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## A COMPARATIVE STUDY ON GENERAL WELL BEING AMONG URBAN AND RURAL SPORTS PLAYERS OF RAICHUR UNIVERSITY KARNATAKA

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### Abstract

The purpose of this study is to compare the general well-being of male sports players from urban and rural areas studying in Raichur University–affiliated degree colleges. A total of 100 participants were selected, consisting of 50 male players from urban areas and 50 male players from rural areas. The study aimed to assess the overall well-being of sports players, and examine whether there is a significant difference in well-being between urban and rural groups. Standardized questionnaires on general well-being were administered, and data were analyzed using descriptive statistics and t-tests. The results indicated clear differences between the two groups, showing that socio-economic conditions, training facilities, and living environments have a measurable impact on players' physical, mental, and social well-being. The study suggests that focused programs and improved facilities are necessary to enhance the well-being of rural players and to provide equal opportunities for both groups.

**Keywords** – General Well Being. Athletes.

### CONCEPT OF WELL-BEING

The history of well-being dates back to 1961 when the term 'wellness' was coined and defined as an integrated method of functioning, which is oriented toward maximizing the potential, of which the individual is capable (Dunn, 1961). This is the fact that healthy person can be adjusted in the society. Health simply does not mean a good state of health or free from diseases, but also a psychological well-being of an individual. Well-being requires harmony between mind and body. It implies a sense of balance and ease with the pressures in a person's life. There is no under-stimulation and no excessive negative stress; above all, there is a sense of control over one's destiny.

Well-being consists of three components namely presence of positive effect, absence of negative affect and a general life satisfaction. Life satisfaction is defined as the degree of how favorably a person judges one's life and how happy is she/he in leading that life. It consists of an affective and a cognitive component constituting an overall appraisal of life (Veenhoven, 1991).

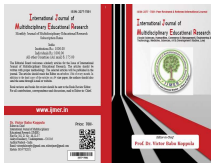
According to Random House Dictionary (Stein, 1966) well-being is a good or satisfactory condition of existence; a state characterized by health, happiness and prosperity, welfare.

Archer and Gage (1987) define well-being as the process and state of quest for maximum human functioning that involves the body, mind and spirit.

Hatfield and Hatfield (1992) view well-being as the conscious and deliberate process by which people are actively involved in enhancing their overall well-being: intellectual, physical, social, emotional, occupational and spiritual.

### Physical Exercises for fitness

Physical conditioning is essential to a desired level for the development of particular motor qualities, in view of the requirements of the game concerned and also keeping in view the limitation of the sportsman concerned. Conditioning activities are not of the known ways for improving physical fitness.



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Neiman defines physical fitness as “a dynamic state of energy and vitality that enables one not only to carry out daily tasks, active leisure time pursuits, and to meet unforeseen emergencies without undue fatigue”, but also to avoid hypo kinetic diseases, while functioning at an optimal level of intellectual capacity and experiencing the joy of life (David, 1993).

## REVIEWS OF RELATED LITERATURE

Romero et al. (2012) examined the relationships between intrinsic/extrinsic aspirations and subjective well-being (SWB; positive affect, negative affect, satisfaction with life) in a sample of 583 Spanish adults. Firstly, the results showed that high scores for SWB are related to high scores for intrinsic aspirations and, to a lesser extent, to low scores for extrinsic aspirations; it was also found that intrinsic aspirations are mainly related to positive indicators of wellbeing, whereas extrinsic aspirations are mainly associated with negative indicators. Secondly, the study also enabled exploration of the links between the domains of the Five-Factor Model and aspirations; thirdly, the results showed that intrinsic/extrinsic aspirations predict SWB beyond the Five Factors. The results demonstrate the importance of studying the content of human aspirations for understanding psychological health.

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## RESEARCH METHODOLOGY

### Statement of the problem

The Research Study Entitled “A Comparative Study on General Well Being Among Urban and Rural Sports Players”

### Research design

The researcher tried to check the difference in general wellbeing among urban and rural sports players, measure with the help of standard testing tool of wellbeing scale, the researcher selected fifty male sports players from urban area and fifty sports players from rural area of the Raichur district. the SPSS software was used to calculation of the data of wellbeing.

