

Relationship Between Harmonious Passion And Psychological Well-Being Of Female Athletes Of Team Sports

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ABSTRACT

Background: Passion is generally seen as a strong inclination towards an activity that people love or value, and in which they invest time and energy, which means to become passionate about an activity, one must occupy a prominent place in one's life and eventually the person will become something that he often engage in. It must be a central part of this person's identity to become passionate for some activity. In this way, people who are passionate about any activity such as cricket, they will not only play, but they will become professional players and participate in competitive sports.

Objectives: This paper is a part of PhD Thesis and it covered one of the objectives "to explore the relationship between Harmonious Passion and six dimensions of Psychological Well-Being among female athletes" and an overall relationship between passions and Psychological Well-Being is also discussed.

Methodology: The study employed a cross-sectional research design. A total number of 100 female athletes between the age range of 19 and 24 participated in this study. Data was collected from four different universities of Lahore. Two different instruments were used for data collection that included: "The Passion Scale", composed of two subscales, each of which contains 7 items that evaluate the two types of passion, that is, harmonious passion and obsessive passion and

“Psychological well-being scales, composed of six subscales according to the six factors of positive functioning”.

Results: A significantly positive relationship was observed between Harmonious Passion and Psychological Wellbeing of female athletes ($r= 0.901$). At the same time, a significantly positive relationship was found between Harmonious Passion and six dimensions of Psychological Wellbeing including, Positive relationships with others ($r= 0.928$); Autonomy ($r= 0.860$); Environmental Mastery ($r= 0.892$); Personal Growth ($r= 0.846$); Purpose of life ($r= 0.850$); and Self-Acceptance ($r= 0.851$).

Key words: Passion, Harmonious Passion, Psychological Well-Being, Female Athletes, Team Sports

INTRODUCTION

Although some athletes have used the concept of passion to explain why they have been practicing their favorite sport for a long time, the construction of that passion has not yet been investigated in the case of sports psychology. Instead, when referring to a hobby, it was in the context of a romantic relationship or as a result of some emotion, such as positive stimuli or negative effects such as intoxication and dependence. Taking this limitation into account, Vallerand et al., (2003) focused on developing a dual model of passion (DMP) to explain that the emotions of individuals are formed in duality and can be positive and negative depending on their emotional intensity each type, which ultimately affect the outcome of an individual's activity.

Passion usually seen as a tendency towards an activity that individuals love to do and esteem it, and in which they contribute time and energy, which intends to become energetic with regards to an action, one should involve an unmistakable spot in one's life and ultimately the individual will become something that he regularly participate in. It should be a focal piece of this individual's character to become energetic for some kind of interesting activity. In other words, individuals who are enthusiastic with regards to any movement or activity like cricket, they won't just play, however they will become proficient players and take part in competitive games.

The focal sign of Vallerand's DPM is the presence of two unmistakable types of feelings, which are harmonious passion (HP) and obsessive (OP). The headway of these two kinds of sentiments is unequivocally affected by how the activity is composed into the characters of the individuals. If individuals feel that the choice to participate is naturally convinced and they don't feel a sense of urgency to continue to share from external sources, they have internal power and will achieve a sensation of concordance. These people feel that they are sharing intentionally and but the activity could include a ton of their time, the individuals don't feel that this activity is behind various pieces of their lives oppositely and this will become HP. Notwithstanding what may be generally anticipated, assuming individuals feel that their choice to take an interest is external, either through the solicitations related with each other or through normal variables like strain from colleagues or coaches, these individuals will encourage OP regardless participate in the activity, yet they could

feel obliged to partake. Also, this activity is most likely going to eventually overwhelm a tremendous piece of the individuals' characters and cause battle with various pieces of their lives.

The enthusiasm build is solidly established in the hypothesis of self-determination theory/self-assurance (STD), which was developed by Deci and Ryan during the 1980s. While these two viewpoints are connected, note that the both are exceptional yet STD is a spurring hypothesis that shows that all people take a stab at more prominent self-control, combination and ability in whatever movement they take part in. Moreover, the inspiration of a person for a specific setting is affected by the view of autonomy, skill and having a place with it. The SDT has recommended that for any movement, players have a breath profile. For instance, an individual might feel a method of controlling her inspiration to go to class, yet there is a more free type of inspiration for her cooperation in different exercises like games. The individual may not appreciate or like her investment in sports, however will in any case be roused by sports. In actuality, the individual can appreciate exercises identified with human expression, invest a ton of energy to continue in this unique circumstance and accept that this is significant for her future achievement. Albeit the individual is associated with the two exercises and is inspired by both, she is probably going to foster an energy for sport yet not intended for different activities.

