



## RESEARCH PAPER

### Quality of Life and Physical Activity among Retired Athletes in South Punjab, Pakistan

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PAPER INFO	ABSTRACT
<b>Received:</b> February 08, 2022 <b>Accepted:</b> April 10, 2022 <b>Online:</b> April 15, 2022	The research study examined the quality of life and physical activity in the retired athletes. This research explored the most probable reasons for retirement from sports. The research was conducted on 200 retired athletes with the age group of 28 to 60 years. The data collection was administrated through WHOQOL-BREF and IPAQ requesting participants to provide their perception and causes for retirement from sports. Results showed that most of the participants retired from sports due to financial barriers, work-life balance, and physical, mental, physiological issues. The individuals who considered their retirement as voluntary had good participation in physical activity. On the other hand, who retired involuntary, had not enough participation in physical activity. The WHOQOL-BREF questionnaire results revealed that people who are unemployed due to work-life balance and financial constraints, and there was a substantial gap. Gaps in the quality of life across all respects. In the voluntary and involuntary retired athlete group, there was a significant difference in the physical fitness and quality of life.
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## Introduction

Worldwide competitions councils, competitions bodies, and all sports organizations around the world are striving to develop sports and activities that allow sportspeople to participate professionally in essential and international events. State sports bodies, federations, associations, and administrations allowed the use of considerable capital to improve their output and to produce a young talented sports star. At the regional, foreign, and professional stage, athletes will participate. (Holt & Mitchell, 2006). Trainers spend their time on it, creating training plans that give athletes a chance to shine to national, professional, international, and sports.

The players and coaches committed, discipline yourself to train and practice for years for your career (Aquilina, 2013). Athlete devoted their lives to achieving their sport. Dreams and careers, most of these dreams are to represent and bring exhibitions with your nation, with your country and the highest level of the international arena, world events, and Olympic events. State Government, Sponsors, and sports associations are putting pressure on players or athletes to succeed internationally mover level than ever before. In the late 1980s, developed countries started development projects to help to change players or athletes from competitive sports. After long physical and psychological affiliation because of training, athlete or player succeed highest level of athletic or player performance.

In addition to the psychological and physical affiliation, athletes spend an extraordinary amount of time playing at most of the cost of their training and other life chances (Meyer, 1990; Parham, 1993). Wylleman and Lavallee (2004) claimed that in professional competition, athletes also aspire to achieve their peak as well as to rise to the top. Extensive investment is requiring players and people near them, (e.g., physical, social, financial) for an extended period to deliver on their promises of fulfillment.

Retirement and change to a profession in what anyone face, not just athletes or players, in their lives. In contrast with the public, most players or athletes retire at an early age, which allows them to improve not just their social traits, but also to straighten their priorities. Players or athletes tend to follow their “dual path” or long-term goals, while also regularly pursuing sports (Aquilina, 2013; Maseko & Surujal, 2011; Park & Lavallee 2015). Around 1% of the student in the USA become state, national & international players, and the average sportsman survives around three and a half years of regular active sports employments (Beamon, 2010). The sportsman “allows” himself to withdraw to pursue an alternate profession or strategy for helping his family and children.

Duration as well as attention inequalities can interrupt the normal days of change and activities such as the formation of personalities, education, preparation of long-term jobs, and socially linked evolution such as social income. As suggested by young athletes, obtains a secure identity to identify only the role of an athlete to the detriment of other roles that could be essential for the move to the retirement (i.e., Student). Young people at the top also become competitive susceptible to sporting them; hence exclusive sports identity focused on much of its self-definition and meaning active sporting life (Beamon, 2010).

Authors have mentioned that sports associations and professional coaches are pressure on the competitors and are likely to gain and center sports at the disadvantage of the public becoming a spectator acknowledgment. This revealed that not all sportsmen are participating incapable of creating productive lives through it, technical standards. Samuel and Tanenbaum (2011) said sportspeople could make their living, athletic career only if it is deeply involved, while others were not meeting a level of living assuring them. Therefore, government agencies and sports organizations it is also necessary, and factors (sport and non-sports) understand many decision-makers who affect the quality of life of athletes or players after retirement career in sports. For sports, there will be organic forms of career transformation.

## **Literature Review**

### **Quality of Life**

Quality of life (QOL) is the overall well-being of people and communities, describing the negative and positive aspects of life. It consists of an individual or a society's aspirations for a decent existence. These expectations are influenced by a person's living creeds, interests, and socio-cultural background. It serves as a metric to which an individual or community may evaluate the various realms of a personal life. The degree to which one's own life corresponds with a desirable normative level-or, put differently, the degree to which these realms provide pleasure and as such contribute to one's well-being is subjectively called to the enjoyment of living.

