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The Role of Recreational Sports Activity in Improving Quality of Life for Mariner

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Abstract

Play is considered as joyful activity which further channelize energy in positive way. Apart from its health and fitness benefits it is considered as a mean of recreation and leisure time activity. It keeps one away from awful activities, improve mood, reduce stress, improve cognitive function and much more. Benefits of recreational sports activities are endless. The aim of the study was to determine how recreational sports activities affects the quality of life of Mariners. A survey study was done on 304 Mariners on their participation and non-participation in recreational sports activities. Z ratio was applied to compare two groups of Mariner who participated and do not participated in sports recreational activities. The outcome of the study reveals that Mariners who participated in recreational sports activities had higher quality of life in comparison to the non-participants. The significant difference was found in quality of life of participants and non-participants. This shows that recreational sports activities significantly improves the quality of life of Mariners. So it emphasize on the importance of participation in Recreational sports activities for enhancement of quality of life specially for Mariners who has limited availability of time, activities and infrastructure.

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Introduction

Quality of life indicates a measure of overall well-being and one's level of satisfaction with their life. It is basically a subjective term which is related to various factors such as physical health, mental health, social interactions, economic securities, relationships, environment etc. Sports related recreational activities and leisure time activity provide higher level of life satisfaction, overall well-being, Self-rated health and overall well-being to the individuals who participate in them. Individuals rejuvenate themselves significantly physically and mentally who participate in these activities, as they provide relaxation and enjoyment.

Sports recreational activities and play is considered as a natural instinct. They provide joy, happiness, satisfaction, sense of contentment, mean to channelize energy in positive direction. They are considered as source numerous health and fitness benefits as they keeps one away from awful activities, improve mood, reduce stress, improve cognitive function and much more.

“The concept of quality of life encompasses a wide array of factors that contribute to an individual's overall well-being and satisfaction. These factors include physical health, emotional fulfilment, social connections, environmental surroundings, and mental wellness. Together, they play a critical role in determining a person's happiness and psychological state, reflecting their hopes and desires for a fulfilling life [8]. Quality of life goes beyond economic considerations, encompassing aspects such as access to education, healthcare, recreational activities, communication, transportation, democratic principles, social equity, and the cultivation of feelings of love, optimism, belonging, and loyalty [9]. It encompasses all areas of life, from role functioning and life satisfaction to social and material conditions and community ties. Moreover, positive psychological factors, like well-being, can even play a protective role in certain health conditions. In essence, the quality of life is shaped by a complex interplay of various personal and environmental factors, each contributing to the overall sense of well-being and adequacy “.

Physical activity encompasses a wide range of body movements, involving physical exertion and contributing to promoting overall health. It includes engaging in active recreational play and sports, which can be enjoyed at any skill level. For adolescents, physical activity plays a crucial role in the development of physical fitness and mental well-being [13]. In fact, it has been shown to have positive effects on various psychological aspects of mental health and aids in the active integration of adolescents into society. Therefore, encouraging and promoting physical activity among adolescents is essential for their holistic development and well-being [14,15].

Literature Review

The study conducted by Kara and Sarol [1], the objective of the study was the assessment of level of engagement in leisure activities and satisfaction of basic psychological needs, life satisfaction among students of University who regularly use to participate in exercise and activities. This study involved 428 participants those who were performing regular exercise. Results of the study indicate that gender significantly influenced, satisfaction of basic psychological needs, leisure involvement, and life satisfaction. Male participants showed higher levels in these areas. Also, the type of exercise also had significant effect, on the individuals engaged in exercise showed higher levels of satisfaction. The study showed positive correlations among all the scales of leisure involvement, life satisfaction and satisfaction of psychological needs among regular exercise participants.

Another study which was conducted by Petersen *et al.* [2], the impact of participation in recreational activities and its impact on socioeconomic factors within the local community and its association with well-being and health in the general population was examined in the study. A sample size of 55,185 participants participated in the study. It was discovered that individuals with a higher educational level had more than 50% likelihood of engaging in recreational activities in comparison to those with a lower level of education. F

Also, individuals with a lower level of education, those who participated in various recreational activities showed a higher quality of life and better self-rated health than non-participants. Interestingly, regardless of level of education, regular participation in recreational activities was related to improved self-rated health and quality of life. Results of the study revealed significant impact of socioeconomic factors on participation in recreational activity and its positive impact on overall well-being.

