Sports Participation and Psychological Integration for Sedentary People

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We explored the relationship between sports participation and psychological integration for sedentary people in real-estate companies (N=116). Demographic information of the participants, and data about their sport participation and psychological integration in companies were collected. Perceived trust scale and cognitive identification scale were used to measure psychological integration. Online questionnaires and hard copy were sent out. Those who participated in group sports in their companies demonstrated higher psychological integration than those who didn’t. Further implications were discussed.

Key words:
sports participation; psychological integration, trust, identification