A CONCEPTUAL UNDERSTANDING OF PSYCHO-SOCIAL WELL BEING OF YOUNG WOMEN ATHLETES: SOCIAL WORK PERSPECTIVE

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Abstract

The Psycho- Social Wellbeing is a fusion of Psychological and sociological wellbeing of an individual or a group or a Community. Athletic is a branch of sport which would be performed by an individual. The objective of study is to investigate the gaps of Psycho social wellbeing among the young women athletes and to understand the impact of sports literature as it pertains to women's sports (athletic). This paper is conceptual understanding of women athletes' psychological and social wellbeing theories and models were reviewed by employing secondary sources of data. Based on that the researcher proposed a conceptual model for women athletes' with social work practicemethods.

Keywords: Psycho - Social Well Being, Barriers in Sports, Aspiration, Women Athletes.

Introduction

The Psycho- Social Wellbeing is a fusion of Psychological and sociological wellbeing of an individual or a group or a Community. The World Health of Organization ((WHO) states that a health is a complete state of Physical, Mental and Social wellbeing of an individual. The psychological wellbeing of a person, it contains portions of optimistic Physical and Mental health. The social wellbeing is collection of structural – functional, social conflict, gender equality and symbolic interactions.

Young is quality or a state of adult. United Nation Secretary uses the term youth and young people interchangeable to mean age of 15 to 24 with understanding that memberthat states and entities use different definitions. Simon Jenkins defines sport, 'A subset of leisure and work activities that involves both physical activity and competition".

According to Encyclopedia Britannica ''Sports and Games are recreational activities that involves some amount of Physical strength or skill.''

According to Oxford Dictionary ''Sports as a activity involving Physical excretion and skill in which an individual or a team competes against another or others forentertainment''

Athletic is a branch of sport which would be performed by an individual. Athletic has different classification as track which involves sprint, hurdles and Marathon. In field which involves jumps and throw. Apart from this in athletic there is combined events which are known as heptathlon and decathlon. Athletes are the one who performs in athletics. Athletes refer to both Women and Men. They are the one who individually represent them self in athletic competition.

In general, a woman is classified one under the field of Gender. It is particular category which is designed by nature before birth (in form of zygote). According to science a women is said be a one who carries two X chromosomes (XX).

Objectives and Structural of women sport International

- Identifying and promoting issues of importance ofsport
- Serving as an international advocacygroup
- Providing support for individual or group working to promote positivechange
- Producing and disseminating educational material and other information relevant to increasing opportunities or improving the experience of girls and women in sport and physicalactivity.
- Working with international sports governing bodies and other organization to promote the greatest possible participation of girls and women in sport and physical activity at all levels ofinvolvement
- Operating as a clearing house for sharing research information, ideas and good practices.

Involvement rates among women and girls are much lower when compare to Male participation, with the reason of social,cultural and religious norms. Inequalities in funding result in poorer facilities, equipment and kit, as well as less sponsorship for female athletes. No proper suitable times for doing sport due to educational burden. Using a variety of images in publicity by media

not just those show the idealized female figure. Other basic unmet needs lack of public transport, dress codes, and no clothes changing rooms, personal safety in public areas and CSR funds were met only by the fabuloussports.

Conceptual Review

The concepts of Health (Physical, Mental and Social) challenges faced to excel in sports by women athletes were reviewed on the following background based on which the conceptual paper was constructed.

- Impacts of Social barriers on athlete's Psychologicalwellbeing.
- Psycho-Social wellbeing of an athlete contributed to development of individual's performance and development of sports incountry.
- Aspiration of women athletes in sport(athletic)

Psychological wellbeing of an athlete

The model of Psychological wellbeing was conceptualized with six dimension has Autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, self- acceptance by Caro Ryff.
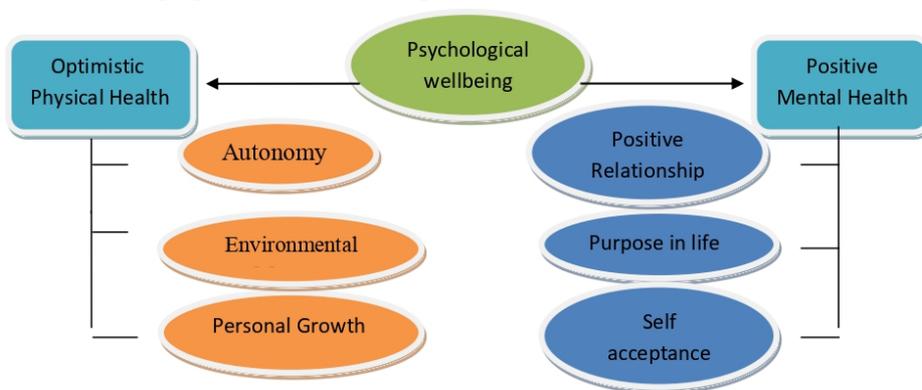
It appears balance between physical fitness, psychological wellbeing and lifelong lessons for a healthy and active lifestyle are paramount for success(Merkel 2013).