A progression of primer examinations researching the improvement of enthusiasm give just starter data on how energy creates and changes over the long run and there is little data on how an energy for sports creates and changes, particularly how this change might be influenced (Amiot, 2016). Notwithstanding the people who esteem action and get parental help, the SDT structure proposes that accomplishing autonomy, skill, and responsibility will be connected to how energy creates. The mentor is likewise a focal figure in the existences of youthful players, so the climate made by the mentor ought to be investigated looking for the job of energy for development and change. Specifically, how a coach creates a stimulating environment of the game and how the climate is managed by young people are two aspects that can be related to fluctuations in passion as reported by Curran, (2013).

One of the SDT standards predicts that members are bound to discover positive results when the essential necessities of freedom, capability, and proclivity are met. In sports science, the fulfillment of essential mental requirements can be impacted by various significant social specialists, including mentors, friends, and guardians, who can assist with creating HP. In the event that competitors feel equipped and guardians or mentors urge competitors to foster their athletic abilities, players are probably going to perceive that their opposition needs are being met. Then again, the controlled section of an action into somebody's character, which the individual preferences, makes an inside strain to take part in that action, which is supposed to be identified with OP (Lafreniere, 2013).

The construction of psychological well-being (PWB) is also related to SDT in the way that passion is. Given the connection between passion and PWB, it can be concluded that players whose close friends are involved in sports related activities will also get involved in such activities and will also feel a personal connection with their coaches and friends. Research in the field of sports has

shown that meeting basic needs comes from a number of positive outcomes, including PWB, internal motivation, perseverance, and life skills development as reported by Mageau (2019). However, little is known about PWB's relationships and the passion in the area of sports sciences.

The concept of PWB is based on different psychological theories. After integrating all these ideas, Ryff (1989) provided a multi-dimensional model of PWB using a six dimension. The six steps used to achieve the overall score on PWB are: "Self-acceptance (SA), Positive Relationships with Others (PR), Autonomy, Environmental Master (EM), Purpose of Life (POL), and Personal Development (PD)". Overall PWB is a set of all the previously mentioned scales. Self-acceptance is one of the phenomena that appears frequently when examining PWB standards. A person who is high on this scale will look at himself positively, accept the good and bad qualities that make up his life and accept his past life.

The SDT states that when these necessities are met, the PWB is improved and, when they are restricted, the PWB adversely affects a singular's life. Most therapists concur that these are simply the most essential things, in spite of the fact that acknowledgment is regularly referenced. With regards to the game, mentors assume a vital part in deciding players' view of autonomy. Mentors are in an extraordinary situation to give an independent strong climate where players feel they have a decision, their interests are esteemed, and they have some dynamic force. Logical proof gives multiple manners by which mentors could establish a strong climate for PWB, by advocating undertakings, recognizing the sensations of competitors, permitting openings for competitors to step up and accomplish free work, giving non-controlling input, keeping away from unmistakable control and fault initiating analysis, and forestalling conscience contribution. Mentors who can incorporate these rules into their own practices and games should see competitors who feel more independent, which thus should bring about various good outcomes (Baard, 2014).

This paper is a part of PhD Thesis and it covered one of the objectives "to explore the relationship between HP and six dimensions of PWB" and an overall relationship between passions and PWB is also be discussed.

LITERATURE REVIEW

The possibility of enthusiasm has a couple of binds with various thoughts, for instance, those of PWB, stream and characteristic and outward inspiration. Stream in sports execution can be considered to be a consequence of enthusiasm. More fiery people experience more stream than those with less enthusiasm. Additionally, stream results transcendently from one unequivocal kind of energy, to be explicit agreeable enthusiasm (Mageau, 2019). Besides, various thoughts, for instance, capacity related activities and generally around made interests share the parts of interest and worth that portray the advancement of enthusiasm. Regardless, like stream, these thoughts don't cause the separation between two sorts of interest or capacity that to reflect different kinds of responsibility while the energy conceptualization makes such a capability. Finally, intrinsic motivation also shares some applied closeness with energy, as both incorporate interest and liking toward the development. In any case, normally energized practices are consistently not seen as

being masked in the singular's character and are best seen as ascending out of the singular task relationship at the transient level (Brinton, 2017). In addition, unessential motivation doesn't include playing out the activity out of fulfillment, yet for something outside of the development. A significant differentiation between outward motivation and energy is as needs be the shortfall of adoring for the activity (Mattson, 2017).

