

“PSYCHOLOGICAL WELLBEING, SATISFACTION WITH LIFE AND OPTIMISM IN SPORTS MANAGERS”

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INTRODUCTION

In the discourse of its managers, the competitiveness of national sport is increasingly relative, or captive, to the constraints of competitiveness of the respective national economy with an obvious impact on productivity of sports associations and clubs, reflecting a market of very unequal competition. Now, if in the modern conception of happiness, the material aspect plays a major character, the positive subjective experience, usually linked to performance and sports productivity, should result therefore from immaterial and intangible capital consisting in human potential and virtues that interests to study.

OBJECTIVES

The purpose of the present study is to measure sports managers' psychological well-being and their satisfaction with life and explore the relationship between these dimensions with their current optimism.

METHODS

Data were collected from a sample of 62 managers of various sports aged between 18 and 50 years ($M=24,77$; $SD=6,53$). A 18-item version of Ryff's (1989) PWB scales (cf. Fernandes, Vasconcelos-Raposo, & Teixeira (2010) assessed six dimensions: autonomy, environmental mastery, personal growth, positive relations, purpose in life, and self-acceptance. We also used the SWLS - Satisfaction with Life Scale (Diener, Emmons, Larsen, & Griffin, 1985) and the Scale for Optimism (Barros, 1998, in Oliveira, 2010).

For the analysis we applied descriptive and inferential statistics. The software used were the Excel 2013 (Microsoft Corporation) and IBM SPSS – *Statistical Package for Social Sciences, versão 20.0* (SPSS Inc., USA).

RESULTS

The data showed that Satisfaction with Life - SWLS do not correlate directly with Optimism but had the following relations with Psychological Well-Being - PWB in the following dimensions:

- A strong and moderate positive correlation, respectively, with self-acceptance ($\rho=0,726$; $p\text{-value}=0,000$) and purpose in life ($\rho=0,459$, $p\text{-value}=0,000$);
- and a positive but weak correlation with positive relations ($r=0,337$, $p\text{-value}=0,007$) and personal growth ($\rho=0,334$; $p\text{-value}=0,008$).

As so, satisfaction with life correlates to all dimensions of PWB but autonomy ($\rho=-0,178$; $p\text{-value}=0,167$) and environmental mastery ($\rho=0,224$; $p\text{-value}=0,079$).

Similar statistical relationships were found between Optimism and Psychological Well-Being – PWB:

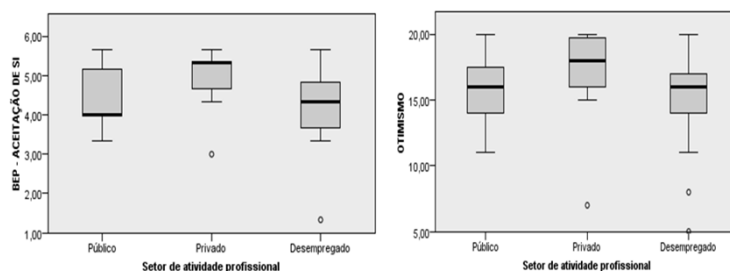
- A strong positive correlation with self-acceptance ($\rho = 0,749$; $p\text{-value} = 0,000$);
- a positive substantial correlation with purpose in life ($\rho=0,573$, $p\text{-value}=0,000$);

- and moderate positive correlations with personal growth ($\rho=0,484$; $p\text{-value}=0,000$) and positive relations ($r=0,427$, $p\text{-value}=0,001$).

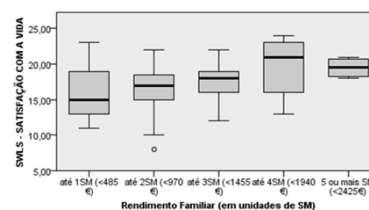
The following PWB dimensions present positive correlations between them: purpose in life and environmental mastery ($\rho=0,422$; $p\text{-value}=0,001$); self-acceptance and personal growth ($\rho=0,509$; $p\text{-value}=0,000$); purpose in life and personal growth ($\rho=0,552$, $p\text{-value}=0,000$) and also with self-acceptance ($\rho=0,640$; $p\text{-value}=0,000$).

In the analysis of the differences in PWB dimensions, SWLS or Optimism, concerning gender, academic, leadership functions, and marital state, we found no statistical evidence of differences in the levels for each independent variable.

The only differences detected were between professional sector and self-acceptance PWB dimension ($K-W_{(2)}=7,472$; $p\text{-value}=0,024$) and optimism ($K-W_{(2)}=10,847$; $p\text{-value}=0,004$) (as figures bellow).



We also find differences between the *per capita* income and two variables associated to well-being concept: self-acceptance PWB dimension ($K-W_{(4)}=9,513$; $p\text{-value}=0,049$), and the satisfaction with life ($K-W_{(4)}=9,904$; $p\text{-value}=0,042$).



CONCLUSION

Our study adds comprehensive evidence that, precisely, perceived unpredictable environments and the feeling of loss of autonomy do not unsettle life satisfaction and optimism in sports management. All the remaining four PWS dimensions had revealed positive relations with life satisfaction and optimism.

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