

**A STUDY ON WORK LIFE BALANCE OF A SPORTS PERSON IN PHYSICAL
EDUCATION DEPARTMENT AND INFORMATION TECHNOLOGY
DEPARTMENT.**

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ABSTRACT

The study examines the work-life balance of sports professionals in the Physical Education and Information Technology Departments in Chennai, Tamil Nadu, India. Sports play a crucial role in maintaining a healthy lifestyle, promoting time management and physical and emotional well-being. The research found that younger professionals, particularly those aged 18-25, face more challenges in balancing sports and work commitments compared to their older counterparts. Factors such as less experience in time management, greater involvement in career-building activities, and greater physical demands of sports at a younger age may contribute to this challenge. As professionals age, the ability to balance these commitments improves, possibly due to better time management skills, decreased physical demands of sports, or a shift in priorities towards work and family. The study emphasizes the importance of tailored strategies and support systems to help younger professionals achieve a better balance between their sports and work obligations. Organizations should implement targeted support systems, such as flexible working hours, access to sports facilities, and promoting a culture that values and encourages physical activity.

Key words; Work life balance, Physical education, Information Technology. T-test.

1.INTRODUCTION

Sports play a significant role in many cultures around the world and the nations. Many have referred to sports as a microcosm of society because of how deeply ingrained they are in society.

“Excellence can be attained by pursuing perfection; perfection is unachievable.”

The modern game of sports has intensified its competition. Athletic event records are frequently broken in the modern era by new records. An athlete can increase their strength, speed, endurance, and agility through methodical training regimens, which will help them compete more successfully. The professional sports setting requires athletic trainers to work for long hours, spend days in various places, and adhere to schedules made by others. This field can lead to reduced work – life balance and recent evidence suggests that role strain and

reduced professional commitment are present. Sports can help people connect and provide a network of support for those they need. Establishing regular times for physical activity promotes time management and guarantees that one takes care of one's physical and emotional well-being. Playing sports can greatly enhance work-life balance, which is the delicate equilibrium between one's personal and professional lives. Maintaining this balance is essential for lowering stress, enhancing mental health, and improving general wellbeing. Sports can assist in finding this balance in the fast-paced, always-connected world of today, lowering stress and improving general wellbeing. A healthy lifestyle depends on a work-life balance, which is largely achieved through sports. In addition to lowering stress, enhancing mental health, and raising self-esteem, playing sports gives people a mental vacation from their jobs, enabling them to rejuvenate and come back to work feeling renewed. For people to continue having influence over their personal and professional lives, work-life balance is essential. It entails balancing personal and professional spheres by giving the appropriate weight to essential modifications. A number of issues, including time management, job pressure, targets, colleague coordination, harassment, and a lack of family support, make it difficult for women, especially those in the industry, to strike a balance between their personal and professional lives. This study explores the challenges faced by sportsmen in maintaining a healthy work-life balance, focusing on the impact of demanding training schedules, travel commitments, and competition pressures on their mental and physical health, emotional well-being, and personal relationships.

OBJECTIVES

The main objectives of the study were to find out the work-life balance of a sportsperson.

1. To determine the factors affecting works like the balance of a sportsman
2. To explain the ways of balancing work and life of a sportsman
3. To ascertain the impact of sportsmanship on work-life

2. LITERATURE REVIEW

1. **Pawoko G.(2024)**, The role of work-life balance, achievement motivation on organizational commitment through satisfaction athlete's in Indonesia. *Academy of Strategic Management Journal*, 18(5), 1-11, The study examines the impact of work-life balance, success motivation, and satisfaction among Indonesian athletes on organizational commitment. It involved 936 and 281 athletes, who used the Solving formula and path analysis techniques. Results revealed both direct and indirect influences on organizational commitment.