Self-compassion may be useful for young women athletes due to the potential for negative physical, emotional, psychological, and social outcomes in sport (Fraser-Thomas et al., 2005). Women hold fewer than 25% of athletic director positions across the NCAA and less than 12% at the Division I level (Acosta & Carpenter, 2014; Taylor & Hardin, 2016). A study by Rintala and Birrell (1984) showed that only 15% of all newspaper sports coverage was about female athletes.

Athletes & Non-Athletes and the Survey of Recent Life Experiences developed by Kohn. The output of the study was student athletes reported more stress than did non-athletes in a wide variety of variables. specifically those that dealt with conflicts with a boyfriend's or girlfriend's family, having more responsibility, not getting enough time for sleep, having heavy demands from extracurricular activities, On the other hand, non-athletes reported more stress than their athlete counterparts in areas such as financial burdens, making important decisions about their education, getting ripped off, social conflicts over smoking with a roommate or friend, difficulties with transportation, social isolation, being ignore and being dissatisfied with theirphysical appearance, (Gregory Wilson and Mary Pritchard) Positive Performance States of Athletes: Toward a Conceptual Understanding of Peak Performance were it investigates a relationships among peak performance, flow, goal orientation, and perceived ability in an attempt to ascertain possible conceptual bases to peak performance. Competitive goal orientations, perceived ability, flow, and experience in best and worst competitive performances. Analysis of athletes' best performances indicated a total focus on performance, and other characteristics of flow were key to the perception of a superior state of functioning. In contrast, over concern with the outcome, reflecting a competitive orientation was often associated with athletes' worst performances. These associations suggest that investigating positive performance states from a motivational standpoint may lead to greater understanding of the underlying conceptual bases of peak athletic performance. Jackson and Roberts(1992).

Comparative Psychological Well-Being as Influenced by Sport Experience in Female Athletes. Interview technique and content analysis were used to investigate self-perceptions related to sport involvement, in female varsity athletes and intramural athletes' Significant differences were found between the two groups relative to facilitative and debilitative effects of sport upon subjects' personal development. Perceived differences between social and sport self, strength of selected personality traits (aggression, dominance, stamina, and risk taking), and attitudes about these traits were also noted. **J.** Kukla and David Pargman(2013)

Social Wellbeing

The concept of Social wellbeing is coined by Auguste Comete 1857. The term sociology is word comes from Socius (Latin word) means society, union & togetherness and logos (a Greek word) means to let out or to speak. In simple term, sociology is referred ''as speak about the society''. Social Wellbeing is designed with social support system, Relationship between individual and the society, social conflicts and structure of the society. According to encyclopedia Britannica, the term sociology is meant as a social science that, studies human societies, their interactions and the processes that preserve and change them.
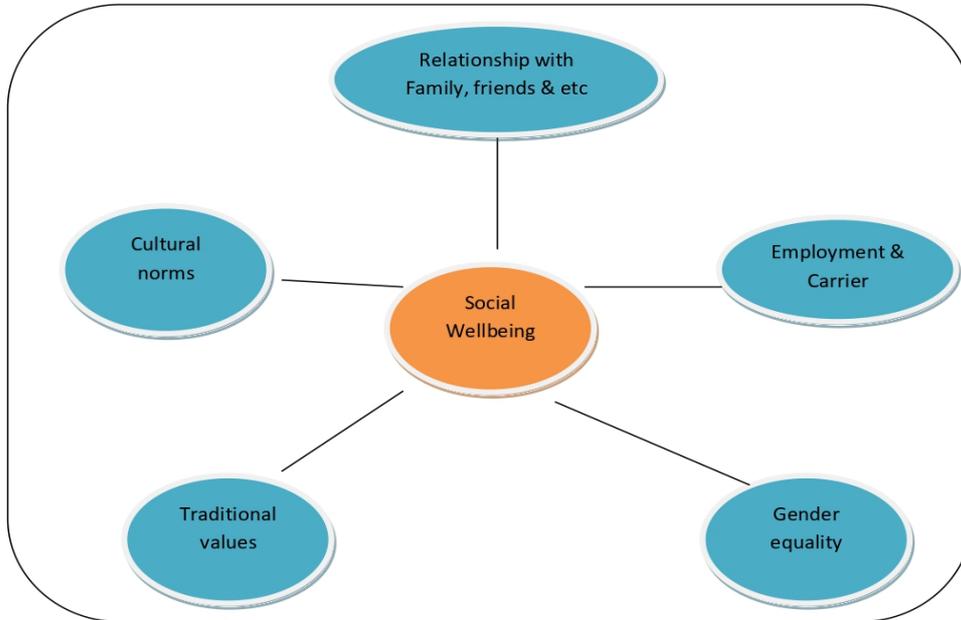
The challenges faced by adults who are involved in youth sports, from parents, to coaches, to sports medicine providers, are multiple, complex and varied across ethnic cultures, gender, communities and socio-economic levels.

