



ISSN Print: 2394-7500  
ISSN Online: 2394-5869  
Impact Factor (RJIF): 8.4  
IJAR 2025; 11(3): 272-276  
[www.allresearchjournal.com](http://www.allresearchjournal.com)  
Received: 26-01-2025  
Accepted: 25-02-2025

**Dr. Shailendra Gaonkar**  
College Director of Physical  
Education and Sports, V.M.  
Salgaocar College of Law, Goa  
University, Goa, India

**Dr. Vinod B Malik**  
College Director of Physical  
Education and Sports, Swami  
Brahmanand Mahavidyalaya,  
Tapobhumi Kundai Ponda  
Goa, Goa University, Goa,  
India

**Lavu D Govekar**  
Instructor in Physical  
Education and Sports, V. M.  
Salgaocar College of Law, Goa  
University Goa, Goa, India

**Corresponding Author:**  
**Dr. Shailendra Gaonkar**  
College Director of Physical  
Education and Sports, V.M.  
Salgaocar College of Law, Goa  
University, Goa, India

## **Analysing the psychological wellbeing of the under nineteen and above nineteen football players**

**Shailendra Gaonkar, Vinod B Malik and Lavu D Govekar**

### **Abstract**

This study aims to analyze the psychological well-being (PWb) of under nineteen (U19) and above nineteen (A19) football players in Goa. A sample of 50 football players (25 U19 and 25 A19) was selected for the study. The psychological well-being of the participants was assessed using a standardized scale, and the data were analyzed using frequency, percentage, mean, standard deviation, and t-test. The results indicate that both U19 and A19 football players exhibit similar levels of psychological well-being, with no significant difference between the two groups. The majority of players in both groups reported high levels of psychological well-being, while a small percentage reported low or extreme low levels. The findings suggest that age does not significantly influence the psychological well-being of football players in this sample.

**Keywords:** Psychological wellbeing, under nineteen football players, above nineteen football players

### **Introduction**

Psychological well-being (PWb) is a multidimensional construct that encompasses an individual's emotional, cognitive, and social functioning. It is a critical component of overall health and is particularly significant for athletes, who often face unique psychological challenges such as performance pressure, competition stress, injury recovery, and the demands of balancing sports with other life responsibilities. In the context of football, a sport that requires not only physical prowess but also mental resilience, psychological well-being plays a pivotal role in determining an athlete's performance, motivation, and long-term success (Arnold, R., Fletcher, D., & Daniels, K. 2017) <sup>[5]</sup>. Football is one of the most popular and widely played sports globally, with millions of participants across various age groups. In India, football has gained significant traction, particularly in states like Goa, where the sport is deeply ingrained in the cultural fabric. Goa is known for its vibrant football culture, with numerous clubs, academies, and tournaments fostering young talent. However, despite the growing emphasis on physical training and skill development, the psychological well-being of football players often remains overlooked. This gap in attention is concerning, as mental health is a key determinant of an athlete's ability to cope with stress, maintain motivation, and perform consistently. The transition from adolescence to adulthood is a critical period in an individual's life, marked by significant physical, emotional, and social changes. For football players, this period often coincides with increased competitive demands and higher expectations, which can impact their psychological well-being. Younger players (under nineteen years) may face challenges such as academic pressures, identity formation, and the need for social acceptance, while older players (above nineteen years) may grapple with career uncertainties, financial pressures, and the need to establish themselves in the sport. Understanding how these age-related factors influence psychological well-being is essential for developing targeted interventions to support players at different stages of their development. Previous research has highlighted the importance of psychological well-being in sports, emphasizing its role in enhancing performance, reducing burnout, and promoting long-term engagement in physical activity. Studies like, Hill, A. P., Madigan, D. J., & Jowett, G. E. (2020) <sup>[8]</sup>, Houltberg, B. J., Wang, K. T., Qi, W., & Nelson, C. S. (2018) <sup>[9]</sup>, Ivarsson, A., Johnson, U., Andersen, M. B., Traanaeus, U., Stenling, A., & Lindwall, M. (2017) <sup>[10]</sup> and Jowett, G. E., Hill, A. P., Hall, H. K., & Curran, T. (2016) <sup>[11]</sup> have also

shown that athletes with higher levels of psychological well-being are better equipped to handle stress, recover from setbacks, and maintain a positive outlook. However, there is limited research focusing specifically on football players, particularly in the Indian context. Furthermore, few studies have explored the differences in psychological well-being between younger and older athletes, making it difficult to draw conclusions about the impact of age on mental health in sports.

**Purpose of the study:** This study aims to address this gap by analysing the psychological well-being of under nineteen (U19) and above nineteen (A19) football players in Goa. By comparing the two age groups, the study seeks to determine whether age influences psychological well-being and to identify the distribution of psychological well-being levels among the participants. The findings of this research will provide valuable insights for coaches, sports psychologists, and policymakers, enabling them to design age-appropriate mental health interventions and support systems for football players.

