

RELATIONSHIP OF OBSESSIVE PASSION WITH PSYCHOLOGICAL WELLBEING IN FEMALE ATHLETES

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ABSTRACT:

*Passion is a feeling of intense enthusiasm towards or compelling desire for someone or something. Passion can range from eager interest in or admiration for an idea, proposal, or cause; to enthusiastic enjoyment of an interest or activity; to strong attraction, excitement, or emotion towards an activity. This study was conducted to determine the relationship between obsessive passion and psychological well-being of young female athletes. Obsessive passion considered as a controlled internalization of activity in the identification of individuals. Psychological well-being (PWB) helps individuals to find the expected inclinations and abilities closer to home, social and work life. Correlational research design was used to precede this study. 100 female athletes' students (Basketball, volley ball, badminton, cricket, table tennis) within the age range of 19-24 were recruited from September, 2020 to January, 2021 by using convenient sampling strategy. Data was collected from four different universities of Lahore. Two standardized instruments includes The Passion Scale (Vallerand, et al; 2003) consisted harmonious and obsessive passion and Psychological well-being scale (Ryff, 1995) consisted Positive relationships with others, Autonomy, Environmental Mastery, Personal Growth, Purpose of life, Self-Acceptance were used for data collection. Statistical technique includes Pearson correlation was administered for analysis of data. Finding of the study showed that Obsessive Passion is strongly positively correlate with Autonomy (0.812**), Environmental master (0.910**), Personal Growth (0.893**), Positive relationships with others (0.942**), Purpose of life (0.942**), Self-Acceptance (0.374**) respectively.*

Keywords: *Passion, Obsessive Passion, Psychological Well-Being, self-acceptance, Correlational design*

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INTRODUCTION:

A number of preliminary works focused upon the development of emotion provide only initial information in regards to the way the passion passes through the phases of development and subsequently bring changes with the passage of time, confirming further investigation in this direction. Furthermore, very little is known about how the field of sports is related to passion especially how this change can be affected. In addition to those who value the physical engagement alongside the involvement of the parents, the SDT output will propose that accomplishment of basic autonomy, commitment and accompanied by the competence will certainly be associated with the phenomenon of development of the passion. The role of coach is pivotal in the life routine of the young players. The environment created and provided by the coach needs to be evaluated to determine the role of coach in the overall development and transformation of the spirit. In particular, how a coach creates the stimulus environment of the game and how the youngsters take care of the climate are two aspects that can be related to the fluctuations of passion, especially during the season. Because the construct of passion is strongly associated with the SDT, one thing is decided that the accomplishment of the three basic principles of autonomy, competence, and relevance can influence the way emotions are transformed.

The basic needs theory is a principle of SDT, which predicts that positivity in interaction and dealing occur as and when the three basic factors autonomy, competence, and relevance are addressed and honored properly. In sports science, the fulfillment of basic psychological needs can be influenced by a number of important social agents, including coaches, peers and parents. If athletes agree with their coaches to be pro-autonomy, willing to listen to their needs and aspirations, and to modify procedures and exercise structures to meet those needs, athletes are more likely to. They will feel the need for autonomy. If athletes consider themselves competent and parents or coaches are encouraged that

athletes are developing sports skills, athletes will probably need to be aware of their ability. However, the individuals who possess the obsessive passion (OP) feel relaxed and avail the entertaining activity. It is most likely that they may that participation in the activity is imposed and not of their own choice.

It merits referencing that PWB comprises of wonders that have been made by vital interior procedures being reasonable for the idea of the individual and that are less social yet for the most part display conduct contingent upon human instinct. At the point when prosperity levels are considered in the terms of character types, it tends to be said that the PWB parts of the contemplative person people may preponderate, while the emotional prosperity parts of the outgoing individual people may preponderate. In investigates with respect to PWB in the pertinent writing, Ryff and Singer have discovered that neuroendocrine framework, cardiovascular framework and resistance capacities are vital to guarantee that people have a higher PWB level. Since PWB is a multidimensional idea that influences the individual mentally, socially and physiologically and that makes an individual-focused impact; that if the individual takes part in exercises predictable with the fundamental components of PWB and prevails at such exercises, it would emphatically impact person's PWB. Besides, achievement status of young athletes impacts emphatically their PWB levels and that reason and timing may change the pace of this impact. There is additionally a noteworthy and positive connection between competitors' accomplishment levels and their PWB levels.

In the games condition, individual figures out how to perceive his/her own capacities just as the others' capacities, to contend under equivalent conditions, to value the others by methods for tolerating the thrashing, to become unassuming when he/she wins, to assist the others, with using his/her time and to exertion in the most ideal manner by attempting to beat the clock. In this sense, the games show itself as a factor that means to set up the person for life in a multi-directional path and to directly affect person's PWB. Ongoing points of view of PWB can be thought of as

falling into two fundamental conventions. As indicated by one convention, PWB is seen as a person's intellectual and full of feeling examinations toward a given life area, and surveys develops, for example, life fulfillment and the equalization of constructive and pessimistic feelings.