The study aimed to evaluate the parental concerns like finance, attitude, pressure and motivation on part of their parents with reference to female participation in sports... The responses of elite athletes were analyzed with the help of step-wise regression. It is concluded from the study that almost all of the athletes have parental problems like finance, attitude and lack of motivation in connection to their sports participation. Bibi et.al, (july 2016).

The effect of social relationship and acceptance on disturbed eating disorder attitudes in Elite Adolescent Female Athletes: The Mediating Role of Physical Self-perceptions. Acceptance and quality of parent–athlete relationships have a Significant negative Influence on DEA in elite adolescent female athletes. Moreover, the quality of relationship with the coach and sport friend has a Significant positive Influence on DEA in female athletes through the mediating role of perceived physical ability. PhanieScoffier et.al (2010) Branding in women's sports: A literature review, it explores the literature relative to branding in women's sports as a foundation for a proposed conceptual model. Primary and secondary channels of information were accessed through a review of sport management journals. In total, eleven articles were included in the review with publication dates ranging from 2008-2018. On three categories of research were identified: personal branding, team branding, and media coverage. Personal branding: Tactics and barriers that female athletes face, Media coverage: The amount of coverage dedicated to women's teams on athletic department. Isabell Mills Muslim Female Athletes and the Hijab. It conveys that the hijab and an embrace of sport among young Muslim women around the world has created a contested space: their heads. Women, negotiating the rules of their teams and leagues, along with their own religious devotion, must make choices about participating and dressing or athletics **Geoff Harkness, Samira Islam November 14,2011.**

The schools, colleges and other education plays a vital in society. They are part of social life where athletes spend their running clock.

The developmental transitions faced by student athletes and the impact of athletic participation on a variety of educational outcomes, and makes suggestions for effective programs and policies to enhance student athletes' learning opportunities. The Theory of Student development (cognitive, psychosocial, and athletic) although many athletic advising and counselling programs concentrate on academic eligibility and graduation success, the developmental tasks student athletes face also need considered Hamilton and A.

Sina(2001).

One of the main social supports of the athletes is their coach and parents. The review of pervious study says that effect of conversation of athletes' coaches and parentsMentoring Connections between Coaches and Female Athletes, explore the role that mentoring could have in helping female athletes become leaders in their sports through coaching. The Need to Mentor Potential Female Coaches Empirical research designed to evaluate "motivation and attrition" in coaching has provided some insight into the plight of aspiring female coaches. The opportunity to voice thoughts and contribute to the team in a meaningful way may be the link that female athletes need in order to see coaching as a future career option. Many of the programs previously mentioned, future programs must develop a deeper understanding of mentoring and the leadership skills women need in today's sport environment. Model leadership traits needed to coach effectively, communicate the need for women in coaching, Share the positive aspects of coaching. Accept the natural mentoring role of a coach. Encourage and acknowledge connections between athletes. Encouraging and empowering young women to make meaningful contributions to sport may be the link that has been missing in the progression from female athlete to female head coach. Lough (2001**).**

There are some theories, approaches and models of practice in psychological wellbeing of a young athletes.

Theories
Functional theory
The theory perspective is to bring to light on the functional components of theory. It examines the work and application of social institution. It was defining that the functionalism has two aspect or assumptions. First idea focusses on religion, politics, economic, education, family, sports and leisure which as It is a stable system but interrelated to each other(like a human body system) and the secondary system has shared idea of culture (Norms and values) in society or sport team.

Conflict Theory
Society is a system of structures & relationships shaped by economic forces. Sports are studied in terms of how they promote economic exploitation and capitalist expansion. Research focuses on how sports perpetuate the power and privilege of elite groups in society. Those with power and influence dislike it because it emphasizes change and a redistribution of economic resources Many people dislike it because it identifies problems in society. Seldom used in everyday sport discourse because it portrays sport as an opiate that deadens awareness of social issue. Using Conflict Theory to take social action Focus on class inequality and how it might be minimized or eliminated in and through sports Develop awareness of how athletes and spectators are used for the profit and personal gain of the economic eliteprograms.

Inter actionist Theory
Society is created and maintained through social interaction Sports are studied in terms of how they are created and given meaning by people Research focuses on how people experience sports and how identities are related to sport participation and sport cultures Those who use it often employ "interpretive research methods" to study Social processes associated with becoming involved, staying involved, and changing involvement in sports How people develop and maintain identities as athletes How people give meaning to sports The characteristics of sport subcultures. Using Inter actionist Theory to Take Social Action Change sports to match the perspectives and identities of those who play them Make sport organizations more democratic, less autocratic, and less hierarchically organized Question identity formation processes that involve the normalization of pain, injury, & substance use in sports.

