



Exploring Happiness Level across Diverse Athlete Profile: A Comparative Analysis

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ABSTRACT

There are two keywords in the definition of life satisfaction, namely, 'happiness' and 'well-being'. Individuals who are considered satisfied with life feel happiness and a sense of well-being. Correspondingly, Sholihin et al. (2022) stated that individual life satisfaction can be described as the feeling of happiness possessed by individuals when they achieve the desired level of well-being. The purpose of the study was to compare the happiness level between Badminton, Football and Swimming male athletes. Twelve (12) Badminton players, twelve (12) Football and twelve (12) Swimming male athletes were chosen for this investigation. The subjects for this study were chosen at random and ranged in age from 18 to 25 years old. To measure the happiness level among Badminton, Football and Swimming male athletes, an Oxford Happiness Questionnaire developed by Hills, P., & Argyle, M. (2002) was employed and for statistical analysis and interpretation of data mean, standard deviation and One-way ANOVA test was conducted, with a level of significance of 0.05. The result shows that there was statistically significant differences in happiness levels among the three groups of male athletes.

Keywords: Happiness Level, Badminton, Football, Swimming, Athlete

Introduction

Modern society is witnessing a sharp decline in individual adherence to physical activity. With the advent and excessive use of technology, people have become content with engaging in sedentary jobs and leisure activities. This is one of the major causes of lifestyle related illnesses. Physical inactivity is linked to many major causes of mortality and morbidity, including heart disease, cancer, diabetes, and depression (Armstrong et al., 2000). Thus, it is imperative to motivate people to undertake more physical activity (Lloyd-Jones et al., 2010). One of the most prominent factors that stimulate and maintain individuals' participation in physical activity is their motivation. For example, individuals who are intrinsically motivated to participate in a physical activity (e.g., who are motivated by factors, that are about the activity, such as enjoyment or skill development and mastery), tend to participate over a longer period of time, as compared to extrinsically motivated individuals, who engage in a physical activity due to factors that are not related to the activity itself, such as rewards, improved health, looking good (Frederick & Ryan, 1993). Therefore, by determining individuals' motivation for an activity, health professionals can use this knowledge to create awareness that will not only prove beneficial on an individual level, but also help the community by reducing lifestyle-related illnesses. More specifically, equipped with this knowledge, health professionals, such as physical educators, can develop effective interventions to motivate people to engage in physical activity, thereby increasing physical activity adherence.

According to Arjin, Martin (1995), happiness is consisted of three components: positive excitement, life satisfaction and the absence of negative excitements such as depression and stress. By exercise, the human body turns into a good shape. Today, this point is clear that exercise not only is useful for physical health, but also for mental health as well. Literature shows that people who participate in group sports are happier and more sociable. Exercise could lead to self-confidence and is followed by future successes and victories (Kiyani et al., 2011). The coach plays a fundamental role in developing certain motivational climates at professional and nonprofessional levels of sport. It is important for them to consider that certain achievement goals may favor states of anxiety that are associated with impaired sport performance and negative emotions such as frustration (Castro-Sánchez et al., 2018). The diversity within the athletic community, encompassing various sports, skill levels, and cultural backgrounds, offers a rich landscape for exploring the multifaceted nature of happiness (Stambulova et al., 2009). Recent studies have highlighted the complex relationship between athletic performance and subjective well-being, suggesting that success in sports does not always correlate directly with increased happiness (Jones et al., 2009). Moreover, the psychological pressures and physical demands placed on athletes can significantly impact their overall life satisfaction and mental health (Rice et al., 2016). This research aims to conduct a comparative analysis of happiness levels across diverse athlete profiles.

Methodology

A total of 36 male Badminton, Football and Swimming Players were selected LNIFE, Gwalior as the subjects for the present study. The age of the subjects were ranging from 18-25 years. All the selected subjects represented at least district level tournaments. Among the 36 subjects, there are 12 Badminton players, 12 Football players and 12 Swimming Players.

Tools

Oxford Happiness Questionnaire developed by Hills, P., & Argyle, M. (2002) (Hills & Argyle, 2002) was administered. The questionnaire consists of 29 statements.

Statistical Analysis

Descriptive statistics were computed for all measures. The data obtained were analyzed with the help of statistical software (SPSS 26 version). The mean, standard deviation along with Oneway ANOVA were computed to check the differences between samples mean of Badminton, Football and Swimming Players. The level of statistical significance was set at 0.05 levels.

