

## Gratitude and Well-Being of Sports Persons

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### Abstract

Being grateful and Well-being, willing to win appears to be a mismatch of some sorts. While competing, it is certainly not a time to be distracted by other irrelevant emotions such as gratitude. But if an athlete chose to feel grateful at times, what roles might gratitude and well-being plays in promoting his/her sporting experience. **Methodology:** Purposive sampling method were adopted. 50 male and 50 female students of Degree College of Physical Education who had opted athletic, handball, hockey, basketball and cricket as specialization; had participated in intercollegiate tournament of Amravati University; were selected as subjects for this study. The age of subjects were ranging from 18 to 28 years. Gratitude and Well-being variables were taken through questionnaire and relevant the data on sports activity participation were obtained by administering sports activity participation gratitude questionnaire by McCullough, M. E., Emmons, R. A., & Tsang, J. A. (2002) And Well-being by S.K. Verma and Amita Verma (1989). **Results:** On the basis of above study revealed that in term of gratitude there is no significant difference between the players of different games. Likewise, results showed that in case of well-being players of different games, irrespective of their gender, showed highly significant differences among them. In between them Cricket players were highest and Handball players were least. In gratitude scores, among genders male showed dominance over females with significant difference. In cases of well-being scores females were showed their supremacy upon their male counterparts.

**KEYWORDS:** Gratitude, Well-being, Wellness, Gender

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### INTRODUCTION

Being grateful and willing to win appears to be a mismatch of some sorts. Would an athlete choose to feel grateful during the critical moments of an intense competition? It is perhaps very unlikely. While competing, it is certainly not a time to be distracted by other irrelevant emotions such as gratitude. But if an athlete chose to feel grateful at times, what roles might gratitude play in promoting his or her sporting experience. Sport psychology research rarely explores this issue.

Gratitude as a topic of discussion is more likely to appear in either the sport philosophy literature (Kretchmar 2005), or in athletes' autobiographies (e.g., Lewis and Marx 1990). In fact, in Carl Lewis' autobiography, the former sprint champion relates that feeling grateful to his competitors became part of his competition repertoire. He recounts that gratitude is an important aspect of his mental preparation. In addition, scenes of athletes giving thanks to God or other higher beings post-victory or after overcoming challenges are also commonly sighted (Baker 2000). Thus, examining gratitude within the context of sport psychology is necessary since it occurs naturally in competitive sports and its specific implications are not well understood.

Gratitude, an important aspect of positive psychology (Snyder and Lopez 2007), is likely to help promote athletes' personal growth if there is a relation between athletes' well-being and gratitude. However, at the moment it is not empirically known whether gratitude has a positive influence on athletes' well-being, let alone whether it is involved with personal growth.

Gratitude is a broad topic that can be studied from multiple viewpoints (see Emmons and McCullough 2003). For the purpose of the current discussion, gratitude can be defined as "an estimate of gain coupled with the judgment that someone else is responsible for that gain" (Solomon 1977). Estimation and appreciation of gain is an important first step towards feeling grateful.

The personal gain, benefits, or gifts could be in the form of material items or non-material gains such as spiritual and emotional gains next, it is also important to direct gratitude to the possible source or giver of the gain. If gratitude is found to be related to well-being, it is important to find ways to strengthen it during adolescence. We are hopeful that this initial research regarding athletes' gratitude, based on adolescent samples, can provide important insights for future researchers and practitioners.

Gratitude, thankfulness, gratefulness, or appreciation is a feeling or attitude in acknowledgment of a benefit that one has received or will receive. The experience of gratitude has historically been a focus of several world religions, and has been considered extensively by moral philosophers such as Lee Clement. The systematic study of gratitude within psychology only began around the year 2000, possibly because psychology has traditionally been focused more on understanding distress rather than understanding positive emotions. The study of gratitude within psychology has focused on the understanding of the short term experience of the emotion of gratitude (state gratitude), individual differences in how frequently people feel gratitude (trait gratitude), and the relationship between these two aspects.

