team Sport	-1.09*	0.09	0.00
	Combat Sport	-0.32*	0.09	0.00
Combat Sport	Team Sport	-0.77*	0.09	0.00
	Aquatic Sport	0.32*	0.09	0.00

\*The mean difference is significant at the 0.05 level.

From Table 5 it can be seen that the difference between team sport and aquatic sport on their level of happiness is significant at 5% level, as the  $p$ -value for this mean difference is 0.00, which is less than 0.05. Similarly, the  $p$ -value for the significance of difference between team sport and combat sport on their level of happiness is significant at 5% level; the  $p$ -value is 0.00, which is less than 0.05. However, there is a significant difference between the means of the aquatic sport and combat sport as far as happiness is concerned, the  $p$ -value is 0.00, which is less than 0.05.

From the above findings it can be very easily understood by looking to the graphics in Figure 1; a visual representation of the group means. Dependent variable (Happiness) on the Y axis and the independent variable (Type of Sports) on the X axis. From Figure 1, it is clear the mean value of Happiness is highest among the players in the team sport in comparison to that of aquatic sport and combat sport. On the basis of the results obtained above, it may be inferred that the happiness among athletes in different Sport groups (Team, Aquatic and Combat) team sport athletes is maximum.

**Figure 1: A visual representation of the mean score on happiness in different sport group's athletes**



#### 4. DISCUSSION

This study sought to develop a positive reception of the athletes in different sports on happiness levels. The purpose of the study was to examine the impact of different type of sports on happiness among the university athletes. Based on the finding of this study, it was found that there were significant differences in happiness of athletes in different type of sports. The results showed that Happiness is highest among the players in the team sport in comparison to that of aquatic sport and combat sport. Team sports athletes are happier because they feel control over their personal circumstances, feel confident in their own abilities, do not reside extremely on problems, and are involved in meaningful activities that both challenge and engage, and tend to be happy and satisfied individuals. In team sports an athlete has tuneful relationship with others and can derive and enjoy their support and finally the cognitive aspect which leads an athletes to process, interpret, and infer the information through specific methods resulting in his happiness. In other words, sports type were influential factors to improve happiness. In order to explain this part of findings, it can be said that a regular program for participating team sports can cause relaxation and happiness, psychologists believe that depression has its roots in adolescent; these depressions are the results of unpleasant events in life and usually there is no need to treatment and in case of removing the cause, they will be treated on their own.

Playing sports, like team sports in the current study, is one of the ways to treat such mental depression. In addition, sports lead to increase self-esteem, stress reduction and compliance with social incompatibility. Team sports in particular provide social benefits by allowing you to attach with teammates and friends in a spare time. These findings are also in line with Taylor and Fox (2005). However, it is clear that physical activities have important contribution on psychological characteristics. Overcoming depression is a key to life satisfaction; in a recent study, anxiety or anger had very little impact on life satisfaction compared to depression. Depression is a serious condition and should not be ignored. Depression has a significant impact in reducing physical health and quality of life. Past research; Cooper, 1984; Norvell, Martin & Salamon, 1991; revealed in their study that after aerobic physical activities depression had decreased and the rate of happiness and life satisfaction had increased and had meaningful effect on increasing the rate of happiness and mental health. Research showed that psychological treatments will be effective in treating depression but some people chose alternative treatments such as doing exercise (Cooney et al., 2014). There is evidence that physically active people reduced the risk of developing depression (Martinsen, 2008). In another study, Steptoe et al., (1997) found that the correlation between exercise and depression in 16,483 university students was low. On the other hand, self-esteem decreases during periods of unhappiness such as depression (Keyes, 2005). In deed self-esteem is so closely related to happiness that it could be considered as a component of happiness (Argyle, 2001). Findings from the research findings Kasser and Ryan, (1996) suggest that happiness is enhanced when individuals engage in personal goals that are concerned with community contribution.

## 5. CONCLUSIONS

From the current discussion seems to participation in sports activities improve the welfare of the athletes, thus increasing positive emotions and higher life satisfaction is reduced. Furthermore, participation in sport provides opportunities for socialization and develops cooperation skills, and also leads to a more fruitful life. The more interesting substance is the impact of team sport on happiness was more than other types of sport. So, if athletes want a burst of happiness, he should get involved in a playing sports, its may be team sports. Team sports make you feel happier and more relaxed. It is thus possible that participating in sports produce long-lasting happiness. Further research may be given consideration to female participants or may gender differences of sport types on happiness.

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