

Physical And Psychological Health Consequences Associated With Violent Health Behaviors Among Universities Students' Athletes

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Abstract

Background: Violent behaviors are considered more harmful from physical and psychological health points of view. It means that violent behaviors may cause physical and mental health issues. Therefore, the current study aimed to examine the physical and psychological health issues concerned with violent behaviors among universities student athletes. **Methodology:** The population of the study was comprised of student-athletes from three public sector universities, i.e. University of Swat, Abdul Wali Khan University and Hazera University Manshera. A Likert-type scale was developed and used for the collection of data. The collected data were processed through a statistical package for social sciences (SPSS, version-26), and thus suitable statistical tools were applied for data analysis. **Conclusion:** After careful analysis of the study, the researcher found a positive relationship between violent behaviors and psychological health (R was .876, and P was $.006 < .05$). The result of the study also shown positive relation in both violent behaviors and physical health (R was .877 and P was $.006 < .05$). Based on data analysis, the researcher concluded that lack of management, violation of rules, pressure on players and poor facilitation leads to violence in sports. In addition, the researcher also concluded that violent behaviors might cause physical and psychological issues, particularly among student-athletes.

Key Words: Violent behaviours, Student athletes, Physical Health, Psychological Health

INTRODUCTION

According to the world health organization (WHO), health is a state of complete well-being, such as physical, mental, social, and spiritual well-being. In addition, the WHO also elaborated that health is not only the name of well-being from all perspectives, but it is the state where one lives long and serves best without health problems [1].

Physical and psychological health are both the primary dimension of health. Physical health refers to staying healthy without problems while performing routine activities. To maintain physical health, one needs; regular exercise, a nutritious diet, regular health screening, and good sleep. Similarly, psychological health refers to the state in which one can make the right decision and face all critical situations. A healthy diet, recreational activities and

quality sleep are also suggested for psychological health [2,3,4].

The word sports is derived from the old French word “Desport”, which means leisure. In addition, sports refers to organized activities in which players play under a set of special rules and regulations [5]. Sports may be played in different forms, such as household, recreational, occupational, etc. Every form of sports needs to adopt sportsmanship spirit [6,7]. The authors further stated that every sport also requires skills and techniques. Therefore a player with practical skills and methods also leads to victory in sports.

Sports is the name of fair play. It means an athlete must follow the rules and regulations and focus on victory. In case of failure, it is also essential for an athlete to show sportsmanship. Otherwise, it leads to violence. No doubt to say that violence is a part of human nature, but it may cause physical and psychological harm for a player [6,8].

In addition, we are increasingly witnessing manifestations of aggression and violence in sports. Violence is behavior that results, or in other words, it is dangerous. Violence in sports has various causes; it may be a direct effect of verbal or physical abuse by players, the crowd, coaches, and fans when they couldn't care less for moves by the other gatherings' fans, musicians, and carriages [8]. This type of abuse makes conflicting groups or supporters furious and, in the long run, absolves themselves of their outrage through brutality [9].

Sports are an activity that improves the joy of the situation and requires physical exertion or expertise, generally carried out in a great area and according to established guidelines [10,11]. This includes diversion games, targeted or easy-going games and Indigenous entertainment or sports [8]; in sports acts, there are at least two players involved in the targeted nature that have specific abilities, principles and strategies. Sport plays a vital role in human development and in reinforcing the structure that maintains the framework. It propels understanding between individuals and meetings of different social domains and orders. It brings major

fiscal focal points at adjacent, regional and national levels.

For the most part, violence in sports refers to deliberate, vicious, and often unnecessary and hurtful physical acts inflicted upon the sports environment. Violence can be viewed as a type of physical strike in light of the intent to harm someone else or destroy the property of others [12,13]. Violence can be characterized as any proposed relational behaviour that causes physical harm or mental pain [14]. Sports violence is a physical strike designed to inflict physical punishment or damage to another player [15]. An act that can harm or cause harm to another person. Violence can be considered a physical ambush in the light of a plan to harm someone else or destroy someone else's property [16].

As a result of all the above critical analysis of previous studies, it is clear that violent e behaviours may cause different types of physical and psychological health consequences. What types of physical and psychological health consequences are associated with violence? To discover this fact, the researcher intends to conduct a study titled “Physical and Psychological Health Issues Associated with Violent Health Behaviors”

METHODOLOGY OF THE STUDY

The researcher adopted the procedures below to reach specific findings and conclusions. To achieve the study's objectives, the researcher applied a qualitative approach. The study participants comprised three public sector universities, i.e. University of Swat, Abdul Wali Khan University and Hazera University Manshera. As per official results of universities student's athletes of KP, Pakistan, the total number of enrolled student-athletes was 835; the researcher taken sample by using LR Gay formula thus, the researcher selected 200 students as a sample using the available sampling techniques. Among the collected questionnaires 20, questionnaires were found invalid and thus it was excluded during the analysis phase of data.