Well-being or welfare is a general term for the condition of an individual or group, for example their social, economic, psychological, spiritual or medical state; high well-being means that, in some sense, the individual or group's experience is positive, while low well-being is associated with negative happenings. In economics, the term is used for one or more quantitative measures intended to assess the quality of life of a group, for example, in the capabilities approach and the economics of happiness. Like the related cognate terms 'wealth' and 'welfare', economics sources may contrast the state with its opposite. The study of well-being is divided into subjective well-being and objective well-being. There has been a growing body of research into what contributes to the quality of people's experiences of their lives. This has enabled a new understanding of the factors that both influence and constitute well-being. The science of 'subjective well-being' suggests that as well as experiencing good feelings, people need:

- a sense of individual vitality
- to undertake activities which are meaningful, engaging, and which make them feel competent and autonomous
- A stock of inner resources to help them cope when things go wrong and be resilient to changes beyond their immediate control.

The gratitude and well-being is very essential to cope up with the stress of the performance in competition. So, to assess the gratitude the below topic has been finalized "gratitude and well-being of sports player".

## MATERIALS AND METHODS

Purposive sampling of data were adopted upon students of Degree College of Physical Education who had opted athletic, handball, hockey, and basketball and cricket specialization and participated in various tournaments. 50 male and 50 female intercollegiate players who had participated in the intercollegiate tournament of Amravati University were selected as subjects for the purpose of the study. The age of subjects was ranging from 18 to 28 years. Variables Gratitude and Well-being were taken through questionnaire and relevant the data on sports activity participation were obtained by administrating sports activity participation gratitude questionnaire by McCullough, M. E., Emmons, R. A., & Tsang, J. A. (2002) And Well-being by S.K. Verma and Amita Verma (1989).

Before distribution of the questionnaire the scholar explained the main purpose of the study to the selected subjects so the maximum, reliable and valid response could be obtained from them. All the instructions were explained explicitly in due time. The filled-up questionnaire was collected by the scholar.

The data pertaining to this study are obtained from responses given by the selected subjects through the questionnaires. Descriptive statistics were done to show the characteristics of the group for different variable of the study. Analysis of Variance (ANOVA) is used to find out the differences, if any, among the selected game and gender wise groups of the players.

For tabulation of data MS Office<sup>(R)TM</sup> Excel spreadsheet and for statistical treatment & analysis SPSS 18.0<sup>(R)TM</sup> were employed.

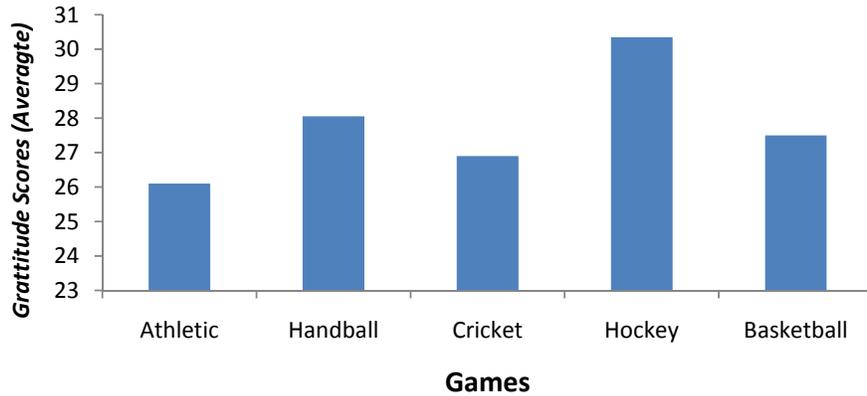
## RESULTS AND DISCUSSION:

On the basis of table no 1 and Illustration No1 it is clear that the gratitude scores of Hockey players were highest ( $30.35 \pm 0.79$ ) and athletes were lowest ( $26.10 \pm 1.25$ ) amongst the groups.

**Table No.1:** Descriptive statistics of gratitude scores of player from different games.

Game	N	Mean (score)	Std. Deviation	Std. Error
Athletic	20	26.1000	5.59981	1.25216
Handball	20	28.0500	4.13553	0.92473
Cricket	20	26.9000	5.41829	1.21157
Hockey	20	30.3500	3.54334	0.79232
Basketball	20	27.5000	4.93644	1.10382
Total	100	27.7800	4.91047	0.49105

