

## A Comparative Study of Wellness Among Sportsmen and Non Sportsmen

**Authors :** Jaskaran Singh Sidhu

**Abstract :** Aim: The purpose of this study is to find the relationship between wellness among sportsmen and non sportsmen. Methodology: The present study is an experimental study for 80 senior secondary volleyball players of 16-19 years of age from Ludhiana District of Punjab (India), and 80 non-sportsperson were taken from senior secondary school of Ludhiana district. The sample for this study was taken through a random sampling technique. Tools: A five point scale havinf 50 items was used to access the wellness Statistical Analysis: To find out the relationship among the variables exists or not, a t-test was used to test the significance of the difference between the means. Statistics for each characteristic were calculated; Mean, Standard deviation, Standard error of Mean. Data were analyzed using SPSS (statistical package for the social sciences). Statistical significance was set at  $p < 0.05$ . Results: Substantial deviations were noted at  $p < 0.5$  in the totality of wellness. Sportsmen show significant differences exist at  $p < 0.5$  in three parameters of wellness i.e., physical wellness, mental wellness, and social wellness. In spiritual and emotional wellness attributes, non-sportsmen shows significant difference at  $p < 0.5$ . Conclusion: From the data interpretation it reflects that overall wellness can be improved by participation in sports. It further noted in study that participation in sports promote the attributes of wellness i.e., physical wellness, mental wellness, emotional wellness and social wellness.

**Keywords :** physical, mental, social, emotional, wellness, spiritual

**Conference Title :** ICEPA 2023 : International Conference on Exercise Psychology and Applications

**Conference Location :** San Francisco, United States

**Conference Dates :** November 06-07, 2023