In proposing their new conceptualization of enthusiasm for donning exercises. Vallerand et al., (2013) fostered the DPM in view of SDT, which is a stirring hypothesis that suggests that singular makes a pass at more recognizable self-rule, mix, in light of everything, and capacity. These systems are likely to require fulfillment of three mental necessities and assist with explaining the activities individuals pick, continue, and finally nonconformist. In order to vanquish hardships and reasonably investigate through life, PWB is a huge resource. The capacities and perspectives that make up PWB are fundamental for associating actually engaged with others, investigating through one's condition, and self-acknowledgment. The PWB is determinedly related with extents of actual prosperity and is in this manner critical for young people, including students and contenders (Bowman, 2018).

The SDT prescribes that all people endeavor to satisfy the basic prerequisites of capacity, relatedness, and independence (Houlihan, 2015). The essential for limit is built up when people look for difficulties, show their capacities, and win in requests that that help make sureness. The essential for relatedness is kept up with when people feel an impression of having a spot with basic others and accomplices. The essential for freedom is seen when people feel like their activities are their own and not obliged by others. Precisely when no outside possibilities are associated with a singular's lead, they can act in propensities that are pleasing with their own advantages and qualities. Right when these three principal necessities are met, SDT suggests that people will without a doubt acknowledge possession and hazard for their own activities (Parastatidou, 2012). Further, as people's necessities for wellbeing, relatedness, and freedom are satisfied, there is a more perceptible probability that they will keep on making a part in the move. SDT correspondingly assessed that how people participate in an action could move with different variables influencing whether the inspiration is independent or controlled.

The SDT additionally proposed that people's moving course inside a specific accomplishment setting (e.g., scholastics, sports, music) can move in the degrees of self-picked inspiration which is best tended to as a continuum. The continuum of self-finished up inspiration can be confined into two groupings of inspiration, unequivocally self-managing kinds of inspiration and controlled sorts of inspiration. Free kinds of inspiration are managed by inside self-picked powers. Of course, those plans that are in the controlled segment of the continuum are directed by non-self-picked strategies. These two orders intertwine five fascinating sorts of social decide that people could make for a turn of events and can be named most independent designs to least self-picked (Cruz, 2016).

.At one shaft of this continuum is basically the most un-chose kind of motivation, amotivation (Chen, 2015). Amotivation includes a shortfall of expect to act and a nonappearance of motivation

for an activity. On a very basic level, the individual at no point in the future focuses intently on the game and shows little energy for the activity. Moving over the continuum from amotivation, four kinds of rule are portrayed as incidental in nature. If an individual is superfluously at one shaft of this continuum is essentially the most un-chose kind of motivation, amotivation (Vallerand, 2010). Amotivation includes a shortfall of expect to act and a nonattendance of motivation for a development. On a very basic level, the individual at no point in the future focuses on the game and shows little energy for the development. Moving over the continuum from amotivation, four kinds of rule are depicted as incidental in nature. If an individual is incidentally prodded to make a section in a move, they take an interest for some kind of significant or tricky outcome.

As indicated by Vallerand et al., (2013) enthusiasm is supposed to be a propensity for any movement that people like to take an interest in and they view it as significant for themselves, notwithstanding being a reality that they need to contribute a lot of time and energy. This definition recommends that for any action to transform into an excitement, it should be imperative in individuals' lives, be cherished by them, and be something that they partake in once in a while. Even more expressly, the development that an individual might have a lively outlook on may not be just an activity in which she or he shares. Or then again perhaps, the activity transforms into a central piece of that singular's character. People who are significantly excited about works out, for instance, football, creating, or teaching, don't just play football, make, or instruct. Or on the other hand perhaps they are, or they have become, football players, creators, and teachers.