For data collection, the researcher developed a Likert-type scale with multiple options regarding the physical and psychological issues associated with violent behaviours. The expanded scale was sent to 10 field experts for validity. The 1st draft of the scale was comprised of thirty questions, and thus after the fact, nine questions were excluded, and thus the final draft was comprised of 21 questions. For internal consistency, "(reliability)" was calculated through Cronbach's alpha using 30% of the sample size to achieve the desired effect of 0.7. Thus the final developed questionnaire was

personally served by the researcher among the respondents and collected back after getting filled by the respondents. The collected data were processed through the statistical package for social sciences (SPSS, version 26). Pearson correlation coefficient was used to measure the correlation of physical as well as psychological health issues associated with violent behaviors. Likewise mean, standard deviation and regression were used to measure the means average of perception of respondents about the psychological health issues caused by violent behaviors.

PRESENTATION OF DATA

Table no.1 showing the relationship of violent behaviors and Physical Health

Testing Variable	Test	Violent Behaviors	Physical Health
1. Violent behaviors 2. Physical Health	Person correlation Sig.(2tailed)	1	.877**
		160	.006
		.877**	160
		.006	1.00**
	N	160	160

**** Correlation is significant at the 0.01 level (2-Tailed)**

The above table no.1 indicates the total number of respondents and the relationship between violent behaviours and physical health. The total number of

respondents was 160. The result suggests positive relation in both violent behaviours and physical health (R was .877 and P was .006 < .05).

Table no.2 showing the relationship of violent behaviors and Psychological Health

Testing Variable	Test	Violent Behaviors	Physical Health
3. Violent behaviors 4. Psychological Health	Person correlation Sig.(2tailed)	1	.876**
		160	.006
		.876**	160
		.006	1.00**
	N	160	160

**** Correlation is significant at the 0.01 level (2-Tailed)**

The above table no.2 indicates the total number of respondents and the relationship between violent behaviours and physical health. The total number of respondents was 160. The result suggests positive

relation in both violent behaviours and psychological health (R was .876 and P was .006 < .05).

Table no.3 showing the impact of violent behaviors on Physical Health.

Testing Variables	R	R2	Adjusted R2	F	T	Un-stand-B	Sig.
Violent behaviors (IV) Physical Health (DV)	.767	.876	.873	35..674	7.371	.236	.020

The above table no.3 indicates the total number of respondents and the impact of violent behaviours on physical health. The total number of respondents

was 160. Similarly, the effect of violent behaviours on physical health ($\beta = .236$, $t(130) = 7.371$, $p < .05$).

Table no.4 showing the impact of violent behaviors on psychological health.

Testing Variables	R	R2	Adjusted R2	F	T	Un-stand-B	Sig.
Violent behaviors (IV) Psychological Health (DV)	.767	.876	.873	35..674	7.372	.233	.020

The above table no.4 indicates the total number of respondents and the impact of violent behaviours on psychological health. The total number of

respondents was 160. Similarly, the effect of violent behaviours on physical health ($\beta = .233$, $t(130) = 7.372$, $p < .05$).

FINDINGS & DISCUSSION

The current study assessed physical and psychological health issues associated with violent behaviours. In addition, highlighting the causative agents of violent behaviours during sports was also the aim of the study. After careful analysis of the study, the researcher found a positive relationship between violent behaviours and psychological health (R was .876, and P was $.006 < .05$). The result of the study also shown positive relation in both violent behaviours and physical health (R was .877 and P was $.006 < .05$). The survey conducted by [17] showed that higher levels of life satisfaction are related to lower violence. In addition, the study also suggested that participation in work and involvement in health-related risk-taking behaviours about sex, drugs, and alcohol are also associated with increased violence.

The same finding was drawn by the study conducted by [18]. It showed that life satisfaction is associated with lower violent behaviours, such as involvement in health-related risk-taking

behaviours about sex, drugs, and alcohol consumption. Teenage crime may cause different sorts of social problems, particularly in females. These crimes, caused by abuse, neglect, sexual molestation, poverty, and witnessing violence, are well-known risk factors for the increase of trauma-related psychopathology and poor outcomes relative to a felony, drug and alcohol abuse, and HIV risk behaviours [19, 20]. The study also reveals that the average means score of pressure on players as a tool of violence was 3.4, and the average score of poor facilitation as a tool of violence in sports was 3.6. Likewise, the researcher also exposes the results that players who take steroids, lack sportsmanship, win at any cost, and actions of self-presentation and jealousy lead to violence in sports. This finding is in line with the study conducted by [21, 22, 23]. Stress and actions of self-presentation and jealousy cause violence in sports. Inadequate facilities for players and spectators and lack of proper venues for sports because violence was found. This is contradictory with [24, 25] that

Professional games are weighed down by competitors concentrated on rivalry and winning, somewhat because of the egos included. In the

CONCLUSION

Based on data analysis, the researcher concluded valiant behaviours might cause different physical (injuries) and psychological health

background, sportsmanship is pushing and shows youth competitors that the experts esteem their record more than their notorieties.

issues (depression, tension, worry, anxiety, posttraumatic stress disorder, suicide, premature mortality and risk of cardiovascular disease).

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