Critical Theories
Focuses on cultural production, power relations, & ideological struggles Sports are social constructions that change as power relations change and as narratives and discourses change Research focuses the meaning and organizations of sports, and on sports as sites for cultural transformation Those who use them assume that sports are more than reflections of society, and they study The ways people struggle over the organization & meanings of sports The discourses and images people use to construct sports Whose voices and perspectives are usedin discourses about sports in society How dominant discourses and power relations might be disrupted to promote progressive changes. Sports are more than reflections of society Sports consist of sets of relationships that are produced by people in society. Sports are the creations of people interacting with one another. Sports are the "social stuff" out of which society and culture come to be what they are. Using Critical Theories to Take Social Action Use sports to challenge and transform exploitive and oppressive practices. Increase the number and diversity of sport participation opportunities. Questions the ideological implications of the stories told about sports in a culture Challenge the voices and perspectives of those with power in society.

Feminist Theories
Feminist theory is a dynamic, continually evolving complex of theories or theoretical traditions that take as their point of departure the analysis of gender as a category of experience in society. In the past it seemed to make sense to distinguish among varieties of feminist theories (liberal feminism, radical feminism, Marxist feminism, etc. The sources, whatever the mix of voices

privileged by a particular scholar, feminist theory within the sociology of sport has as its main purpose to theorize about gender relations.

Sports are gendered activities grounded primarily in the values and experiences of men with power and influence. Research focuses how sports reproduce gendered ideas and practices related to physicality, sexuality, and the body. Those who use them study how sports are involved in the production of ideas about masculinity and femininity. How women are represented in media coverage of sports. Strategies used by women to resist or challenge dominant gender logic.

Figurational Theory

Figurational sociology or, as it is sometimes called, process sociology, has grown out of the work of Norbert Elias (1897–1990). The central organizing theme of figurational sociology is, unsurprisingly, the concept of 'figuration' itself. The founder described a figuration as 'a structureofmutuallyorientedanddependentpeople'(1978).Hedevelopedthethemeasameans of trying to overcome some of the difficulties associated with more traditional sociological terms and theories. In particular, he was critical of what he regarded as misleading and unhelpful dualisms and dichotomies, such as that between the individual and society, and also of the tendency towards what he called process reduction, in which everything that is experienced. The theory emphasizes an individual's connections and interdependence, it also examines the historical changes and violence of networks of people over time.

Approaches

National sports policy 2014(India): It is a scheme started by India. Where, raising the standard of sports in the country, promoting the development of adequate sports infrastructure across thecountry.

Models

● **Social Model of women'shealth**

This model says that models provide for preventing health problem that are rooted in social and cultural factors. The coveys that women are not isolated, individuals and biological events can be explained outside the contexts in which they emerge. The new models are needed to develop effective social and public policy.

● **Sport EducationalModel**

This model was developed by siedentop (1994) it is a guidelines of instruction model designed in physical education program n middle school, features of sports education among students and teachers, role of students. It gives great pictures on, to promote knowledge on sports in sports students and coaches.

Conclusion

The young women athletes face two sides of the coin in sports. This gave both positive and negative side psycho social wellbeing. The challenges faced by adults who are involved in youthsports, from parents, to coaches, to sports medicine providers, are multiple, complex, and varied across ethnic cultures, gender, communities, and socioeconomic levels. It appears that an emphasis on fun while establishing a balance between physical fitness, psychological well- being, sportsmanship, psychosocial development and lifelong lessons L Merkel (2013), USA. Adults most often determine the potential of a young athlete into carrier-based aspect. The potential was ranked successful or a failure before the athletes attain adolescent. a healthy and active lifestyle are paramount for success (Michel F.Bergerun). Social worker's role in serving vulnerable athletes, came out with unique vulnerabilities whose social work-related needs are often not met. Athletes experience a wide range of vulnerabilities that often go unaddressed, perhaps because of the perception that since they appear healthy and vibrant, they are free from social problems. Yet athletes are at high risk for distress due to pressures to perform, avoid showing pain, hide physical injuries and substance abuse problems, eating disorders and burnout. At the same time, they may have false support systems that are interested in the athlete for social or monetary status. Social worker acting throughout situations such as these athletes, their coaches, the team and the lives of all those affected have more positive outcomes than if those needs were left unnoticed or underserved. (women sport international). As social work evolves as a worldwide profession, it is useful to consider the role of social workers in serving athletes at all levels of intervention, including individual, family, group, organizational and community levels. Social workers are broad systems practitioners who can focus on how the environment and other influence affect an athlete's mental health and well- being.

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