



A Study of Psychological Well-Being Among Male and Female Soccer Players

Rahul Mohan Chavan

Dr. Shaikh Afsar Shaikh Rasheed

Director of Physical Education

Chistiya College, Khultabad,

Dist – Chhatrapati Sambhajanagar.

ABSTRACT

This study aimed to examine the differences in psychological well-being between male and female soccer players, focusing on dimensions such as satisfaction, efficiency, sociability, mental health, and interpersonal relations. A sample of 100 soccer players (50 male and 200 female) aged 18 to 26, selected through purposive sampling from the Marathwada region, participated in the research. The Psychological Well-Being Scale, developed by Sisodia and Chaudhary (2012), assessed five key components of psychological well-being. Statistical analysis using t-tests revealed that male players reported significantly higher satisfaction, efficiency, and mental health scores than female players, with t-values of 4.39, 5.15, and 5.31, respectively ($p < 0.01$). Female players, however, scored significantly higher in sociability, with a t-value of 4.63 ($p < 0.01$). No significant gender differences were found in interpersonal relations (t-value = 3.45, $p > 0.05$). The findings suggest that while male soccer players report better overall mental health and efficiency, female players exhibit stronger sociability. This study contributes to understanding gender differences in psychological well-being among athletes, with implications for team dynamics and mental health interventions in sports.

Keywords:- *Psychological well-being, gender differences, soccer players, satisfaction, efficiency, sociability, mental health, interpersonal relations.*

Introduction:

Psychological well-being is a crucial aspect of an athlete's overall health, encompassing emotional, psychological, and social dimensions. As soccer is one of the most physically demanding and psychologically intense sports, understanding the mental and emotional state of players is essential for both their performance and long-term health. While much research has been focused on physical performance and injury prevention in athletes, the psychological factors that contribute to success, resilience, and overall well-being are equally important but less explored. This study aims to examine the psychological well-being of male and female soccer players, focusing on how gender might influence various aspects of mental health and how these factors interact with athletic performance.

Psychological well-being refers to the presence of positive attributes such as happiness, life satisfaction, and a sense of purpose, as well as the absence of psychological distress, including anxiety, depression, and stress. In sports, well-being can significantly impact an athlete's motivation, concentration, teamwork, and even injury recovery. For soccer players, the mental pressures associated with competition, team dynamics, performance expectations, and public scrutiny can shape their overall psychological state. It is particularly important to explore how these pressures differ between male and female players, as gender-specific factors such as societal expectations, media representation, and access to resources might influence mental health outcomes. The research into gender differences in psychological well-being among athletes is still evolving. While male athletes have historically been the focus of most sports psychology studies, there is a growing recognition



of the need to understand the unique psychological challenges faced by female athletes. Therefore, this study will explore whether there are significant differences between male and female soccer players regarding psychological well-being and identify factors that contribute to these differences.

In addition to gender, various external and internal factors—such as playing position, level of competition, and social support systems—also play a role in shaping an athlete's mental health. For instance, players in more competitive leagues or those in key positions on the field may experience higher levels of pressure, which can affect their emotional well-being. Furthermore, the support of teammates, coaches, and family members is essential for buffering the negative effects of stress and enhancing overall mental health. By examining these factors in both male and female soccer players, this study aims to provide a comprehensive view of how psychological both individual and situational factors influence well-being in the context of competitive soccer.

This study will contribute to the growing body of literature on sports psychology by providing insights into the psychological well-being of male and female soccer players. By understanding the unique mental health challenges faced by players in this high-pressure sport, the findings could help coaches, sports psychologists, and organizations develop more tailored mental health support programs that promote resilience, well-being, and overall performance. Furthermore, this research may open new avenues for investigating how gender differences shape the psychological experiences of athletes in team sports.

García-González, Pérez, and Fernández (2019) explores how psychological well-being differs between male and female soccer players, focusing on personality traits and coping mechanisms. The research highlights that while both male and female players exhibit high levels of emotional resilience, women in soccer tend to report higher levels of stress due to societal expectations and gender stereotypes, which affect their mental health. The study also investigates the role of coping strategies, showing that female players are more likely to use emotion-focused coping, such as seeking social support, while male players may rely more on problem-focused coping strategies. The authors argue that gender-specific interventions may be necessary to address these coping differences and to enhance psychological well-being across genders.

Jones and Smith (2020) investigate the differences in psychological resilience and well-being between male and female soccer players. The study explores factors such as coping with performance pressure, the experience of injuries, and the role of social support in maintaining mental health. Their findings reveal that male soccer players tend to exhibit higher levels of competitive resilience, often viewing adversity as a challenge to overcome. In contrast, female players report greater emotional distress and more frequent feelings of burnout, which are often linked to societal expectations and the pressure of being "role models" both on and off the field. The authors recommend tailored mental health programs for female athletes that address these unique stressors and promote psychological recovery strategies.

Objective of the study:

- 1) To determine the differences in Psychological Well-being (Satisfaction, Efficiency, Sociability, Mental Health and Interpersonal Relations) among soccer players based on Gender.