**Hypothesis:** There will be no significant difference between the under nineteen and above nineteen football players on the basis of their psychological wellbeing.

**Methodological Parameters:** The methodology of this study was carefully designed to ensure the reliability and validity of the findings. The following sections outline the key methodological parameters, including the research design, sample selection, tools used for data collection, and the statistical techniques employed for data analysis.

**Research Design:** This study adopts a quantitative research design to analyse the psychological well-being of under nineteen (U19) and above nineteen (A19) football players in Goa. The design is comparative in nature, as it aims to compare the psychological well-being levels between the two age groups. The study is cross-sectional, meaning data were collected at a single point in time to provide a snapshot of the participants' psychological well-being.

**Sample Selection:** The sample selection is given as under:

**Population:** The population for this study consisted of football players in Goa, India, who are actively participating in football training, competitions, or tournaments.

**Sample Size:** A total of 50 football players were selected for the study, divided into two groups:

- **Under Nineteen (U19):** 25 players aged below 19 years.
- **Above Nineteen (A19):** 25 players aged 19 years and above.

**Sampling Technique:** The sampling technique used was purposive sampling, as the study required participants who met specific criteria (age and active involvement in football). The sample was selected from football academies, clubs, and local tournaments in Goa to ensure representation from diverse backgrounds.

#### Inclusion Criteria

- Participants must be actively involved in football (training or competitions).
- Participants must fall into one of the two age groups: under nineteen or above nineteen.
- Participants must provide informed consent to participate in the study.

#### Exclusion Criteria

- Players with a history of severe psychological disorders or chronic illnesses that could significantly impact their psychological well-being.
- Players who were unwilling to participate or provide consent.

**Tools for Data Collection:** A standardized psychological well-being scale developed by Davindra Singh Sisodia & Pooja Choudhary was used for data collection.

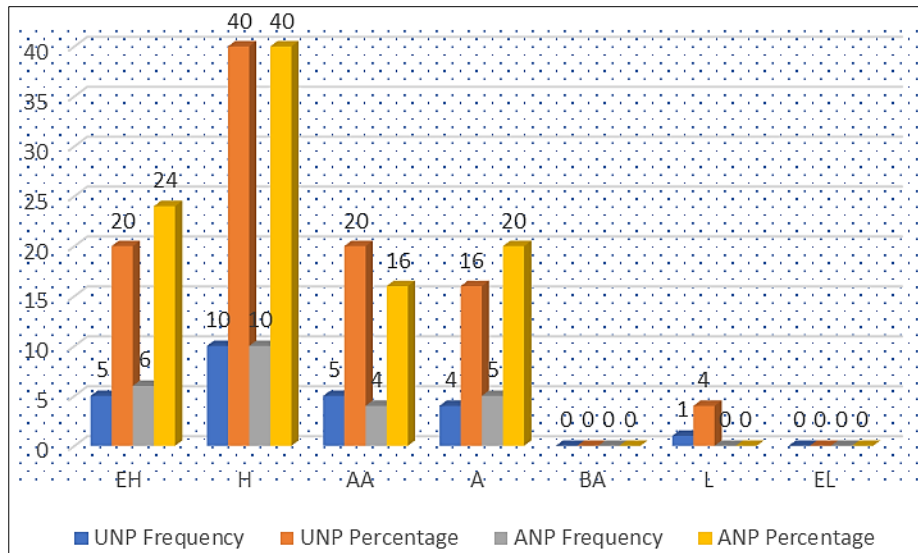
**Data Analysis:** The collected data were analysed using both descriptive and inferential statistical techniques.

**Table 1:** Showing the frequency and percent wise distribution of under nineteen and above nineteen football players on various levels of psychological well-being. (N=25 Each)

Levels	Under nineteen football players		Above nineteen football players	
	Frequency	Percentage	Frequency	Percentage
EH	5	20.00	6	24.00
H	10	40.00	10	40.00
AA	5	20.00	4	16.00
A	4	16.00	5	20.00
BA	0.00	0.00	0.00	0.00
L	1.00	4.00	0.00	0.00
EL	0.00	0.00	0.00	0.00
Total	200	100	200	100

#### Index

- EH= Extreme high level of psychological well-being
- H= High level of psychological well-being
- AA= Above average level of psychological well-being
- A= Average level of psychological well-being
- BA= Below Average level of psychological well-being
- L= Low level of psychological well-being
- EL= Extreme low level of psychological well-being



**Index**

- EH= Extreme high level of psychological well-being
- H= High level of psychological well-being
- AA= Above average level of psychological well-being
- A= Average level of psychological well-being
- BA= Below Average level of psychological well-being
- L= Low level of psychological well-being
- EL= Extreme low level of psychological well-being