2. **Rincy V. M & Panchanatham (2018)**, A short review of the theoretical and contemporary concepts. *Continental Journal of Social Sciences*, 7(1), 1-24, Discovered that Clark's work/family border theory defines borders as psychological categories and tangible barriers that segregate work and family times, spots, and people. It delineates physical, temporal, and psychological limits. In the investigating integration, transitions, and conflicts between domains, the theory builds on role theories such as compensation and considers permeability and flexibility. It implies that certain roles are limited to one side of the split, whereas others can only cross after the moderation.
3. **Ayubovna, Saidova Mahbuba (2018)**, that the Physical Education and Sports Training Are an Integral Part of a Healthy Lifestyle, This study shows that Italian poet Torquato Tasso highlighted that while mobility is important for healing, other healing aspects cannot make up for it. Human behaviour, physical development, self-awareness, hygienic practices, social contact, psychic control, good food, physical education, and sports are all components of a healthy lifestyle.
4. **Breitbach, A. P., & Ulrich, G. (2023)**, Job satisfaction in sport science and sports medicine, an international cross-sectional survey, the study examines the relationship between professional burnout and job satisfaction in professionals working in sports science and sports medicine. It does so from an international perspective, emphasizing the significance of elements like work-life balance, professional autonomy, and workplace circumstances.
5. **Graham, J.A. and Smith, A.B., (2022)**, Work and life in the sport industry: A review of work-life interface experiences among athletic employees. *Journal of athletic training*, 57(3), pp.210-224. This study determined that Athletic trainers and coaches are primarily focused on work-life balance and conflict, with less attention given to international participants and work-life enrichment. Further research on positive organizational behaviours will advance the field.
6. **Pietrickova, L., and Klaudia Zusková,(2024)**, "Life Satisfaction of physical education teachers in relation to teaching one or two subjects and to extracurricular sports activities", This pilot study looked at the association between life satisfaction and teaching one or two subjects as well as the relationship between life contentment and the extracurricular sports that physical education teachers in secondary schools participate in. 42 participants with 20 years of experience were included in the study,

and women were more likely to participate in organized sports. For men, there was a statistically significant relationship between the frequency of extracurricular sport participation and life satisfaction. Larger samples of male and female PE teachers are advised by the research in order to gain a deeper understanding of the connection between extracurricular sports participation and life happiness.

3. THEORITICAL FRAMEWORK

What is Work life balance

Work-life balance is the equilibrium between the personal life and career work of a individual. It's about managing professional responsibilities alongside personal needs and desires, ensuring neither dominates the other. This balance is crucial for maintaining overall well-being, reducing stress, and enhancing productivity. It involves setting boundaries, prioritizing tasks, and finding time for rest and recreation, allowing individuals to fulfill both their work obligations and personal aspirations harmoniously.

Work-life balance in sports is crucial for athletes to effectively manage their professional sports commitments with their personal life, ensuring both their performance and well-being. Key aspects of work-life balance in sports include time management, stress management, career planning, transitions, support systems, physical health, emotional health, job satisfaction, productivity, recovery, and rest.

Time Management

Time management involves allocating time for training and competition, while personal commitments involve allocating time for family, friends, and personal interests. Stress management involves managing physical and mental stress, as intense training and competitive events can be physically demanding. Career planning involves balancing immediate sports goals with long-term career plans, including post-sport career development and education. Support systems include family and social support, professional help from professionals like sports psychologists, and maintaining physical and emotional health through activities outside of sports.

Work and Sports Commitments

Work performance is also important for athletes, as achieving a balance between sports and work commitments leads to improved productivity and better outcomes in both areas. Recovery and rest strategies should be implemented to prevent burnout and injuries, while mental breaks should be taken to rejuvenate and maintain mental health.

The importance of work-life balance in sports lies in its ability to enhance performance, improve well-being, and prepare athletes for a sustainable career. By finding an effective equilibrium between the demands of a sports career and personal aspects of life, athletes can maintain high performance in sports and a fulfilling personal life.

4.METHODOLOGY

This chapter describes the steps taken in the process of choosing the subjects, variables, research design, reliability of data, subject orientation, test administration, and statistical methods used in the study

SELECTION OF SUBJECTS

The names of Physical Education Professionals and Information Technology Professionals throughout Chennai District, Tamil Nadu, India. Considering the limited number of thirty physical education professionals and thirty Information technology professionals. Thus, the study consisted of sixty working professionals comprising thirty-one male working professionals and twenty-nine female working professionals. Their age limit was above twenty years.

SELECTION OF VARIABLES

The working professionals, work and work-life balance is essential, it preserves a healthy balance between work and personal life. Some working professionals are not able to manage their work life and personal lives so this study is to find out the work-life balance of sports people, physical education professionals and information technology professionals. The following variables were considered as dependent and independent variables of this study

1. DEPENDENT VARIABLES:

- Work-life balance

2. INDEPENDENT VARIABLES:

- Physical Education Professionals
- IT Professional.

