

Impact of sports on perceived loneliness of adolescents

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Abstract

The purpose of the study was to find out perceived loneliness among adolescents that are participating in sports and sedentary adolescents. Perceived loneliness scale of Dr. Praveen Kumar Jha (1999) was used. The level of significance was set at 0.05 level. The p-value 0.00 was found to be smaller at 0.05 level of significance. So null hypothesis was rejected and it was concluded that there is a significant difference in Perceived Loneliness pattern between active sports participants and sedentary adolescents.

Keywords: Sport and perceived loneliness

1. Introduction

Peoples perceived loneliness as an emotional experience that is associated with monotony, boredom and sadness. Feeling of loneliness is also associated with the problem that is psychosocial and emotional during adolescence. In the adolescence time period the sport participation is inversely associated with the loneliness mediated by perceived social competence. It has been also revealed out that during the adolescence time period, sport participation is directly associated with low level of loneliness through higher level of perceived social competence. Sport participation in the adolescent age includes very important aspects such as social components that help people of young age to meet up with social needs and expectations that prevent then the feeling of perceived loneliness (Haugen *et al.* 2013) [2]. Loneliness refers to an individual's subjective perception that person lacks close interpersonal relationships. An individual is lonely if he/she desire close interpersonal relationships but is unable to establish them. Loneliness is the unpleasant experience that occurs when a person's network of social relations is deficient in some way. The win at all cost seems to be steam rolling through the world of sport and at every level" (Frank 2003) [1]. Enjoyment of sports in childhood will increase the likelihood of a child pursuing these activities through adulthood. Sports practices provide an opportunity for exercise that shapes and tone up the health of the children. Participation in sports improvises social skills, emotional skills, cognitive power, and a healthy growth of bones, muscles, ligaments and tendon. Active Perceived Loneliness involving physically activity dramatically reduces the risk of various diseases such as obesity, cardiovascular diseases, and osteoporosis. All these are important aspects for the wellness of the children. Sport has been developed and sustained in a modern society characterized by deeply embedded forms of social

stratification, primary source of stratification in sports is social class, gender and ethnicity" (Horne and Tomlinson *et al.* 1999) [3]. Sport has been a part of civilized societies throughout the history. "Olympic games throughout the world foreshadow the development of a global sport culture that knows no boundaries of race, gender, ethnicity or age" (Siedentop 2007) [4].

1.1 Objectives

1. To find out the perceived loneliness among adolescents.
2. To analyze the perceived loneliness between sedentary and actively participants in sports respectively.

1.2 Hypotheses

1. There will be a significant differences in perceived loneliness between sedentary and actively participants in sports adolescents respectively.
2. The Perceived Loneliness of sports person will be less as compared to the Perceived Loneliness of the sedentary adolescent.

1.3 Methodology

The samples of the study was the subjects that had regular participation in sports and sedentary adolescents that never participated in sports respectively. The data for the study was collected from 100 subjects (i.e. 50 was sedentary subject and remaining 50 was that had active participation in sports. To study Perceived Loneliness pattern among adolescent a scale of Dr. Praveen Kumar Jha (1999) was used. To compare Perceived Loneliness pattern between sedentary and sports participants an independent t-test was used.

2. Results and discussion

All results obtained have been presented in different Tables and Figures and interpreted subsequently.

Table 1

	Adolescent	N	Mean	Std. Deviation
Perceived Loneliness	Sports participants	50	43.22	6.88
	Sedentary	50	49.8200	9.27

As table 1 above is clearly indicating that the groups are unrelated and the mean score of adolescents participated in

sports is lower than that of the sedentary adolescents. To find out the difference of perceived loneliness among both the

groups independent t-test was used.

Table 2

	Levene's Test for Equality of Variances		t-test for Equality of Means		
	F	Sig.	t	df	Sig.(2-tailed)
Equal variances assumed	.421	.645	3.356	98	.000

For implementing independent t-test equality of variance was tested out. As shown in the table 2 t-value is .421 which was insignificant as the p-value is .645 is greater than 0.05, thus accepting the equality of variance among the unrelated group. The t-value is significant as calculated p-value is less at 0.05 level of significance. For further conclusion to find out the Perceived Loneliness pattern of active sports participants and that of the sedentary adolescents, one-tailed test was used. At 0.05 level of significance t-value required to be significant at 98 df is 1.98. As shown in the table 2 t-value was found to be significant as the p-value was found to be smaller at 0.05 level of significance. So null hypothesis was rejected and it was concluded that there is a significant difference in Perceived Loneliness pattern between active sports participants and sedentary adolescents.

3. Conclusion

On the basis of findings of the study in conjunctions with critical review of literature and scholar’s own understanding following conclusions were drawn.

1. There was a significant difference in the perceived loneliness pattern between adolescent’s sports participants and sedentary adolescents. Thus participation in sports may lead to low level of perceived loneliness.

4. Recommendation

1. The participation in sports is having a positive impact on the Perceived Loneliness of adolescents so it is important to encourage the sedentary adolescents to have an active participation in sports.
2. The comparison of other dimensions coming under the domain of the Perceived Loneliness can also be find out.
3. Relationship of sports, perceived loneliness and various other psychological parameters can be done.
4. The study can be conducted among different genders of different age group.

5. References

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