**Illustration No. 1:** Average Gratitude Scores of players from different games.



**Table No. 2:** ANOVA of gratitude scores of players from different games.

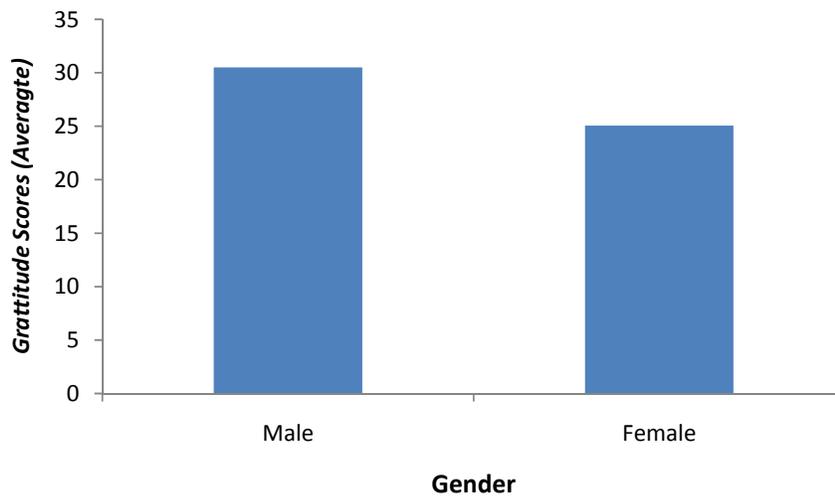
	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	207.060	4	51.765	2.256	0.069
Within Groups	2180.100	95	22.948		
Total	2387.160	99			

The inferential analysis (ANOVA) revealed statistically ( $p > 0.05$ ) insignificant difference amongst the studied games groups i.e. Athletic, handbll, Cricket, Hockey, and Basketball.

**Table No. 3:** Descriptive statistics of gratitude of male and female players.

	N	Mean	Std. Deviation	Std. Error
Male	50	30.5000	3.67701	0.52001
Female	50	25.0600	4.48312	0.63401
Total	100	27.7800	4.91047	0.49105

**Illustration No. 2:** Genderwise Average Gratitude Scores of the players.



Irrespective of games descriptive statistics of gender wise gratitude scores of the groups of male and female players presented in Table no. 3 and represented as Illustration No. 02. Male players were highest ( $30.50 \pm 0.52$ ) and female players were least ( $25.06 \pm 0.63$ ) amongst the groups.

**Table 4:** ANOVA of Gratitude Scores of male and female players.

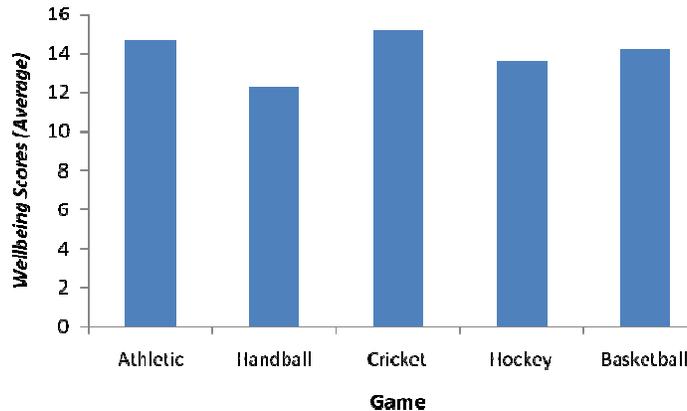
	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	739.840	1	739.840	44.014	0.000
Within Groups	1647.320	98	16.809		
Total	2387.160	99			

The inferential analysis (ANOVA) revealed statistically significant ( $p < 0.0001$ ) difference amongst the groups i.e. male and female (table no. 4); and, males were better than females.

**Table No. 5:** Descriptive statistics of well-being of player from different games

Game	N	Mean (score)	Std. Deviation	Std. Error
Athletic	20	14.6500	1.72520	0.38577
Handball	20	12.2500	1.91600	0.42843
Cricket	20	15.2000	1.23969	0.27720
Hockey	20	13.6000	1.42902	0.31954
Basketball	20	14.2000	2.06729	0.46226
Total	100	13.9800	1.95391	0.19539

**Illustration No. 3:** average well-being score of player from different games.



In case of well being of the players from different games of both genders; the well-being of Cricket players were highest ( $15.20 \pm 0.27$ ) and Handball players were most minuscule ( $12.25 \pm 0.42$ ) amongst all the five groups (Table no. 5 and Illustration No. 3).