Quality of life encompasses everything from physical wellbeing, families, education, jobs, income, protection and liberty, religious values, and the environment. QOL has a wide range of meanings, including the areas of international development, health care, governance, and employment. A measure of QOL and its association with health is health related QOL (HRQOL). Life quality should not be confused with the definition of living conditions, which is focused primarily on richness.

Standard quality of life measures includes not only income and jobs but also the built environment, physical and mental well-being, schooling, leisure and recreation time, and social affiliation. World Health Organization (WHO), quality of life is defined as 'perception of the person's role under the societal and value structures under which they live. Comprehensively the idea of personal satisfaction includes how an individual measures the 'decency' from different angles of their lives.

QOL is a broad term that incorporates any part of people's lives (Patrick & Erickson, 1993). At the same time, there are many definitions (Karimi & Brazier, 2016). the WHO has described QOL as "individuals' understanding of their role in life in the light of the community and value structures they live in and concerning their aspirations, ambitions, values, and concerns. It is a broad term that is complexly influenced by the physical wellbeing, psychological status, level of the individual equality, social experiences, and personal values and how they contribute to the related future of their society (The World Health Organization Quality of Life: WHOQOL, 2012).

These tests include one's positive reactions to events in life, temperament, sense of self-satisfaction, what's more, career fulfillment and accomplishment, and person relations. The word 'personal happiness' is often also referred to in writing as 'doing.' Whatever it might be, there are numerous challenges in creating a clear definition of personal fulfillment or likely writing about success. The first specifically understands what the words mean. Nearly 30 years ago, Smith (1973) proposed in one of the initial geological studies in this area that wealth be used to refer to living conditions that are generally common to society. At the same time, personal happiness should be more precisely confined to the emotional assessments of people's lives, because of what Smith thought was the word's evaluative value. That differentiation was lost today. Within examinations, the terms are regularly vague or used conflictingly or conversely again. One term is even used for characterizing the other in certain examples (De Leo et al., 1998).

Fulfillment with one's people's lives suggests fulfillment with or recognition of one's living standards or fulfillment of one's needs and desires about one's everyday life. Living fulfillment is also an extremely emotional evaluation. Since it is intrinsically an analysis, there is a huge intellectual segment in life fulfillment decisions. With regards to the qualification from related develops, it is fundamental to refer to that abstract prosperity has both a full of feeling (i.e., passionate) and a subjective (i.e., critical) part. The full of feeling segment comprises of how regularly special reports are encountering positive and negative effects. Life fulfillment is viewed as the intellectual segment of this more extensive build (Sousa & Lyubomirsky, 2001).

### **Athletes' Quality of Life**

Investigations on this subject are still uncommon in sport, and many obstacles need to be addressed. Athlete quality of life tests is typically related to athlete injury or a serious

health disorder (Lam, Thomas, Valier, McLeod, & Bay, 2017). Lam, Valier, Bay and McLeod (2013) found out that athletes represent a different social category of other classes and that for a better understanding of this phenomenon, the moral standards for athletes should also be set. Another barrier to be addressed is the quality-of-life research and the connection to the social facets. That method is less common and much extra useful in socioeconomic knowledge on the athlete's career background and can be overlooked even in the surroundings (Santos, 2013). The detail in the case of south Punjab Pakistan athletes is precise.

The importance of this topic is also explained in documents released by the Commission for Athletes of the International Olympic Committee. Their demands were explicitly linked to aspects of the definition of quality of life. This agency takes an attempt to recognize the needs of athletes and create services that provide opportunities for creating A direction in life, and not competitive success. As its basic principle, this framework has the use of stability respectively healthy physical, emotional, social as well as intellectual sportspeople that can lead to a good athlete and a better quality of life (Ledochowski, Unterrainer, Ruedl, Schnitzer, & Kopp, 2009). This pattern is replicated in experiments on the career development of athletes from a systemic perspective in the research context (Erpič, Wylleman, & Zupančič, 2004; Wylleman et al., 2004; Stambulova, Stephan, & Jäphag, 2007; Stambulova, Alfermann, Statler, & Côte, 2009). Wylleman and Lavallee (2004) note that to reach and stay at the high level of professional sport, athletes, and those around them need to participate in diverse fields such as physical, social, and economic. During the career, an athlete undergoes multiple phases and transitions at different stages, such as physical, psychological, emotional, personal, professional, and financial growth (Wylleman et al. 2013). According to Ledochowski et al. (2012), persons with a higher quality of life are more likely than others to deal with tension and difficult conditions. In a competitive atmosphere, this can be an advantage.