The DMP places that two specific kinds of excitement exist: pleasing energy and ridiculous energy. Despite the kind of energy one makes, the levels of the two excitement constructs that a singular presentations toward a development is constrained by how the activity is masked into self-affirmation. Friendly energy results from an independent mask of the activity into the singular's character. This kind of camouflage has no conceivable outcomes related with the activity, and it is straightforwardly recognized by the individual into their personality (Croom, 2015). Self-administering mask allows the individual to see that it is their own volition to perceive so unequivocally with that development, and in this manner the person being referred to feels no external strain to continue with interest. These individuals make it a point to a premium in the activity as they pick and feel no motivation or have to continue with development venture. In addition, notwithstanding the way that the development has a great deal of a group's time, it doesn't overpower various pieces of their personality and doesn't cause conflicts with various pieces of individuals' lives (Sudek, 2016).

METHODOLOGY

The study employed a cross-sectional research design. A total of 100 female athletes between the ages of 19 and 24 participated in this study. Data was collected from four different universities of Lahore. Two different instruments were used for data collection that included: 1) The Passion Scale (Vallerand et al., 2003), composed of two subscales, each of which contains 7 items that evaluate the two types of passion, that is, harmonious passion and obsessive passion and 2) Ryff (1995) Psychological well-being scales, composed of six subscales according to the six factors of

positive functioning. Pearson correlation was used to determine the association between HP and PWB at the 0.01 level of significance.

RESULTS

Table-1 Correlation of Harmonious and Psychological Well-Being (N=100)

| | 1 | 2 |
|----------------------------|---|--------|
| 1 Harmonious Passion | 1 | |
| 2 Psychological Well-Being | | .901** |

A significantly positive relationship was observed between Harmonious Passion Psychological Wellbeing ($r= 0.901$) as shown in Table-1.

Table 2 Correlation of Harmonious Passion with sub scales of Psychological Well-Being (N=100)

| Sub-Constructs | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|--------------------------------------|---|--------|--------|--------|--------|--------|--------|
| 1 Harmonious Passion | 1 | .928** | .860** | .892** | .846** | .850** | .851** |
| 2 Positive relationships with others | | 1 | .812** | .863** | .863** | .859** | .854** |
| 3 Autonomy | | | 1 | .910** | .930** | .957** | .951** |
| 4 Environmental master | | | | 1 | .893** | .922** | .930** |
| 5 Personal Growth | | | | | 1 | .942** | .952** |
| 6 Purpose of life | | | | | | 1 | .977** |
| 7 Self-Acceptance | | | | | | | 1 |

A significantly positive relationship was observed between HP and six factors of PWB, which include Positive relationships with others ($r=.928$), Autonomy ($r=.860$), Environmental mastery ($r=.892$), Personal Growth ($r=.846$), Purpose of life ($r=.850$), and Self-Acceptance ($r=.851$).

DISCUSSION

In the current study, it was found that there was a positive relationship among HP and all the subscales of PWB. These findings are consistent with various studies, as Ryff observed in 1997 that there was a positive connection between personal growth, positive relationships with others, reason throughout everyday life, self-affirmation, and EM.

The findings of this study additionally revealed that there was a positive association among HP and self-improvement. Past examinations additionally demonstrate a positive connection among

HP and self-improvement, which is likewise characterized as freedom and the principle sign of autonomy is HP. In the assessments by Mattson, (2017) and Zıskıs (2010), it was found that the autonomy is also related with healthy feelings, and the one with the most raised insightful was when someone is under-pressure. Christopher (1999) explains that autonomy ascends to individualization and autonomous individuals control their practices through internal powers, and evaluate themselves with their own special standards (Serdiuk, 2018). Exactly when HP is seen as a tremendous sign of freedom according to the outcomes of the past investigations, it could be said that the way individuals with a certain level of HP approach their own issues, they exhibit that they are in control of their own practices (Khan, 2017). Individuals who are accessible to new experiences secure authentic feelings and also come out as comfortable with different social orders, and may show self-check during these experiences. This shows that they have a good level of autonomy (Legault, 2016).