Results

Table 1: Descriptive Statistics of Players (Badminton, Football and Swimming) Happiness Level

Descriptive Statistics of Players (Badminton, Football and Swimming) Happiness Level

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for mean		Minimum	Maximum
					Lower Bound	Upper Bound		
Badminton	12	4.63	.205	.059	4.50	4.76	4.30	4.90
Football	12	5.10	.462	.133	4.81	5.40	4.40	5.70
Swimming	12	4.54	.264	.076	4.37	4.70	4.10	4.90
Total	36	4.76	.407	.067	4.62	4.89	4.10	5.70

The table 1 presents the descriptive statistics of happiness levels among players of three different sports: Badminton, Football, and Swimming. Each group consists of 12 players. The mean happiness score for Badminton players is 4.63, with a standard deviation of 0.205 and a standard error of 0.059. The 95% confidence interval for the mean happiness level of Badminton players ranges from 4.50 to 4.76, with scores varying between a minimum of 4.30 and a maximum of 4.90. Football players have a higher mean happiness score of 5.10, with a standard deviation of 0.462 and a standard error of 0.133. The 95% confidence interval for their happiness levels falls between 4.81 and 5.40, with scores ranging from 4.40 to 5.70. Swimming players have a mean happiness score of 4.54, with a standard deviation of 0.264 and a standard error of 0.076. The 95% confidence interval for their mean score is between 4.37 and 4.70, with scores ranging from 4.10 to 4.90. Overall, the total mean happiness score across all three sports is 4.76, with a standard deviation of 0.407 and a standard error of 0.067, and the 95% confidence interval for the overall mean ranges from 4.62 to 4.89, with individual scores varying between 4.10 and 5.70.

Figure 1: Graphical representation of Badminton, Football and Swimming players Happiness level

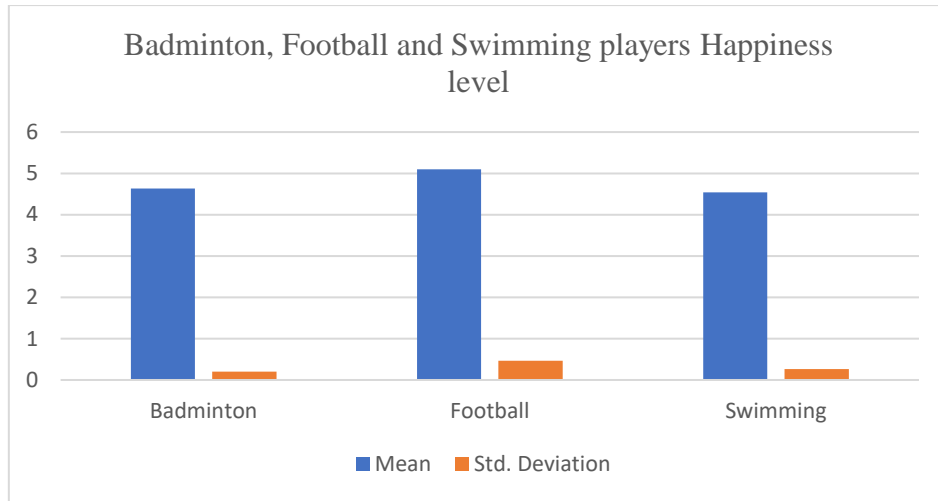


Table 2: ANOVA table for the data on Happiness level

Happiness Level	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	2.21	2	1.11	10.22	.000
Within Groups	3.58	33	.109		
Total	5.80	35			

The table 2 presents the results of an analysis of variance (ANOVA) conducted to assess the differences in happiness levels between players of Badminton, Football, and Swimming. The "Between Groups" sum of squares is 2.21, with 2 degrees of freedom, resulting in a mean square of 1.11. The F-value for this comparison is 10.22, with a significance level (p-value) of 0.000, indicating that there is a statistically significant difference in happiness levels between the three groups. The "Within Groups" sum of squares is 3.58, with 33 degrees of freedom, and a mean square of 0.109. The total sum of squares is 5.80, calculated over 35 degrees of freedom.

