

Well-being at Work in the Sports Sector: Systematic Review and Perspectives

Authors : Ouazoul Abdelouahd, Jemjami Nadia

Abstract : The concept of well-being at work is one of today's significant challenges in maintaining quality of life and managing psycho-social risks at work. Indeed, work in the sports sector has evolved, and this exponential evolution, marked by increasing demands and psychological, physical, and social challenges, which sometimes exceed the resources of sports actors, influences their sense of well-being at work. Well-being and burnout as antagonists provide information on the quality of working life in sports. The Basic aim of this literature review is to analyze the scientific corpus dealing with the subject of well-being at work in the sports sector while exploring the link between sports burnout and well-being. The results reveal the richness of the conceptual approaches and the difficulties of implementing them. Prospects for future research have, therefore, been put forward.

Keywords : Well-being, quality of life, Burnout, ; psycho-social risk, Sports sector

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