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Behavior Intention for Athlete Post Retirement Life using Acyclic Behavior Change Diagram (ABCD)

Irza Hanie Abu Samah^{1,7}, Intan Maizura Abd Rashid^{2,7, a}, Saraih Umami Naiemah³, Wan Ahmad Fauzi Wan Husain⁴, Mohammad Harith Amlus^{3,7} and Hariri Hamzah^{5,6}

¹*School of Human Resource Development & Psychology, Universiti Teknologi Malaysia, Skudai, Johor, Malaysia*

²*Faculty of Business and Management, Universiti Teknologi MARA Cawangan Melaka, 78000 Alor Gajah, Melaka, Malaysia*

³*Faculty of Applied and Human Sciences, Universiti Malaysia Perlis, Perlis, Malaysia*

⁴*Universiti Malaysia Pahang, Pahang, Malaysia*

⁵*Universiti Kuala Lumpur (UniKL), Kuala Lumpur, Malaysia*

⁶*ON Semiconductor, Kawasan Perusahaan Senawang, 70450 Senawang, Negeri Sembilan, Malaysia*

⁷*Centre of Excellence for Sport Engineering Research Centre (COESERC), Perlis, Malaysia*

Corresponding author: ^aintanmaizuraar@gmail.com

Abstract. Athletes quality of life is very important to be look at. The reason is that the transition they experience is different from other people because most athletes experiencing a drastic change of routine once they retired. And this could lead to the psychological problem for example having anxiety, nervousness and worry about their life without sport. With recent challenges due to the recent pandemic of Covid-19, the chances to escalate athlete exit from sport voluntary or involuntary is there. Using JAMOVI, Therefore, this study adopted Acyclic Behaviour Change Diagram (ABCD) to proposing the behaviour intervention and processes of transition in understanding the flows of voluntary and involuntary retirement in sport. The current study contributes toward the literature in understanding the diagram and flow of athlete retirement which, many researches before this were only proposing a theoretical framework and lacking in providing detail workflow processes.

INTRODUCTION

The retirement meaning is to stop doing job and activities. Retreating or retired from sport means separating athlete from the sport [1]. Retirement from sport can have a positive or negative impact on the life of a person. Retirement is not a single event or stage; it is a series or phase in which an individual stop being a certain role and performing other activities [1]. Retirement can also be described as a multi-dimensional process due to all the factors that may affect it [2]. An individual whom wants to retire probably because they experiencing challenges [3] such as injury, depression, fatigue, lost self-esteem, and losing hope. However, the aforementioned factor could have been worse with recent condition due to the pandemic of Covid-19 attacking global. Athletes may continue their daily routines in maintaining the stamina, perhaps for some circumstances, such activities that requires the usage of range, gym, and field, won't allow them to train and polishing their technical skill, and this situation could have affecting their performance in sport, therefore, lead to psychological problems. This condition may affect the nation sport performance and development. Hence, this study using the Acyclic Behaviour Change Diagram illustrated and explained the possible actions and behaviours that athletes may present for better preparation of future retirement. Most research develop ABCD based on the questionnaire thus producing the diagram, however, this study, contributed in the literature by using a meta-analysis to develop ABCD model which most of the result is significant and making the flows of the behaviour change diagram is reliable.

LITERATURE REVIEW

Retirement

Retirement is a common challenge for most athletes. Retirement is an individual process that can result in different responses for each individual involved. Retirement of athlete without planning may lead to confusion and losing self-trust therefore leading to psychological problems. Athletic retirement with a good planning may lead to life satisfaction [4]. These satisfactions may lead to quality of life such as self-trust and athletic identity. Person who is retire are at vulnerable state of mental and emotion because the changes of the routine (Samah, Shamsudin & Darus, 2019). Furthermore, athlete retirement in contextual situation of Malaysia is very crucial to be looking at. Malaysia has heterogenous background whereby the composition of Malaysian athletes are diverse therefore, when looking at the reason for athletic retirement one must be looking at the cultural sensitivity different contexts [6]. In addition, athlete's performance is very important in the world of sport as it indicates the successful of sport in a country (Samah et al., 2019). A proposed model by Samah et al. (2019) factors that can affect athletes' quality of life after retirement are athlete identity, self-trust and self-esteem, therefore, this paper sought to explain more on predicted behaviour on athletic retirement using Acyclic Behaviour Change Diagram (ABCD).