### **Research Hypothesis**

The following hypotheses were developed given the literature for the present research:

**H1:** Significant Relationship between Quality of Life and Physical Activity

**H2:** Significant differences between physical activity and quality of life of voluntary and involuntary retired athletes

**H3:** Significant effect of Environmental, Social Relation, Physical Health, Psychological on Quality of life of retired athletes

**H4:** Significant effect of Physical Activity on Quality of life of retired athletes

### **Material and Methods**

#### **Population of the Study**

The population is a set of data that characterizes some phenomenon. The target population of this study was retired athletes of South Punjab. A population contains the entirety of all topics that agree with a set of requirements covering the whole region and to

which the implications of the studies can be applied (Polit & Hungler 1999). All former athletes belonging to the current research South Punjab Province were included in the population.

For collecting the samples, purposeful and practical sampling techniques were used. The reason behind purposeful sample selection was that only retired athletes from South Punjab Pakistan were part of the study. Purposive sampling was used for this particular purpose. On the other hand, simple screening was used to make the analysis one of just those former players who willingly chose to participate in the report. A sample represents to engage in the analysis as a portion or a subset of the chosen population (LoBiondo-Wood & Haber, 1998). In the present analysis, the total sample size was composed of 200 retired athletes from South Punjab Pakistan to whom the survey questionnaire was circulated. For study questions, researchers need to pick a sample to have answers. A survey is a specific subset of data from a population. Researchers employ a screening method to reduce the number of cases since they lack the time and money to study and evaluate the entire population. 200 former players make up the overall population.

### **Data Collection Tool**

To fulfill the essential research objectives of this quantitative study, all individuals filled the World Health Organization Quality of Life Questionnaire (WHOQOL\_BREEF), International Physical Activity Questionnaire-Short Form (IPAQ-SF), and Demographic review.

### **Data Analysis**

The data was broken down using the windows Statistical Application for Social Sciences (SPSS, version -25) programed. Unmistakable estimations, for instance, frequencies, rates, mean, and SD were used. One-way repeated estimates ANOVA was used to contemplate the basic differentiations in the four spaces of individual fulfillment inside the social occasion. The self-governing model's t-test was used to consider if there was a basic complexity in the individual fulfillment between the purposeful and obliged surrendered assembling. Critical contrasts in the four spaces of personal satisfaction inside the gathering. An autonomous example's t-test was utilized to contemplate if there was a critical contrast in the personal satisfaction between the intentional and constrained retired gathering. It was also used to find out the relationship between quality of life and physical fitness.

### **Ethical Consideration**

Ethics are fundamental to the research process. So, the researchers must take care of several ethical concerns at every step of the research process (Bickman & Rog, 2009). Informed consent will be given before the administration in which the purpose is mentioned. Participation in this research is voluntary and personal data will remain confidential. Honesty in carrying out the research, objectivity in data interpretation, supporting the information sources are some of the ethical considerations which are made while conducting the research. This data will only be used for research purposes.

### **Results and Discussion**

## Demographic Details

Using descriptive statistics (mean, percentage, frequency, and standard deviation), demographic information of 200 participants was arranged and analyses. The information consists of the age of the athletes, retirement perception, physical activity, sports, education (Matriculation to university education), and family biodata.

### Age

Age was described in different groups. After categorized the sample (N=200) in a graph. A sample of 200 respondents was selected for the research study and among those majority of the respondents lie in the age group between 40 to 55.

**Table 1**  
**Age of the retired athletes**

		Age			
		Frequency	Percent	Valid Percent	Cumulative Percent
<b>Valid</b>	Below 30 Years	2	1.0	1.0	1.0
	31 to 40 Years	27	13.5	13.5	14.5
	41 to 50 Years	73	36.5	36.5	51.0
	51 to 60 Years	88	44.0	44.0	95.0
	Above 60 Years	10	5.0	5.0	100.0
<b>Total</b>		<b>200</b>	<b>100.0</b>	<b>100.0</b>	

### Marital Status

As already discussed, sample of the retired athletes was taken into consideration for the analysis and to address the research questions. The marital status was confirmed from the athletes' responses. These results have found that almost all the respondents were married.