The variables expecting EM as a subscale of PWB was seen to have positive association with HP as shown by the findings of this study. As mentioned in the second chapter that Ryff portrays EM as "the limit of the individual to lay out or pick an environment that is reasonable with the individual and mental qualities of the individual." People who can control their present situation are people who can capitalize on the possibilities that make them efficient and as a result they manage circumstances as demonstrated by their own needs and characteristics (Vasiljeva, 2020). People with a high level of HP realize that issues in their lives as well concerning others can be managed. They are dynamic and are good for getting the impressions of others, since they cultivate empathic relationship with others (Stangor, 2014). People who feel fit are prepared to manage issues (MacIntyre, 2017). As per an organized perspective that joins these properties, cordial people with a sensation of HP, who are excited about their natural components and have a consciousness of specific assumptions, and who search for good feelings are depended upon to have huge levels of biological predominance or EM..

The examination that was done to choose the signs of the PWB mindfulness subscale uncovered that HP was a positive pointer. This audit finding is unsurprising with those in the composition (Keyes et al., 2002; Schmutte and Ryff, 1997; Zıskıs, 2010). Ryff (1989a) portrays mindfulness as "the ability to cultivate one's potential so one can make and grow solely." Individuals with more critical degrees of personal growth need to believe themselves to be people who are accessible to progression, prepared to feel that they can use their conceivable outcomes, they can see that there is headway in their lead and they envision that they are developing suitably (Jain, 2015). In this sense, the assessment scholastics explain that people who are accessible to new experiences are satisfied with their personal development (Hommelhoff, 2020). They think they have a lacks of couple of and they approach them as per the perspective of goodness. This prods them to endeavor to vanquish these insufficiencies. The congruity of sentiments in individuals who discover a feeling of satisfaction with themselves and who are accessible to progress exhibits that their motivation is more durable than temporary, as reported by Izard C. E. (2009). Since people who

experience energetic strength are especially sure. Accordingly, these individuals will continue to advance toward personal development.

Enthusiasm can similarly impact the idea of the associations that people make and stay aware of in their lives. The results of the current review suggest that the PWB estimation has more unmistakable instructive power. Right when the marks of positive relationship with others were examined as a subscale of PWB, it was found that HP was also a critical pointer as per its high farsighted power. Zıskıs (2010) found that the fundamental mark of the positive relationship with others subscale is extraversion. People with a huge level of HP are friendly, in this way, they will overall have qualities, for instance, being pleasant, instructive, all around arranged and open that go to the front (Schellenberg, 2016). They are best in setting up comfortable relationship with others, which is one of the essential prerequisites of people as cordial animals, and developing safe associations. Subsequently, they are depended upon to be in better state of mind. Since genial energy prompts experiencing constructive outcome during participation in excited development, one could predict that it should in this manner by suggestion lead to amazing associations inside vigorous activity (Berg, 2020).

Reason in life infers the properties of bearing, goals, and confirmation that add importance to someone's life (Krok D. 2015). The inspiration driving life influences people's tendency that at different times life have importance; existing in life has importance, having fast approaching targets and objectives, and specifically, there is reason in life as sports practices for female contenders (Mageau, 2007). Individuals who don't take on an inspiring viewpoint towards the issues of life; all things considered, the people who need self-affirmation can continue with their lives in distress ruminating on such issues instead of tending to them as uncovered by Steger, (2009). Exactly when these disclosures are considered, genuinely consistent and self-enduring people are depended upon to see their lives even more determinedly, making their day to day schedules fair and keeping their lives as per their purposes. This is acknowledged to extend a contender's levels of PWB.

Self-Acceptance and Self-affirmation is the most striking subscales of PWB. Self-affirmation induces that the individual has an elevating viewpoint towards himself (Bernard, 2013). It incorporates embracing an elevating viewpoint towards oneself, enduring both the good and pessimistic sides of oneself, and having good sentiments about past experiences (Kennedy 2019). In this sense, HP's essential contemplations and self-affirmation are viewed as like each other. Another component of self-affirmation is that individuals treat each other with companionship; that is, they show more compassion than examination towards themselves (Pazzaglia, 2020). Kind people have a positive and accommodating attitude toward themselves rather than mercilessly examining themselves. The inspiring viewpoint of the individual towards himself is basically the typical point affirmation and self-knowledge. Henceforth, it will in general be felt that people who relate well to society can have a decent self-understanding. In this sense, the individual who is familiar with amicable affirmation will see its great side and recognize it (Friedman and Schustack,

1999), and will in everyday experience great opinions (McCrae and John, 1992). It should be seen that people's self-affirmation can add to their PWB.

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