Table 3: Post hoc comparison of means using LSD test

Multiple comparisons

Dependent Variable: Happiness Level

	(I) Players	(J) Players	Mean Difference (I - J)	Std. Error	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
LSD	Badminton	Football	-.475	.134	.001	-.748	-.201
		Swimming	.091	.134	.500	-.182	.365
	Football	Badminton	.475	.134	.001	.201	.748
		Swimming	.566	.134	.000	.292	.840
	Swimming	Badminton	-.091	.134	.500	-.365	.182
		Football	-.566	.134	.000	-.840	-.292

The table 3 displays the results of multiple comparisons using the Least Significant Difference (LSD) test to examine the differences in happiness levels between players of Badminton, Football, and Swimming. When comparing Badminton players to Football players, the mean difference is -0.475, with a standard error of 0.134 and a significance value of 0.001, indicating that Football players have significantly higher happiness levels. The 95% confidence interval for this difference ranges from -0.748 to -0.201. However, when comparing Badminton players to Swimming players, the mean difference is 0.091 with a standard error of 0.134, and the significance value is 0.500, showing no significant difference between these two groups. The confidence interval ranges from -0.182 to 0.365. Similarly, Football players have a significantly higher happiness level compared to Badminton players, with a mean difference of 0.475 and a significance of 0.001 (confidence interval between 0.201 and 0.748). When comparing Football players to Swimming players, the mean difference is 0.566, with a standard error of 0.134 and a significance value of 0.000, meaning Football players are significantly happier than Swimming players. The confidence interval for this difference is from 0.292 to 0.840. Lastly, the comparison between Swimming and Badminton players shows no significant difference in happiness, with a mean difference of -0.091, a standard error of 0.134, and a significance value of 0.500. The 95%

confidence interval ranges from -0.365 to 0.182. However, Swimming players have significantly lower happiness levels compared to Football players, with a mean difference of -0.566, a significance value of 0.000, and a confidence interval from -0.840 to -0.292.

Discussion

The present study aimed to explore and compare happiness levels among athletes from three different sports, Badminton, Football, and Swimming. The ANOVA results ($F = 10.22$, $p < 0.001$) indicate statistically significant differences in happiness levels among the three groups of athletes. This finding suggests that the type of sport an athlete engages in may indeed influence their perceived happiness. This aligns with previous research indicating that different sports can have varying psychological impacts on participants (Nixdorf et al., 2016). The most striking finding is the significantly higher happiness levels reported by football players ($M = 5.10$, $SD = 0.462$) compared to both badminton ($M = 4.63$, $SD = 0.205$) and swimming ($M = 4.54$, $SD = 0.264$) players. Football is a team sport, which may foster a sense of camaraderie and social support. Previous studies have shown that team sports can enhance social connections and contribute to higher levels of well-being (Eime et al., 2013). The collaborative nature of football might provide players with a stronger sense of belonging and shared purpose, potentially contributing to higher happiness levels. Football is generally more popular and receives greater media attention compared to badminton and swimming in many cultures. This increased visibility and potential for recognition might contribute to higher self-esteem and life satisfaction among football players (Swann et al., 2015). The high-intensity, intermittent nature of football might lead to greater endorphin release, which is associated with improved mood and well-being (Hackney, 2006). While swimming and badminton are also physically demanding, the specific physical demands of football could potentially contribute to higher happiness levels. Interestingly, no significant difference was found between the happiness levels of badminton ($M = 4.63$, $SD = 0.205$) and swimming ($M = 4.54$, $SD = 0.264$) players. Both badminton and swimming are primarily individual sports, which may attract athletes with similar psychological profiles. Research has shown that athletes in individual sports often share certain personality traits and coping mechanisms (Kajbafnezhad et al., 2011). Individual sports like badminton and swimming offer a high degree of personal control over performance outcomes. This sense of agency and direct link between effort and results might contribute to comparable levels of satisfaction and happiness among athletes in these sports (Poulsen et al., 2006).

While this study provides valuable insights into the happiness levels of athletes across different sports. The cross-sectional nature of this study prevents us from determining whether participating in a specific sport leads to higher happiness levels or if happier individuals are more likely to choose certain sports. Longitudinal studies, as recommended by Ntoumanis et al. (2012), could help establish causal relationships (Ng et al., 2012). Other variables such as age, experience level, competitive success, and cultural context were not considered in this analysis. Future research should incorporate these factors to provide a more comprehensive understanding of happiness in athletes, as highlighted by Fletcher and Sarkar (2012) (Fletcher & Sarkar, 2012). Investigating sport-specific elements such as training regimens, competitive pressures, and social dynamics within each sport could offer more nuanced insights into the observed differences in happiness levels, as suggested by Lundqvist (2011) (Lundqvist, 2011).

Conclusion

This study highlights significant variations in happiness levels among athletes from different sports, with football players reporting the highest levels of happiness. These findings underscore the importance of considering sport-specific factors in understanding athlete well-being and could inform strategies for promoting mental health in sports. Further research is needed to explore the underlying mechanisms contributing to these differences and to develop targeted interventions for enhancing athlete happiness across diverse sporting disciplines.

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