**Table 2**  
**Marital status of the retired athletes**

		Frequency	Percent	Valid Percent	Cumulative Percent
<b>Valid</b>	Unmarried	2	1.0	1.0	1.0
	Married	198	99.0	99.0	100.0
<b>Total</b>		<b>200</b>	<b>100.0</b>	<b>100.0</b>	

### Education

Another important aspect was the education of the respondents which was asked by the individual respondents to know their academic qualification, results have found that 40% of respondents were matric, while 21% were intermediate and very few had master's degrees.

**Table 3**  
**Education of the retired athletes**

		Frequency	Percent	Valid Percent	Cumulative Percent
<b>Valid</b>	Under Matric	6	3.0	3.0	3.0
	Matric	85	42.5	42.5	45.5
	Intermediate	45	22.5	22.5	68.0
	Graduation	57	28.5	28.5	96.5
	Masters	7	3.5	3.5	100.0
	<b>Total</b>	<b>200</b>	<b>100.0</b>	<b>100.0</b>	

### Spouse Status

The respondents were also asked about the status of their wives, whether they are housewives or working women, then the results have found that 78% of respondents have their wives not employed anywhere rather they are housewives.

**Table 4**  
**Spouse status of the retired athletes**

		Frequency	Percent	Valid Percent	Cumulative Percent
<b>Valid</b>	Housewife	166	83.0	83.0	83.0
	Working Woman	34	17.0	17.0	100.0
	<b>Total</b>	<b>200</b>	<b>100.0</b>	<b>100.0</b>	

### Working Status

The respondents were also asked about the work status of the respondents currently then most of the respondents said that they are working somewhere else, and the rest of the non-working are too old or have some injury or have some diseases.

**Table 5**  
**Working status of the retired athletes**

		Frequency	Percent	Valid Percent	Cumulative Percent
<b>Valid</b>	Working	141	70.5	70.5	70.5
	Not working	59	29.5	29.5	100.0
	<b>Total</b>	<b>200</b>	<b>100.0</b>	<b>100.0</b>	

### Economic Status

The economic status of the sample was categorized into Hand to mouth and well contented. And 29.5 percent are well contented of the retired athletes and the rest of all are living retirement life in less income and hand to mouth. They are struggling with family after retirement from sports.

**Table 6**  
**Economic status of the retired athletes**

		Frequency	Percent	Valid Percent	Cumulative Percent
<b>Valid</b>	Hand to mouth	141	70.5	70.5	70.5

Well contented	59	29.5	29.5	100.0
<b>Total</b>	<b>200</b>	<b>100.0</b>	<b>100.0</b>	

**Perception of Retirement**

Voluntary retirement refers to the retirement of an individual on his own will without any other factor or physical problem, while involuntary retirement refers to the retirement of individuals due to some physical issue or disease. In this research study, 58% were voluntary retired

**Table 7**  
**Perception of the retirement in retired athletes**

		Frequency	Percent	Valid Percent	Cumulative Percent
<b>Valid</b>	Voluntary	117	58.5	58.5	58.5
	Involuntary	83	41.5	41.5	100.0
	<b>Total</b>	<b>200</b>	<b>100.0</b>	<b>100.0</b>	

**Discussion**

**Reasons for athletes’ retirement from sports**

In the present examination, the lion's share of the members revealed that training was the fundamental purpose behind their retirement. A considerable number of members additionally announced damage, work-life stability, and monetary obstruction; the minimum explanation was the reason related to wellbeing. The study has demonstrated differentiating proof regarding the causes that develop as the most expressed explanation behind sports’ retiral. Moesch et al. (2012) discovered that some of the causes like the absence of inspiration, relatives, and damage/wellbeing are three major explanations behind retiral from sports. Sinclair et al. (1990) discovered the accomplishment of objectives, issues related to sports organizations, and exhausted of the way of life as a fundamental driver. The logical inconsistencies in discoveries might be ascribed to the way of life wherein the examination was directed.

**Impact of physical activity on retiral athletes’ quality of life**

The data was computed through statistical analysis using the SPSS version 25 which expressed that fitness has a strong relationship with quality of life. The research exposed that injured athlete on the eve of retirement have physical outcomes such as limited functioning of limbs, impairment, and disability. Due to this retired athlete facing a lot of hurdles in physical activities and daily living. Research surrounding the long-term outcomes of a qualified athlete's career that he is mostly paying attention to the negative outcome of retirement rather than to find out the positive way to overcome the negativity of them. A few athletes understand and observe life after retirement, but many athletes experienced less life satisfaction, negative feelings rather than to adapt to lifestyle after retirement. In retiral life, mostly athletes faced physical issues due to many injuries during their professional life. Though, athletes after retirement may own psychological characteristics that can develop the quality of life.



