

Psychological well-being in sport



Well-Being

What is Psychological Well-being?

At the most basic level, psychological wellbeing is quite similar to other terms that refer to positive mental states, such as happiness or satisfaction, and in many ways it is not necessary, or helpful to worry about fine distinctions between such terms. If I say that I'm happy, or very satisfied with my life you can be pretty sure that my psychological wellbeing is quite high!



What are the key components of psychological well-being?

Psychological Wellbeing has two important facets.

The first of these refers to the extent to which people experience positive emotions and feelings of happiness. Sometimes this aspect of psychological wellbeing is referred to as subjective wellbeing (Diener, 2000).

Subjective wellbeing is a necessary part of overall PWB but on its own it is not enough.

To see why this is so, imagine being somewhere that you really enjoy, perhaps sitting on a yacht in the sunshine, with your favourite food and drink and some good company – or alone if that's how you'd prefer it! For most people that would be very enjoyable, for a week or two but imagine doing it not just for a week but forever! There are very few people who would find that prospect enjoyable.

The old saying may be true, you can have too much of a good thing. What this example brings home is that to really feel good we need to experience purpose and meaning, in addition to positive emotions.

So, the two important ingredients in PWB are the subjective happy feelings brought on by something we enjoy AND the feeling that what we are doing with our lives has some meaning and purpose.

Types of psychological well-being

The term “Hedonic” wellbeing is normally used to refer to the subjective feelings of happiness. It comprises of two components, an affective component (high positive affect and low negative affect) and a cognitive component (satisfaction with life). It is proposed that an individual experiences happiness when positive affect and satisfaction with life are both high (Carruthers & Hood, 2004).

The less well-known term, “Eudaimonic” wellbeing is used to refer to the purposeful aspect of PWB.

The psychologist Carol Ryff has developed a very clear model that breaks down Eudaimonic wellbeing into six key types of psychological wellbeing.

Eudaimonic well-being terms

- ✔ Self acceptance
- ✔ Environmental mastery
- ✔ Positive relationships
- ✔ Personal growth
- ✔ Purpose in life
- ✔ Autonomy

Hedonic well-being terms

- ✔ Happiness
- ✔ Subjective well-being
- ✔ Positive emotions

Model of Eudamonic Well-being

(Carol Ryff- Psychological)



Self-acceptance

High scores reflect the respondent's positive attitude about his or her self. An example statement for this criterion is "I like most aspects of my personality"



Personal Growth

High scores indicate that the respondent continues to develop, is welcoming to new experiences, and recognizes improvement in behavior and self over time. An example statement for this criterion is "I think it is important to have new experiences that challenge how you think about yourself and the world"



Purpose in Life

High scores reflect the respondent's strong goal orientation and conviction that life holds meaning. An example statement for this criterion is "Some people wander aimlessly through life, but I am not one of them"



Environmental Mastery

High scores indicate that the respondent makes effective use of opportunities and has a sense of mastery in managing environmental factors and activities, including managing everyday affairs and creating situations to benefit personal needs. An example statement for this criterion is "In general, I feel I am in charge of the situation in which I live".



Autonomy

High scores indicate that the respondent is independent and regulates his or her behavior independent of social pressures. An example statement for this criterion is "I have confidence in my opinions, even if they are contrary to the general consensus"



Positive Relations with Others

High scores reflect the respondent's engagement in meaningful relationships with others that include reciprocal empathy, intimacy, and affection. An example statement for this criterion is "People would describe me as a giving person, willing to share my time with others"



Hardiness

Hardiness, in psychological terms, refers to a combination of personality traits that allows a person to withstand physical and psychological stress without developing physical illness. This mindset and personality type is one that views difficulties and stressful situations as personal challenges, rather than as roadblocks, and allows for personal growth in the face of adversities.



Hardiness (Kobasa and Maddi 1977)

- Those who reported the fewest illnesses showed three kinds of hardiness.
 1. **Challenge** - They showed an openness to change, i.e. life changes are seen as *challenges* to be overcome rather than threats or stressors.
 2. **Commitment** - They had experienced a feeling of involvement or commitment to their job, and a sense of purpose in their activities.
 3. **Control** - they experienced a sense of control over their lives, rather than seeing their life controlled by outside influences.

Correlation between Psychological well-being and Psychological hardiness

	Commitment	Control	Challenge	Psychological hardiness
Positive Relations with Others	0,78	0,12	0,49	0,5
Autonomy	0,71	0,51	0,46	0,46
Environmental Mastery	0,31	0,6	0,5	0,65
Personal Growth	0,5	0,42	0,53	0,66
Purpose in Life	0,45	0,36	0,53	0,6
Self-acceptance	0,41	0,41	0,44	0,57
Psychological well-being	0,65	0,63	0,63	0,88

Notes: positive correlation marked in bold

Conclusion

-In our country, well-being is not widely study in science. My scientific work is to study the impact of sports and psychological well-being, their interaction. I can research athletes and non-athletes, research between different types of sport, research different ages of sportsmen's.

-In my opinion, the study of psychological well-being is very important in the modern world. Because this includes many factors that are inherent in every person. Develop this psychological qualities, we build a harmonious person.

-If we develop components of psychological hardiness in childhood through relationships with parents, we form components of psychological well-being, for example, a positive relationship with others.

Thank you for
your attention