Improving the life after retirement could be tricky because every individual may respond differently towards sport retirement. It all will be base on the resources and capabilities that athlete possessed such as self-esteem, autonomy, social support, self-rated physical health, self-rated cognitive ability, and basic financial assets [2]. Therefore, understanding the behaviour and reaction that lead to improving satisfaction in post-retirement is very much needed and crucial for athlete well-being.

Athletic Identity

Athlete identity refers to athlete commitment role [7] and it may affect athlete satisfaction [8]. The commitment in athletic identity can be said as a affective commitment, as athlete affection on sport. However, diminishing their athletic identity could help their transition towards retirement [9]. The situation explains that athlete who are actively involve in sport may need to have strong athletic identity whereas in contrary, when they are about to retire it is probably the best for them to decrease the degree of athletic identity for sake of transition in sport retirement. Indeed, research had proven that athletic identity was shown to decrease as athletes approached retirement [10] and resulting to better post-retirement. Perhaps a voluntary retirement is for the best to increase life satisfaction [10]. Meanwhile, for most of the people who opposed on retirement may exert anxiety and depression [11]. Therefore, it can be concluded that most athlete who accept, wiling and ready to retire may portray positive result and for those who reluctant and resist to retire, may have negative result on their psychological state.

Self-trust

Self-trust is another factor that could lead athlete life satisfaction after retirement. Self-trust promote courageous and motivate athlete to be stronger. Self-trust in sport increase their confidence in performing their sport. However, lack of researches was looking at how self-trust can promote a better post retirement life on an athlete. This study, suggested that the predicted behaviour of self-trust towards life satisfaction after retirement reflected in the ABCD.

Past study mentioned that if overly connected athlete in sport, it may result to negative impact when one's is involve in removal of athletic participation [12]. Therefore, several intervention and alternative should be carried out for athlete's prosperity in their post retirement. The things that coaches and management can do for their athletes are fostering alternative life narratives, increasing athlete self-complexity, utilising norm appropriate communication strategies, and recognising retirement as a potential grieving period for loss of community [13]. Meanwhile, athlete that are socially connected with the community may have high self-esteem and could be beneficial to their mental health [14]. Moreover, research also suggest that athlete with high coping strategy and having a self worth may lead to positive outcome when they retired [15]. Individual who have a self-worth may counteract the negative emotion due to involuntary retirement.

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RESEARCH METHODOLOGY

Acyclic Behaviour Change Diagram (ABCD) used in this study to illustrate the predicted behaviour of the life satisfaction on retirement whether voluntary or involuntary. The diagram itself is one component for a visual representation of the most important structural and causal assumptions underlying behaviour intervention. The ABCD method is not a statistical way of understanding the interaction of the variable, rather it explained more on human understanding of the flow predicted behaviour. In addition, ABCD helps researchers' get assumptions clear, and aligning things together. Although ABCD can get rather big, they're pretty much the simplest overview of why an intervention will work (or not). Majority of the researches, used a theoretical framework as foundation of explaining the relationship. However, this research suggested the detail information on flow of predicted behaviour in ABCD for athlete retirement scenario. Current research used JAMOVI to produce the ABCD matrix. Every change in JAMOVI can be edited in the ABCD matrix and it is automatically generated the diagram. Figure 1 explain the seven processes flow of predicted behaviour.