The study conducted by Aksoy and Arslan [3], was to explore the relationship between the factors that hinder participation in leisure activities and attitude towards leisure time activities among individuals who are engaged in regular recreational sports activities and those who do not involved in any sport activities in leisure time. This study involved 497 students among them 248 were men who regularly participated in recreational sports activities and 249 men who do not participated in any of the recreational activities. The results showed significant difference between the two groups in terms of barriers to leisure time activities. In the areas of psychology, social environment, transportation and service time constraints, lack of interest and lack of friends. These findings highlight the various factors that may prevent individuals from engaging in leisure activities and provide insights into the attitudes towards leisure among different groups of participants.

The study done by Aksoy *et al.* [4] was done with the purpose to compare and find correlations between the Minnesota job-satisfaction and quality-of-life scale scores. The sample consisted of 282 volunteers who worked in public institutions and organizations of the Samsun province of Turkey, in the City of Vezirköprü. As per the study, people who participated in sports felt more satisfied with their overall quality of life and job satisfaction than people who did not. The study also revealed positive relationships between the overall life quality job satisfaction and intrinsic and extrinsic satisfaction scores. These findings showed positive correlation between research participants' involvement with sports, general life satisfaction, and work satisfaction.

The study done by Pavlova *et al.* [5] was to find out how leisure-time physical activity affects quality of life of healthy individuals. Total of 514 young adults was selected as subject for this study. The findings showed a positive correlation between the psychological and physical aspects of quality of life and recreational physical activity on the General Health Scale, Social Exercise Scale, and Role-Emotional Scale. Females reported higher quality of life ratings those who participated in higher level of recreational physical exercise.

The study conducted by Kotarska *et al.* [6] "to examine the relationship between parents, grandparents, and levels of physical activity and their overall quality of life in physical, mental, social, and environmental domains. The study comprised of 1001 participants and results of the study showed significant variations between the generations regarding their evaluations quality of life and health satisfaction in several areas. Female students showed higher satisfaction with their health compared to their grandmothers and grandfathers, and male students reported higher satisfaction compared to their parents and grandparents. It was found that the oldest generation expressed the least satisfaction with their health and reported the lowest quality of life scores".

The study conducted by Zhang *et al.* [7] to figure out how physical activity affects level of satisfaction among college students 1,012 college students who answered an online survey made up the sample. Results showed physical activity positively affect the level of satisfaction among college students.

Material and Method

The study was conducted on a sample of 304 Mariners from different countries with age ranged from 22 to 55 years sailing in various vessels. The study focused on comparing Mariners who actively participate in recreational activities with those who do not. The researcher applied "Z ratio" for analysing the data. The study tool included five axes (general quality of life, quality of family life, quality of social life, quality of emotional and psychological life, quality of investment and good management of leisure time). The scale included 52 items in the final form of the scale, and a three-point scale (3-2-1) was used (see Appendix A). The validity and reliability of the scale was verified by calculating the correlation coefficients between the scores of each axis of the scale and the scale as a whole between (0.68-0.91), which are acceptable percentages for the validity of the scale. The scale and the total score are between (0.68-0.93), and thus these ratios are considered acceptable when conducting the study. The questionnaire was administered among 152 Mariners who regularly participated in recreational sports activities and 152 Mariners who do not participated actively in recreational sports activities. Z ratio was applied to examine whether

significant difference existed among the two groups of Mariner who regularly participated in recreational sports activities and non-participants.

Result and Discussion

The results of the study demonstrate clear and significant difference between the quality of life scale between Mariner who engage in recreational sports activities and those who do not. Across all areas of the quality of life scale, as well as in the overall score, the differences heavily favours Mariners who participate in leisure activities. Not only that, significant variations in the quality of life scale were found among Mariner involved in recreational activities, indicating a positive impact on their overall well-being. It is evident from the calculated z-value being greater than the tabulated z-value for variables. "Recreational activities engagement is known to add in various facets of a mariner's personality, including psychological, physical, social, and health elements. By participation in recreational sports, mariner not only enhanced their overall fitness and social health but also gain valuable skills in managing emotional stress and improving social interaction and communication. Therefore, by taking part in recreational sports is considered highly beneficial for Mariners by helping them to make most of their free time and contributing to the development of a positive personality, making them assets to society. The findings of several studies support the results obtained in this research".