Furthermore, positive contact on quality of life has observed of the retired athletes who feel proud and accomplished to have played the professional sport. It is observed that if the retired athletes are not satisfied with the requirement of their physical activities, then it has a negative effect on the quality of life. These complex potential impacts on the lives of retired athletes are minimum understandable.

### **Factors associated with QOL**

In the present research, it is concluded that most athletes get retirement on self-willed. Rintaugu and M.wisukha's (2011) investigation additionally found comparable outcomes in this manner, supporting the present discoveries. The researcher intended to find out four major factors that are related to retired athletes, namely, physical health, social life, environmental, economic conditions. A more prominent portion of the members felt that they had great personal satisfaction and wellbeing. The consequences of the examination could be bolstered by Sinclair et al. (1990). They additionally found that in general, the retired competitors were delighted from their life and faced not many modification troubles in the retired era. On WHOQOL-BREF poll instruction and money related hindrance, bunches had the noteworthy distinction in the spaces of personal satisfaction. Desjardin (1991) investigated that junior world-class ice-hockey athletes faced issues after retirement. Their essential center was ice-hockey instead of scholarly learning. Instruction likely was not an intriguing choice for these competitors, in this way demonstrating the plausible purpose behind their small mean-score on the mental area. Research indicated the huge effect of the fund on apparent personal satisfaction. Low funds brought enthusiastic hopelessness and maggot assessment (Ma & McGhee, 2013). In this way, they were showing the possible low score on their mental area. In any case, for the gatherings, this expressed damage and work-life stability as the explanation behind retirement, nothing huge distinction in physical, mental, socialization, and condition spaces of personal satisfaction. Smith and Mc Manus (2008) observed that individual competitors who retired because of damage abandoned a feeling of individual management to a substantial degree and this shielded confidence from the harming note that they were not adequate. Vijaya and Hemamalini (2011) clarified these issues generally experienced at job execution frequently offered to ascend to pressure. Since the competitors who retired because of work-life balance never again needed to adjust a profession in sports and work there, conceivably was no distinction in the spaces of personal satisfaction.

### **Differences in the quality of life**

A noteworthy distinction exists among the intentional and constrained retired bunch in mental and condition areas related to personal satisfaction. The consequences of the examination might be upheld through Lavelle et al. (2000) that discovered internality also saw higher control amongst the individuals who expressed deliberate purposes behind retirement. They likewise showed that deliberate retirement diminished the injury engaged with change procedure. Blinde and Stratta (1992) initiated that regular retirement caused trouble experiencing significant change among competitors. Be that as it may, there was no huge distinction in the physical wellbeing and social connections spaces of personal satisfaction and general impression of personal satisfaction and wellbeing between the gatherings. This could be upheld by Lerch (1981) that discovered impression of retirement did not influence the nature of progress, in any case, factors, for example, wellbeing, current pay, and instruction anticipated the nature of retirement. Moreover, McLaughlin (1981)

demonstrated that it was not simply automatic retirement; even the choice to resign willfully was perhaps the hardest decision a competitor could make. In this way, showing the view of retirement alone did not decide the procedure of profession change.

### **Conclusion**

99% of the athletes were married and most of them had a matriculation degree. 70% of athletes were working somewhere, but only 29% were well contented. 58.5% got retired voluntarily while 41.5% involuntarily. Regardless of continual joint ache and physical limits, one from all former athletes in the present research was pleased or fully satisfied with his quality of life. Athletes discussed. Retired athletes shared common psychological belonging with might somewhat explained the little feel uncomfortable with pain and physical disorders that showed his quality of life. Furthermore, most athletes, after retirement, have a great sense of body knowledge. They have such self-control in the adaptation of activities and understand physical limits. Respondents felt auspicious and thank you for playing professional sports and explained that the advantages of taking participate in sports be more important than any negative impacts. Current research expresses productive fields for future study such as, prosperous in retired athletes despite the hurt and functional limitations, the prospects for positive psychological characteristics to build up throughout sports involvement and influence of QOL in retired life, and impact of past achievement in sport on the quality of life of athlete throughout a lifetime. A superior understanding of the better connection between sports contribution and quality of life would help to promote physical activities and make policies to improve the optimistic effect of sports on QOL.

### **Recommendations**

The research of the present study suggests the following recommendations.

- Sports boards, associations should set standards for assisting retired athletes; they have a lot of problems (Financial, social, mental and physical).
- Athletes should plan before retirement for the rest of retired life
- Athletes must get a good education for their survival (other employment jobs) after sports retirement.
- Family play a vital role in his batter retirement life
- Develop yourself as an athlete before retirement.

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