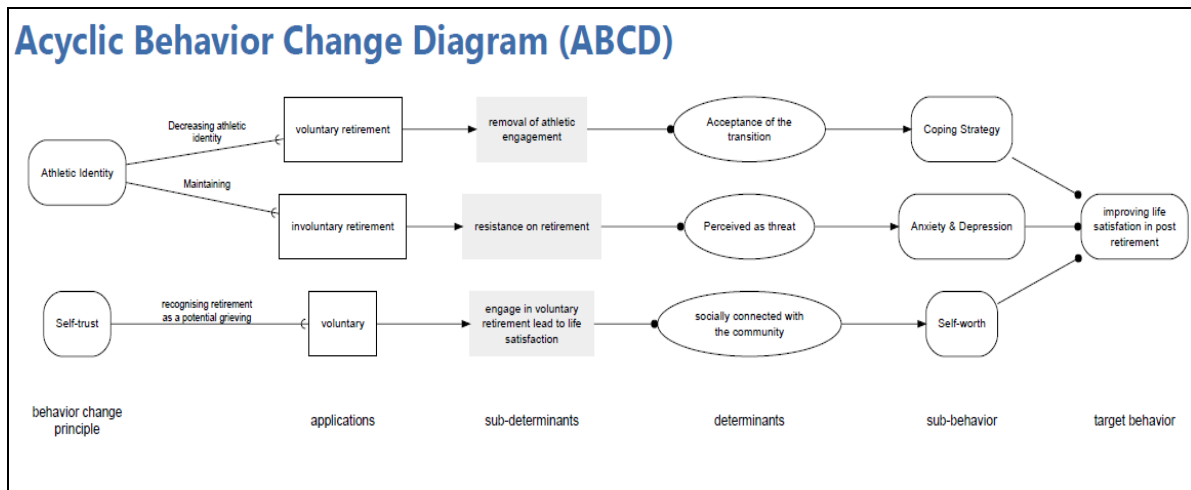


FIGURE 1. Behavior Intervention of Athlete Post-Retirement Life

ANALYSIS AND INTERPRETATION

ABCD has seven flow of the processes. First starting on the left, it explained on the behaviour change, meaning that if you have self-trust and athletic identity what could possibly the result would be. Second, condition for effectiveness must be satisfied for the behaviour change process to successfully engage. In this study, the condition for self-trust is recognizing retirement as potential grievance, the situation is that assuming athletes are approaching towards retirement. Meanwhile for athletic identity there two condition first one is decreasing the athletic identity and second one is maintaining. Athletic identity (AI) has two conditions because looking back at the definition of AI describe athlete who has affective commitment towards their sport. When someone has affection towards sport the first condition is to diminish the feeling and second is to maintaining. Third, is application, it is a concrete, less tangible intervention that implement the behaviour change process. In this case, for self-trust, the current research predicted a voluntary retirement for the application, as self-worth is more like having a confidence and self-belief. Meanwhile, for athletic identity, the application to implement the behaviour change process consisting two elements, there are voluntary retirement and involuntary retirement. The application for implementing the behaviour change process lead to the sub-determinants which is a specific aspect of the human psychology that are targeted by the applications. It is suspected that the application of voluntary retirement on the self-trust will lead to engagement in voluntary retirement. Meanwhile the application for athletic identity of voluntary retirement will lead to removal of athletic engagement, whereas for involuntary retirement resulting to resistance on retirement. The sub-determinants lead to determinant of socially connected with the community (self-trust), acceptance of the retirement transition (voluntary-AI) and perceived as threat (involuntary-AI). The function

of determinants is similar to sub-determinants. Meanwhile, the sixth step is predicted the sub behaviour. Sub behaviour defines specific behaviours, each predicted by different sub-determinants. In this case, for self-trust the specific behaviour is self-worth. Meaning that when you already feel socially connected with the community (determinants) athlete self-worth may occur. Meanwhile, for AI-voluntary once they accept the transition of retirement the sub behaviour is that they may adopt coping strategy, whereas for AI-involuntary the sub-behaviours are anxiety and depression. All of the prior behaviour change processes lead to the final stage of target behaviour which is improving life satisfaction in post-retirement. All of the flow predicted behaviour change process is for athlete behaviour intervention.

The illustration of ABCD explain clearly of the flow of predicted behaviour whereby not many researches have explain using this diagram. The importance of this research is that it may help most of the athletes, coaches and sport institution to retain their sportsman and at the same time preparing for the athlete retirement so that they could have less shock on daily routine changes. Furthermore, with recent pandemic situation, most of athletes have restriction on daily training especially the one that requires using facilities such as gym, field, track and other outdoor and equipment related activities. This could lead to the perception of underestimate the skill performance, if prolonged it can end up into voluntary or involuntary retirement.

CONCLUSION

Recent challenges on the pandemic of Covid-19 has restrained many people to move freely including athletes. Changes of daily routine of an athlete may result to escalating athletes to exit from the sport voluntarily or involuntarily. Therefore, this presented an Acyclic Behaviour Change Diagram (ABCD) to proposing the behaviour intervention and the processes of understanding the flows of voluntary and involuntary retirement in sport. This paper contributes to the literature in understanding the diagram and flow of athlete post retirement life whereby, many researches before this were only proposing a single framework which not mentioning the flow of the behaviour. This paper provides detail explanation that could help coaches and manager to monitor and planning for future retirement of their athletes so that they can have a better quality of life. The limitation of this paper is that the current research post to look at the literature reviewed and lack of statistical component, future research may have to validate and confirm the behaviour intervention by collecting data through interview and self-administered questionnaire.

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