Annexure A

"I am healthy.

I am capable of carrying out a variety of tasks with vigor and enthusiasm. My key organs seem to be operating quite effectively, in my opinion.

Be sure to get enough sleep and do so on time.

The university gives me access to all medical services and equipment.

All of my meals are eaten on time, I promise.

Giving myself ample time to rest is important to me. 8 Stay away from eating junk food. 9 Take care of my health no matter how many problems it gets. 10 I do regular and regular medical check-ups. 11 Take care of my personal hygiene periodically. 12 Be careful not to smoke in order to maintain the safety of my health. The second axis: quality of family life: 1 I am proud to belong to my family. 2 I get emotional support from my family members. 3 My family is characterized by social cohesion. 4 I meet with my family members periodically. 5 I participate with my family in religious, national and social events. 6 I can't do without my family. 7 I feel the constant care by my parents to me. 8 I am satisfied with the Have the ability to establish social relationships with others. 5 I feel happy and proud when talking to others. 6 I socialize with others constantly. 7 I always share with my friends their social occasion. 8 I maintain a good relationship with others. 9 I visit my friends and relatives periodically. 10 I participate actively in various social care activities (Orphans, the elderly, and individuals with disabilities). 11 I strongly respect the customs and traditions of the society in which I live. Fourth axis: Emotional and psychological quality of life: 1 I control my emotions in the various situations to which I am exposed. 2 I have the ability to cope with the psychological pressure resulting from the surrounding changes. 3 I feel happy and satisfied with all the circumstances that revolve around me. 4 I always have a sense of psychological stability. 5 I feel emotionally balanced. Etc.

Concussion

The study was conducted on 304 mariners to examine the role of recreational sports activities in improving quality of life for mariner. The result revealed that recreational sports activities plays significant role in improving quality of life among Mariners. Participation in recreational sports activities enhanced overall well-being of mariners by enhancing mood, health, fitness, social interactions, managing stress etc. This study signifies the role of recreational sports activities in promoting better quality of life for Mariners. The study emphasized the importance of gaining understanding of how recreational sports activities contribute to the holistic well being of mariners.

Annexure A

First Axis:

1. I am healthy.
2. I am capable of carrying out a variety of tasks with vigour and enthusiasm.
3. My key organs seem to be operating quite effectively, in my opinion.
4. Be sure to get enough sleep and do so on time.
5. All of my meals are eaten on time, I promise.
6. Giving myself ample time to rest is important to me.
7. Stay away from eating junk food.
8. Take care of my health no matter how many problems it gets.
9. I do regular and regular medical check-ups.
10. Take care of my personal hygiene periodically.
11. Be careful not to smoke in order to maintain the safety of my health.

The Second Axis: Quality of Family Life

1. I am proud to belong to my family.
2. I get emotional support from my family members.
3. My family is characterized by social cohesion.
4. I meet with my family members periodically.
5. I participate with my family in religious, national and social events.
6. I can't do without my family.
7. I feel the constant care by my parents to me.
8. Have the ability to establish social relationships with others.
9. 5 I feel happy and proud when talking to others.
10. 6 I socialize with others constantly.
11. 7 I always share with my friends their social occasion.
12. 8 I maintain a good relationship with others.
13. 9 I visit my friends and relatives periodically.
14. 10 I participate actively in various social care activities (Orphans, the elderly, and individuals with disabilities).
15. 11 I strongly respect the customs and traditions of the society in which I live.

Fourth Axis: Emotional and Psychological Quality of Life

1. 1 I control my emotions in the various situations to which I am exposed.
2. I have the ability to cope with the psychological pressure resulting from the surrounding changes.
3. I feel happy and satisfied with all the circumstances that revolve around me.
4. I always have a sense of psychological stability.
5. I feel emotionally balanced. Etc.

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