

## Psychological Well-Being and Its Determinants among Veteran Taekwondo Players

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**Abstract:** The essence of successful maturity and retaining good mental health is to continue learning, growing, challenging the brain as it ages. Doing this with wisdom, creativity, social support and attention to everyone's need for a sense of control and mastery is the right approach to successful aging. The "power" and 'potential' of older minds is rooted in a human brain that not only ages, but also, develops over time. Biological brain is prepared for aging, not surprised by it. Its program includes adaptive responses in which the brain can adjust and rewire itself. This physiological change can be far greater than people ordinarily imagined. If the aging adult remains active mentally, accepts challenges individually and socially, and gets some regular exercise, aging need not be feared.

What is heartening to Sports Psychologists/Gerontologist is to finding the factors that contributing for Psychological well being and what are the adoptive methods used by veteran taekwondo players to retain psychological well-being and factors determine their overall well being. Keeping above points in view present study was conducted on 60 veteran taekwondo players (age above 60 years) and 60 retired sports persons, total of 120 sports persons were included in the study. A semi structured interview schedule and Psychological well-being scale developed by Bogle and Prakash (1995) was used to extract the information. The information obtained were analyzed using suitable statistical methods and discussed in this paper.

**Keywords:** Veteran taekwondo players, Psychological well-being, Retired sports persons

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### Introduction

Taekwondo training significantly enhances psychological well-being by fostering resilience, self-confidence, emotional regulation, and social connectedness, often reducing anxiety and depression. The concept of psychological wellbeing has gained much popularity among Behavioral scientists during the past few decades and has extended its applications into various other fields of Behavioral science. The term Psychological wellbeing is a multidimensional concept that has evolved during the last century. The literature of psychological wellbeing reveals a number of conceptual and methodological issues such as multiple definitions and non-theoretical measures. Regular practice promotes a positive mental profile through goal setting (belt system) and structured, high-intensity training, which improves mood and character across various age groups. Since psychological wellbeing is a subjective phenomenon, there is no agreement about what wellbeing is and how it can be measured. Thus various theoretical and empirical findings reported in the area of psychological wellbeing have revealed mixed and contrary results, which have encouraged behavior scientists to further investigate in this area.

According to Okun and Stock (1987), the feeling of happiness and satisfaction subjectively experienced by individuals has been termed as psychological wellbeing. The term 'wellbeing' has often been used synonymously with words like 'happiness' and 'health'. A vast literature also shows that happiness and good health are major predictors of psychological wellbeing (Lynn, Klein and Jeremy, 2000).

Health has been defined as a state whereby one is not only physically all right, but also socially and psychological state of the individual. Happiness is immediately related to health, thus these different dimensions are interdependent and they influence one another but the question arises whether health and happiness are essential prerequisites of psychological wellbeing.

Keeping above mentioned points in mind the concept of psychological wellbeing has gained much popularity among Behavioral scientists during the past few decades and has extended its applications into various other fields of Behavioral science. Hence present study was undertaken to explore the indicator of psychological wellbeing among veteran taekwondo players.

## Method

### Sample:

Sample selection was based on purposive sampling method. The population under study was Sixty Sports persons who are actively involving in veteran taekwondo competition and sixty retired sports persons who are not actively involving in competitive sports.

The age range of the subjects is 60 years and above. The sample includes only men veteran taekwondo players and sports persons restricted to 120 sports persons. The sample selected from different sports organizations. The sample includes only individual men sports players.

**The schematic representation of the sample is as follows.**

Table-1: Sample Details

| Groups         | Veteran Taekwondo Players | Retired sports persons | Total |
|----------------|---------------------------|------------------------|-------|
| Sports Persons | 60                        | 60                     | 120   |

### Procedure

Based on need of the study, the information schedule and assessment techniques were finalized. Subjects fulfilling the study criteria were met personally. The purpose of assessment was explained to them on obtaining their consent be included in the study and the assessment sessions were planned.

In order to facilitate the smooth conduct of the interview first Retired sports persons were taken up for study. Depending on the availability of leisure time, the interviews were held. The assessment was conducted in absolute privacy. To maximize frankness, the subjects were assured of confidentiality and anonymity of responses and information revealed during the sessions.

The assessment was done on an individual, one-to-one basis with the researcher administering all the questionnaires personally. The information schedule and questionnaire were individually administered and the subject's responses were noted down.

- 1. Information schedule:** Information schedule was developed for the present study, to elicit details of demographic details.
- 2. Psychological well-being scale:** In the present study, the term psychological well being may be defined as the subjective experience of physical, psychological, social and spiritual wellbeing of an individual which influences other factors such as health and happiness. The Psychological well-being scale developed by (Bhogle and Prakash 1995). Was used as a major tool for evaluating the psychological wellbeing levels of the sample.

## Results and Discussion

Comparison between Active sports and Retired sports persons on PWB and SHS scale

| Scale      | Veteran Taekwondo players | SD   | Retired sports persons | SD   | 't'   |
|------------|---------------------------|------|------------------------|------|-------|
| PWB Scores | 23.63                     | 3.91 | 22                     | 3.19 | 2.46* |

\*P<0.05; \*\*P<0.01

Higher the PWB score greater the well-being

The present study was conducted to find out the indicators of psychological well-being among veteran taekwondo players. Based on the obtained results, statistical analyses were done to find out the difference among veteran taekwondo players and Retired sports persons.

Psychological wellbeing is a multidimensional concept that has evolved during the last century. The literature of psychological wellbeing reveals a number of conceptual and methodological issues such as multiple definitions and non-theoretical measures. Since psychological wellbeing is a subjective phenomenon, there is no agreement about what wellbeing is and how it can be measured. Thus various theoretical and empirical findings reported in the area of psychological wellbeing have revealed mixed and contrary results, which have encouraged behavior scientists to further investigate in this area. Keeping above points in view present study was conducted to assessing determinants of psychological wellbeing among veteran taekwondo players.

Studies have also revealed that an individual will be high in psychological wellbeing in the degree to which he has an excess of positive affect and will be low in Well-being in the degree to which negative affect predominates over the positive (Brad burn)2015. Research related to relationship between positive and negative, affectivity and physical health have also produced mixed results, often suggesting that negative affectivity generally is more strongly associated with symptoms, thus providing valuable information to behavior scientists about the different areas that can be enhanced to bring about a positive change and facilitate a healthier and happier lifestyle individuals is of importance.

The role of subjective happiness and psychological well-being has a long research background. Researchers have recognized the importance of understanding the role of subjective happiness on psychological wellbeing. The findings of the present study have provided evidence that there is a relationship between these two variables. The results show that veteran taekwondo players are better than retired sports players on PWB scale. On the basis of these findings, behavioral scientists can explore further on the possibilities in understanding the relationship between Subjective happiness and psychological wellbeing.

There also exists a long period of conceptual ambiguity in understanding the basic features of psychological wellbeing and its determinants. The outcomes of the present study have provided adequate information to clarify these issues. Henceforth, it is suggested that the behavior scientists can develop issue based tools to study the multidimensional facets of psychological wellbeing and its determinants, which may help the behavioral scientists who are exploring the conceptual realms of psychological wellbeing constructs.

### **Conclusion**

The outcome of the present study may provide behavior scientists, working in the areas of psychological wellbeing, an adequate data shows that at what extent the subjective happiness relate with psychological wellbeing. Therefore, on the basis of this outcome, behavior scientists can further explore the role of subjective happiness and its determinants on psychological wellbeing of veteran taekwondo players as well as older sports persons.

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