**Fig 1:** Showing the graphical representation of under nineteen and above nineteen football players on various levels of psychological well-being. (N=25 Each)

The table presents the frequency and percentage distribution of under-nineteen and above-nineteen football players across different levels of psychological well-being, with each age group consisting of 25 players (N=25 each). Among under-nineteen players, 20% (5 players) reported "Extremely High" (EH) psychological well-being, while 24% (6 players) of the above-nineteen group fell into this category. The "High" (H) well-being level was the most common, with 40% (10 players) in both age groups. In the "Above Average" (AA) category, 20% (5 players) of under-nineteen and 16% (4 players) of above-nineteen players were represented. Meanwhile, 16% (4 players) of the

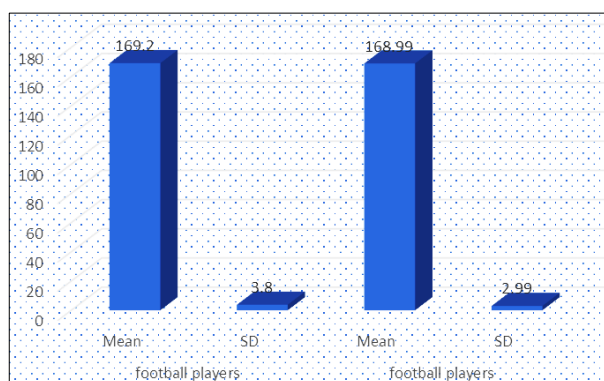
younger group and 20% (5 players) of the older group reported "Average" (A) well-being. Notably, none of the players in either group fell into the "Below Average" (BA), "Low" (L), or "Extremely Low" (EL) categories, except for one under-nineteen player (4%) who reported "Low" psychological well-being. The total percentages sum up to 100% for each group, indicating a complete distribution across the measured levels. Overall, the data suggests that most players, regardless of age, experience moderate to high psychological well-being, with minimal reports of low well-being.

**Table 2:** Showing the mean significant difference between under nineteen and above nineteen football players on composite score of psychological wellbeing (PWb). (N=25 each)

Psychological wellbeing	Under nineteen football players		Above nineteen football players		't' value
	Mean	SD	Mean	SD	
Composite Score	169.20	3.80	168.99	2.99	0.23@@@

**Index**

- @@@= not Significant at 0.01 level of confidence



**Fig 2:** Showing the graphical representation on the mean significant difference between under nineteen and above nineteen football players on composite score of psychological wellbeing (PWb). (N=25 each)

The table compares the psychological well-being (PWb) composite scores of under-nineteen and above-nineteen football players, with 25 participants in each group. The under-nineteen players had a mean PWb score of 169.20 (SD = 3.80), while the above-nineteen players had a slightly lower mean score of 168.99 (SD = 2.99). An independent samples *t*-test was conducted to assess the difference between the two groups, yielding a *t*-value of 0.23, which was not statistically significant at the 0.01 level of confidence. The results indicate that there is no significant difference in psychological well-being between under-nineteen and above-nineteen football players. The small difference in mean scores (169.20 vs. 168.99) is negligible and likely due to random variation rather than an actual age-related effect. The nearly identical SD values suggest similar variability in PWb scores across both groups. Age (under or above nineteen) does not appear to influence psychological well-being in this sample of football players. The lack of significance ( $t = 0.23, p > 0.01$ ) supports the conclusion that both groups exhibit comparable levels of psychological well-being. Further research with larger samples could help confirm these findings.

### Conclusion

This study found no significant difference in psychological well-being (PWb) between under-nineteen and above-nineteen football players. Both groups exhibited nearly identical composite scores (169.20 vs. 168.99), with the *t*-test confirming no statistically meaningful difference ( $t = 0.23, p > 0.01$ ). The results suggest that age does not significantly influence psychological well-being in this sample of players. Future research with larger and more diverse samples could further validate these findings.

**Limitations of the Study:** While the study provides valuable insights, it has certain limitations:

1. The sample size is relatively small, which may limit the generalizability of the findings.
2. The study is cross-sectional, so it cannot establish causal relationships between age and psychological well-being.
3. The reliance on self-reported data may introduce biases, such as social desirability bias.

**Scope for Future Research:** Future studies could:

1. Expand the sample size to include players from other regions of India.
2. Use longitudinal designs to track changes in psychological well-being over time.

Explore additional factors influencing psychological well-being, such as coaching style, social support, and academic pressures.