### The objectives

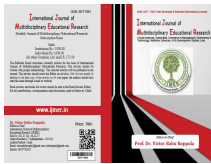
- ❖ To measure the general wellbeing among urban and rural sports players,
- ❖ To compare the psychological data of urban and rural sports players.
- ❖ To find out the significance difference in sample groups of the study.

### The hypothesis

- ❖ There would be influence of living area on the psychological variable of the present study.
- ❖ There would be significance difference in general wellbeing among urban and rural sports players of the study.

### variables

- Independent – Residential area (Urban & Rural)
- Dependent – General well being



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## Sample

The researcher selected fifty urban and fifty rural sports players from the Raichur University affiliated degree colleges in Raichur district, only male sports players are selected as sample of the present study.

## Tool

- ❖ **General well-being scale (GWBS)** developed by Dr.Ashok.k.kalia & Ms.Anita Deswal, the scale comprised 55 statements having 30 positive & 25 negative statements, the scale is five point scale, this scale is consisted five major areas like, physical wellbeing, emotional wellbeing, social wellbeing, school wellbeing, global wellbeing.

## Statistical techniques

The suitable techniques will be used to measure the effect of independent variables on the dependent variables, techniques like **mean, SD, t test**, used to measure or compare the urban and rural data to find the results of the sample groups.

## Methods of Statistics

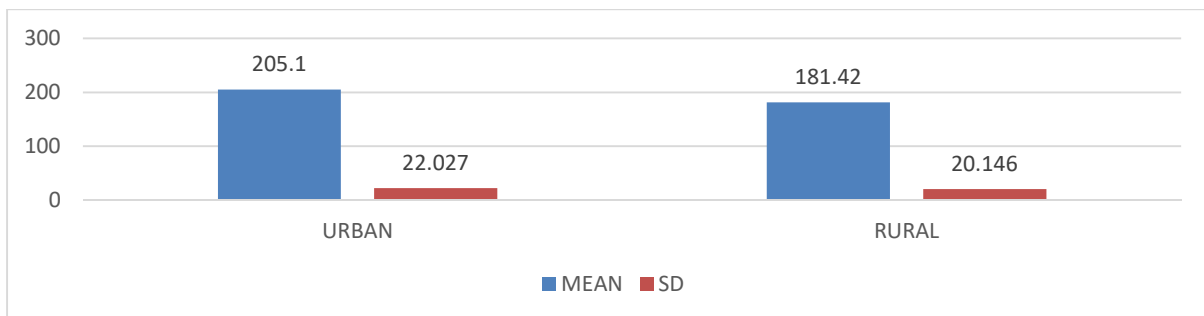
- Coding of the data
- Tabulation
- Statistical tools (SPSS)
- Graphical methods

## ANALYSIS AND INTERPRETATION OF DATA

**THE TABLE NO 1 SHOWING MEAN, STANDARD DEVIATION AND T VALUE ON GENERAL WELLBEING AMONG URBAN AND RURAL SPORTS PLAYERS (N=100)**

Variable	Test	N	Mean	SD	T Value
General Well Being	URBAN	50	205.10	22.027	2.069**
	RURAL	50	181.42	20.146	

Significant at 0.05 level\*\*





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The research study showing that the urban sports players are having the higher general wellbeing than the rural sports players of the Raichur University.

The urban sports players mean score is 205.10, the standard deviation is 22.027, and the rural players mean score is 181.42. The standard deviation is 20.146. The t value is 2.069\*\*, which is significant at 0.05 levels.

The research study shown that the urban sports players are better in the psychological test than the rural players of the study. The residential area has the influence on the psychological factor of the present study.

## Conclusion

The findings of the study indicate that **urban sports players exhibit higher levels of general well-being** compared to their rural counterparts. The **rural sports players recorded average mean scores** on the general well-being scale, suggesting relatively lower overall well-being. The results also highlight that **residential area plays a significant role in influencing psychological factors**, which, in turn, affect the well-being of athletes of Raichur University.

## References

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