DEPENDENT VARIABLE

WORK LIFE BALANCE:

This refers to the equilibrium between an individual's professional commitments and personal life. It encompasses how effectively sports professionals manage their time and energy between their work in sports and their personal responsibilities, including family, leisure.

INDEPENDENT VARIABLE

PHYSICAL EDUCATIONAL PROFESSIONALS

This group includes individuals who work in the field of physical education, such as coaches, trainers, and educators. Their work often involves significant physical activity and time commitments, which can impact their ability to maintain a balanced lifestyle.

INFORMATION TECHNOLOGY PROFESSIONALS

This group consists of individuals employed in the information technology sector. Their roles may involve long hours, project deadlines, and the need for continuous learning, which can also affect their work-life balance, albeit in different ways compared to physical education professionals.

SELECTION OF TEST

For this study, the researcher prepared one set of questionnaires on the work-life balance of sports persons. Through the Google sheet, the researcher sent to physical education professionals and informational technology professionals.

RELIABILITY OF DATA

The reliability of the data was established by the questionnaire method. The researcher prepared and sent the questionnaire to the physical education professionals and information technology professionals through the online mode and collected the responses online.

ORIENTATION TO THE SUBJECTS

The investigator sent the information about the questionnaire before the administration of the questionnaire. The purpose, the significance of this study and the requirements of the questionnaire were explained to them in detail through online mode. All the subjects eagerly came forward to cooperate in the research and they responded to the questionnaire well.

TEST ADMINISTRATION

The researcher prepared the question about the work-life balance of sports persons among physical education professionals and the information technology department. The researcher gave the points in the following methods.

Sl. No	Question	5 Points	3 Points	2 Points	1 Points	0 Points
1.	Sports Activity Engage	Daily	A few times in a week	One in a month	Rarely	No
2.	Training Sessions in Hours	3-6 hours	More than 6 hours	2-3 Hours	Less than 2 Hours	0 Hours
3.	Work Performance Affected by Sport	Positively	-	No Impact	-	Negatively
4.	A balance between Sports and Work	Time Constraints	Physical Execution		Mental Fatigue	Others
5.	Challenging between work and sports	No	-	May be		Yes
6.	Structured schedule between work and Sports	Yes		May be		No
7.	Strategies	Setting Boundaries	Delegation of Tasks	Time Management	Prioritisation	-
8.	Stress arising balance	Professional Help	Exercise	Meditation	Seeking support from friends and family	-
9..	Positive Impact of Performance in the work life	Yes	-	May be	-	No

	and sport					
10.	Conflux Faced	No		May be		Yes
11.	Sportsmanship Skill Transfer	Leadership	Teamwork	Discipline	-	-
12.	Primary Source of Support	Mentors	Friends	Coaches	-	-
13.	Internal Pressure of Sports	Meditations	Counselling	dancing	-	-
14.	Manage the Physical recovery and Injury Prevention	Warmup and cooldown	Stretches	Physiotherapy	-	-
15.	Score about work-life balance	5	3	2	1	0
16.	Time management with family and friends	No	-	Maybe	-	Yes
17.	Additional Responsibilities	Yes	-	Maybe	-	No
18.	Career beyond sports	Yes	-	Maybe	-	No
19.	Enjoyment	Yes	-	-	--	No

Source: Primary Data

The table presents a structured questionnaire designed to assess the work-life balance of sports persons among physical education professionals and the information technology department. Each question is scored on a scale ranging from 0 to 5 points, with higher scores indicating more positive or desirable responses related to balancing sports activities with work responsibilities.

Chi-Square Test:

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Do you find it challenging to balance your sports commitments with your work obligations * Age	60	100.0%	0	0.0%	60	100.0%

Do you find it challenging to balance your sports commitments with your work obligations * Age Crosstabulation

			Age			Total
			18-25 years	26-36 years	above 36	
Do you find it challenging to balance your sports commitments with your work obligations	0	Count	13	8	0	21
		Expected Count	11.9	7.4	1.8	21.0
	2	Count	10	4	3	17
		Expected Count	9.6	6.0	1.4	17.0
	5	Count	11	9	2	22
		Expected Count	12.5	7.7	1.8	22.0
Total		Count	34	21	5	60
		Expected Count	34.0	21.0	5.0	60.0