### References

1. Flett GL, Hewitt PL. Perfectionism and outcomes in competitive sport. *J Appl Sport Psychol.* 2017;29(4):398-414. DOI: 10.1080/10413200.2017.1315456.
2. Bennie A, O'Connor D, Larkin P. Mental health and well-being in elite youth football players. *J Clin Sport Psychol.* 2018;12(1):24-39. DOI: 10.1123/jcsp.2017-0026.
3. Breslin G, Shannon S, Haughey T, Donnelly P, Leavey G. A systematic review of interventions to increase awareness of mental health in athletes. *J Sport Exerc Psychol.* 2017;39(6):459-470. DOI: 10.1123/jsep.2016-0153.
4. Brown GT, Hutter RIV, de Coteau LA. Psychological well-being in adolescent footballers: The role of autonomy and coach support. *Sport Exerc Perform Psychol.* 2019;8(3):238-251. DOI: 10.1037/spy0000154.
5. Didymus FF, Fletcher D. Effects of a cognitive-behavioral intervention on elite youth footballers' psychological well-being. *Psychol Sport Exerc.* 2017;28:1-10. DOI: 10.1016/j.psychsport.2016.09.001.
6. Gerber M, Best S, Meerstetter F, Walter M, Ludyga S, Brand S, *et al.* Effects of stress and mental toughness on burnout and depressive symptoms in adolescent athletes. *J Sci Med Sport.* 2018;21(10):1020-1025. DOI: 10.1016/j.jsams.2018.03.011.
7. Gustafsson H, DeFreese JD, Madigan DJ. Athlete burnout: Review and recommendations. *Curr Opin Psychol.* 2017;16:109-113. DOI: 10.1016/j.copsyc.2017.05.002.
8. Hill AP, Madigan DJ, Jowett GE. Perfectionism and athlete burnout: A three-sample replication. *Psychol Sport Exerc.* 2020;47:101584. DOI: 10.1016/j.psychsport.2019.101584.
9. Houltberg BJ, Wang KT, Qi W, Nelson CS. Self-narrative profiles of elite athletes and comparisons on psychological well-being. *Res Q Exerc Sport.* 2018;89(3):354-360. DOI: 10.1080/02701367.2018.1481914.
10. Ivarsson A, Johnson U, Andersen MB, Traanaeus U, Stenling A, Lindwall M. Psychosocial factors and sport injuries: Meta-analyses for prediction and prevention. *Sports Med.* 2017;47(2):353-365. DOI: 10.1007/s40279-016-0578-x.
11. Jowett GE, Hill AP, Hall HK, Curran T. Perfectionism, burnout, and engagement in youth sport: The mediating role of basic psychological needs. *Psychol Sport Exerc.* 2016;24:18-26. doi: 10.1016/j.psychsport.2016.01.001.
12. Lundqvist C, Sandin F. Well-being in elite sport: Dimensions of hedonic and eudaimonic well-being among elite and non-elite athletes. *Int J Sport Exerc Psychol.* 2019;17(3):230-243. DOI: 10.1080/1612197X.2017.1349821.
13. Madigan DJ, Stoeber J, Passfield L. Perfectionism and training distress in junior athletes: A longitudinal investigation. *J Sports Sci.* 2017;35(5):470-475. DOI: 10.1080/02640414.2016.1172726.
14. Moesch K, Kenttä G, Kleinert J, Quignon-Fleuret C, Cecil S, Bertollo M. FEPSAC position statement: Mental health disorders in elite athletes and models of service provision. *Psychol Sport Exerc.* 2018;38:61-71. DOI: 10.1016/j.psychsport.2018.05.013.
15. Nicholls AR, Levy AR, Perry JL. Emotional maturity, dispositional coping, and coping effectiveness among adolescent athletes. *Psychol Sport Exerc.* 2015;17:32-39. DOI: 10.1016/j.psychsport.2014.11.004.
16. Rice SM, Purcell R, De Silva S, Mawren D, McGorry PD, Parker AG. The mental health of elite athletes: A narrative systematic review. *Sports Med.* 2016;46(9):1333-1353. DOI: 10.1007/s40279-016-0492-2.

17. Sarkar M, Fletcher D. Psychological resilience in sport performers: A review of stressors and protective factors. *J Sports Sci.* 2014;32(15):1419-1434.  
DOI: 10.1080/02640414.2014.901551.
18. Tamminen KA, Neely KC. Exploring adversity and the potential for growth among elite female athletes. *Psychol Sport Exerc.* 2016;24:28-36.  
DOI: 10.1016/j.psychsport.2016.01.007.
19. Vella SA, Schweickle MJ, Sutcliffe JT, Swann C. A systematic review of psychological interventions to improve mental well-being in sport performers. *Sport Exerc Perform Psychol.* 2021;10(1):103-126.  
DOI: 10.1037/spy0000199.
20. Wolanin A, Gross M, Hong E. Depression in athletes: Prevalence and risk factors. *Curr Sports Med Rep.* 2015;14(1):56-60.  
DOI: 10.1249/JSR.0000000000000123.