**Table No. 6:** ANOVA of well-being of players from different games

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	102.460	4	25.615	8.833	0.000
Within Groups	275.500	95	2.900		
Total	377.960	99			

In case of well-being of the players The inferential analysis (ANOVA) showed statistically significant ( $p < 0.0001$ ) difference between the groups (Table no. 6).

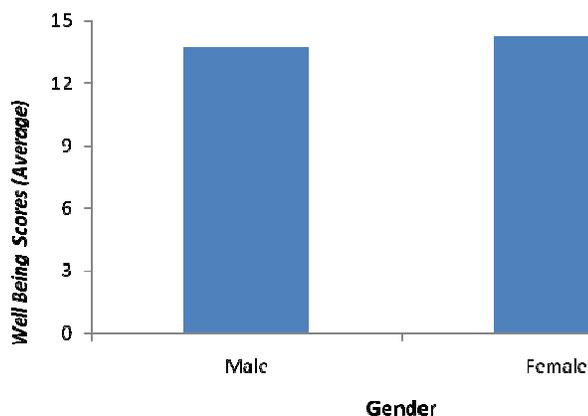
**Table No. 7:** LSD post-hoc test of well-being of players from different games

Games (I)	Games (J)	Mean Difference (I-J)	SD	Sig.
Athletic	Handball	2.40000*	0.53852	.000
	Cricket	-.55000	0.53852	.310
	Hockey	1.05000	0.53852	.054
	Basketball	.45000	0.53852	.405
Handball	Athletic	-2.40000*	0.53852	.000
	Cricket	-2.95000*	0.53852	.000
	Hockey	-1.35000*	0.53852	.014
	Basketball	-1.95000*	0.53852	.000
Cricket	Athletic	.55000	0.53852	.310
	Handball	2.95000*	0.53852	.000
	Hockey	1.60000*	0.53852	.004
	Basketball	1.00000	0.53852	.066
Hockey	Athletic	-1.05000	0.53852	.054
	Handball	1.35000*	0.53852	.014
	Cricket	-1.60000*	0.53852	.004
	Basketball	-.60000	0.53852	.268
Basketball	Athletic	-.45000	0.53852	.405
	Handball	1.95000*	0.53852	.000
	Cricket	-1.00000	0.53852	.066
	Hockey	.60000	0.53852	.268

The LSD post hoc analysis shown that irrespective of genders there is significant difference between the players of Athletic-Handball ( $p < 0.0001$ ), Cricket-Handball ( $p < 0.0001$ ), Cricket-Hockey ( $p < 0.005$ ), Hockey-Handball ( $p < 0.02$ ) and Basketball-Handball ( $p < 0.0001$ ) (Table no. 7). This shows that gamewise, players, were different in term of their well-being status. Which supports the hypothesis no. 1 of this study.

**Table no.8:** Descriptive statistics of well-being of male and female

	N	Mean	Std. Deviation	Std. Error
Male	50	13.7000	1.98206	.28031
Female	50	14.2600	1.90392	.26925
Total	100	13.9800	1.95391	.19539

**Illustration No. 4:** - Average well-being scores of male and female.

In gender wise data of players for the well-being the females were dominant over their male counterparts, irrespective of their games. The Table no. 8 and Illustration No. 4 shows that female were leading with average of  $14.26 \pm 1.90$  and males were trailing with the average well-being scores of  $13.70 \pm 1.98$ .

**Table 9:** ANOVA of well-being of male and female

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	7.840	1	7.840	2.076	0.153
Within Groups	370.120	98	3.777		
Total	377.960	99			

The ANOVA shows that in case of well-being in between genders i.e. male and females are similar ( $p > 0.05$ ) (Table No. 9). So with this result we can say the hypothesis no. 2 (null) in term of well being is supported.

## CONCLUSIONS

On the basis of above study revealed that in term of gratitude there is no significant ( $p > 0.05$ ) difference between the players of different games. Likewise, results showed that in case of well-being players of different games, irrespective of their gender, showed highly significant ( $p < 0.0001$ ) differences among them In between them Cricket players were highest and Handball players were least. In gratitude scores, in between genders male showed dominance over females and significantly different ( $p < 0.0001$ ). In cases of well-being scores females were showed their supremacy upon their male counterparts. But, in ANOVA analysis they showed similar well-being ( $p > 0.05$ ).

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