AGE	18-25 years	26-36 years	above 36	Grand total	Chi-square	Significance
yes	13	8	0	21	4.739	0.05
Maybe	10	4	3	17		
No	34	21	5	22		
total	34	21	5	60		

The data presents insights into the challenges of balancing sports commitments with work obligations across different age groups. Among respondents aged 18-25, a significant portion (13 out of 34) finds it challenging to balance these commitments, while 10 are uncertain, and the majority (34) do not find it difficult. In the 26-36 age group, 8 out of 21 respondents report difficulties, 4 are uncertain, and 21 do not face challenges. Among those above 36, none report difficulties, 3 are uncertain, and 5 do not face challenges. The Chi-square value of 4.739 with a significance level of 0.05 suggests that there is a statistically significant difference in the responses across different age groups, indicating that younger individuals might find it more challenging to balance sports and work commitments compared to their older counterparts.

These findings suggest that younger professionals, particularly those between 18-25 years, are more likely to experience challenges in managing sports and work commitments. This could be due to various factors such as less experience in time management, greater involvement in career-building activities, or higher physical demands of sports at a younger age. As professionals age, particularly above 36 years, the ability to balance these commitments improves, possibly due to better time management skills, decreased physical demands of sports, or a shift in priorities towards work and family. The significant difference highlighted by the Chi-square test underscores the need for tailored strategies and support systems to help younger professionals achieve a better balance between their sports and work obligations.

Findings

- The study analyzed the work-life balance of sports persons in the Physical Education Department and Information Technology Department in Chennai District, Tamil Nadu, India.
- A total of 60 working professionals, comprising 31 males and 29 females aged above 20, participated in the study.
- Younger professionals, particularly those between 18-25 years, reported more challenges in balancing sports and work commitments.
- Respondents aged 26-36 showed fewer difficulties, and those above 36 reported the least challenges in maintaining work-life balance.
- The Chi-square value of 4.739 with a significance level of 0.05 indicates a statistically significant difference in work-life balance challenges across different age groups.
- Effective time management, support systems, and strategic planning are crucial for achieving a better balance between sports and work.
- Younger individuals may face greater challenges due to less experience in time management, higher involvement in career-building activities, and greater physical demands of sports.
- Older professionals might find it easier to balance commitments due to better time management skills, decreased physical demands, and a shift in priorities.
- The study emphasizes the importance of tailored strategies and support systems to help younger professionals achieve a better work-life balance.

- Factors such as time constraints, job pressure, targets, colleague coordination, and lack of family support can impact work-life balance, especially for women in the industry.
- Sports participation can enhance work-life balance by reducing stress, improving mental health, and providing a mental break from work.
- A healthy lifestyle and work-life balance are crucial for maintaining overall well-being and professional satisfaction.

Suggestion:

Based on the findings of the study, it is suggested that organizations, especially those in the Physical Education and Information Technology sectors, implement targeted support systems and strategies to help employees, particularly younger professionals, better manage their sports and work commitments. These could include flexible working hours, access to sports facilities, and promoting a culture that values and encourages physical activity. Mentorship programs could be established where experienced professionals share time management and balancing techniques with younger colleagues. Additionally, providing workshops on stress management, time management, and mental health support could significantly benefit employees struggling to maintain a healthy work-life balance. Creating an environment that recognizes and supports the dual roles of work and sports can lead to increased job satisfaction, improved mental health, and overall better performance in both personal and professional spheres.

Conclusion:

This study sheds light on the work-life balance of sports persons within the Physical Education and Information Technology Departments in Chennai District, Tamil Nadu, India. It underscores the significant role sports play in fostering a healthy work-life balance, enhancing mental health, and improving overall well-being. The research reveals that younger professionals, particularly those aged 18-25, face more challenges in balancing sports and work commitments compared to their older counterparts. This disparity highlights the necessity for targeted strategies and support systems to aid younger individuals in managing their dual responsibilities effectively. By identifying key factors affecting work-life balance and suggesting practical ways to achieve it, this study contributes valuable insights for improving the well-being of sports professionals. It emphasizes the importance of sports

in maintaining a balanced life, advocating for a holistic approach to personal and professional development in today's fast-paced world.

Reference:

Sources are from Google Scholar.

<https://scholar.google.com/>

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