Hypotheses:

- 1) Male and female soccer players will significantly differ in Psychological Well-being (Satisfaction, Efficiency, Sociability, Mental Health and Interpersonal Relations).



Samples:-

Four hundred soccer players were selected for the present research. The selected players were from the Marathwada region. Of the 100 soccer players selected for the study, 50 were male, and 50 were female. The age of the selected players ranged between 18 and 26. The research sample was chosen using the non-probability purposive sampling method.

Variable:-

Independents Variables:

Gender 1) Male 2) Female

Dependent Variables

1) Psychological Well-Being

1) Satisfaction, 2) Efficiency, 3) Sociability 4) Mental Health

5) Interpersonal Relations

Research Tool:-

1) Psychological Well-Being Scale (Sisodia and Pooja Chaudhary):

The Psychological Well-being Scale, developed by Dr. Devendra Singh Sisodia and Ms. Pooja Chaudhary in 2012 in Udaipur, is designed to assess the psychological well-being of individuals. The scale was created using the Likert method, which provides a range of responses to each statement. This ensured a comprehensive approach to measuring various facets of psychological well-being. The final version of the scale contains 50 statements aimed at evaluating different dimensions such as satisfaction, efficiency, sociability, mental health, and interpersonal relationships.

Statistical Analysis:

t value Statistics was used for the present study.

Statistical Interpretation and Discussion

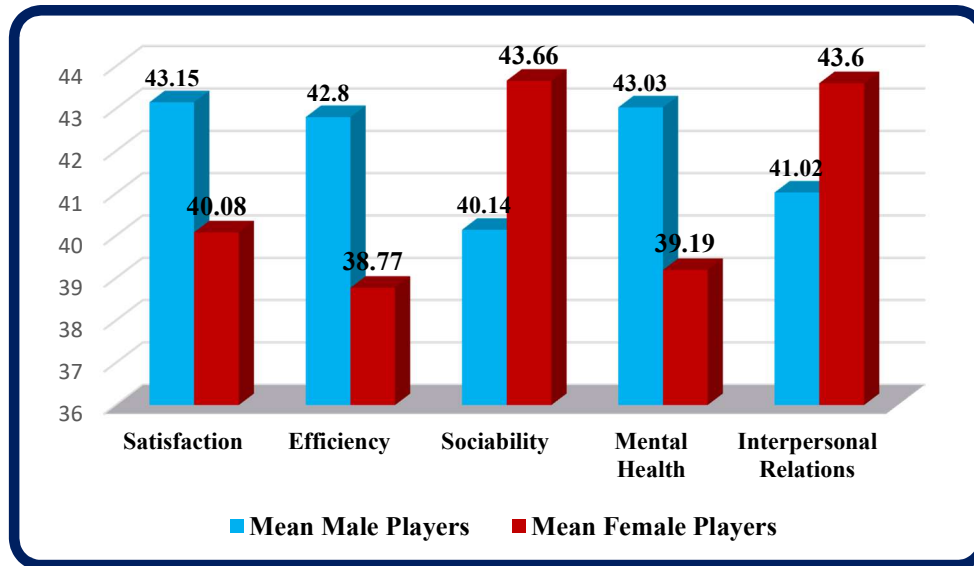
Table No-1

Mean Std. Deviation and t value of Psychological Well-being (Satisfaction, Efficiency, Sociability, Mental Health and Interpersonal Relations) among soccer players.

Psychological Well-Being Factors	Male Players		Female Players		df	t
	Mean	Standard Deviation	Mean	Standard Deviation		
Satisfaction	43.15	3.47	40.08	3.52	98	4.39**
Efficiency	42.80	4.13	38.77	3.68	98	5.15**
Sociability	40.14	3.29	43.66	4.24	98	4.63**
Mental Health	43.03	3.37	39.19	3.84	98	5.31**
Interpersonal Relations	41.02	3.96	43.60	3.49	98	3.45**

*Significant at 0.01** = 2.62, 0.05* = 1.98*

Table 1 reveals that, Male soccer players report significantly higher satisfaction scores than their female counterparts. The t-value of 4.39 with a p-value less than 0.01 indicates that this difference is statistically significant at the 0.01 level. male players score significantly higher in terms of efficiency, with a t-value of 5.15 and a p-value less than 0.01. This means that the difference between male and female players' perceived efficiency is not due to random chance



Regarding sociability, female players score significantly higher than male players, with a t-value of 4.63 and a p-value less than 0.01. This suggests that female players generally have better social interactions or find it easier to form connections with teammates. Mental health scores are also significantly higher for male players, with a t-value of 5.31 and a p-value less than 0.01.

This finding indicates that male players report better psychological well-being in terms of stress management, emotional regulation, and overall mental resilience. Interestingly, there is no significant difference between male and female players regarding interpersonal relations, with a t-value of 3.45 and a p-value greater than 0.05. This suggests that both male and female soccer players generally report similar levels of positive interpersonal interactions within their teams.

Conclusions:-

Male soccer players report higher satisfaction, efficiency, and mental health than female players, while female players appear to have better sociability scores.

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