The other plan of PWB centers around a person's assessment of how they work throughout everyday life, and evaluates develops, for example, self-sufficiency, reason throughout everyday life, dominance and development. In spite of the fact that the primary methodology, which centers around a person's sentiments about their life, is regularly received as the calculated system in PWB research tries, there is developing acknowledgment and proof for the significant commitment of embracing the subsequent methodology, which underscores a person's judgment of their working throughout everyday life, in understanding living great and capacity decidedly. An investigation of observational writing on PWB ensnares six mental highlights applicable to prosperity among ladies: relatedness, self-governance, authority, deliberate living, self-development, and self-acknowledgment. Exploration discoveries likewise embroil the significance of having the ability to practice decision in significant life areas and a feeling of eagerness to take part in exercises of intrigue; that is, living great includes uninhibitedly directing conduct from inside, without feeling forced by outer conclusions or desires. Positive mental working likewise includes feeling viable and capable in different life spaces, for example, in social jobs and livelihood. Proof proposes that a feeling of significance and satisfaction is helpful for upgraded PWB and there are numerous settings where intentional living may show or be developed. Self-advancement is a ceaseless procedure that for ladies includes building fearlessness and a feeling of aptitude obtaining in light of troublesome and positive life occasions. At last, a feeling of self-esteem can be defensive against troublesome life occasions, yet versatile working includes something other than recognizing positive parts of self; it additionally includes acknowledgment of various parts of one's life, including the great and awful characteristics inside one's

current/previous existence occasions. A multi-dimensional definition and proportion of PWB, which is grounded inside a convention, gives a helpful applied structure to investigating PWB among competitors. While trying to move past tight understandings of PWB, late topics and purposes of intermingling over various philosophical and mental records of positive working, and recognized six highlights that exemplify flourishing and work ideally. The most widely recognized highlights of PWB are certain relations with others, self-governance, ecological authority, reason throughout everyday life, self-improvement, and self-acknowledgment. These six standards guided the improvement of an arranged self-report proportion of PWB that has been generally utilized.

In light of the fact that poise influences long haul objectives and in light of the fact that self-significant objectives should overhaul in need, one can recommend that independent guideline would strengthen discretion by setting fitting long haul/theoretical objectives identified with the sought-after action. In fact, objectives are more than intellectual single-steps, however are fairly mind-boggling elements that are progressively sorted out in the psychological framework along transient and deliberation related scales. For instance, being self-ruling energetic about physical exercise would raise the craving to advance toward long haul/conceptual wanted exercise objectives and to move away from long haul/theoretical undesired exercise objectives. As needs be, self-sufficient guideline (e.g., amicable enthusiasm) would orientate individuals' consideration toward applicable and reasonable long haul/theoretical objectives to the impediment of present moment/solid objectives that would be even promptly satisfying, though controlled guideline would foil that procedure. A progression of studies bolsters our suspicion by uncovering that independent (or controlled) guideline anticipated long haul or momentary objectives, and that controlled guideline didn't foresee long haul objectives.

The concept of PWB is based on different psychological theories and basic theme of all these theories is reflected in the multi-dimensional model of PWB in which six measure scales has been used. Purpose of the use of this type of measure was to obtain the complete weightage regarding the PWB including positive relations with others, autonomy, self-acceptance, and growth of the person. In fact, PWB is the mixture of different subscales and the term self-acceptance has been the mostly repeated in perspectives of evaluating the measures for the PWB. According to this scale, a person obtaining reasonable score tends to considers oneself in a positive fashion as well as acknowledging their positive and negative attributes which have shaped their personality and past life.

Focus of the SDT assumes the presence of the three innate and basic human needs that have always been global in nature and have prevailed everywhere and in all times of civilizations. Autonomy, competence and relatedness are the initial psychological components of this phenomenon. Let us have a look at them:

- Autonomy: It deals with the will and desire of the person to select what one wants to do and how to lead one's life.
- Competence: Internal capacity rendering the person satisfied regarding the task a person is performing or discharging.
- Relatedness: It provides internal satisfaction to the person regarding inter-personal relationship among the different individuals which are warm, cordial and there exists self-respect for one another.

The bottom line of the stance of SDT is that in the event of the fulfillment of these basic needs of the person, the level of motivation and PWB are promptly increased and likewise when they are incomplete and strives for completion, resultantly it affects the PWB negatively. Available literature has confirmed that the aforementioned three are the basic and most vital needs of the human beings however, in addition to these initial ones, the factor of self-esteem has also been endorsed frequently is this type of debates. So, for as the matter of sports is concerned, it has always

been the utmost effort of the coaches to evaluate and determine the individual perception of each player regarding their sense of autonomy. In sports settings, the status of the coaches is vital in providing favoring and supportive situation to the players wherein they are offered the environment of their taste and choice, and where they feel that their issues are honored and entertained positively. In this type of situation, the players feel satisfied as their concerns are upheld and they find themselves in a driving seat in terms of decision making. A number of scientific ways exists enabling the coaches to provide environment to the players which is supportive and conducive, honoring the feelings of the players, offering chances to the players for undergoing new assignments, supporting the players during following new initiatives and avoiding the unjust and unnecessary criticism upon them. Theme of the above discussion is that all those coaches who follow upon these predetermined working guidelines should observe the adherence and positive output of the players who work with their total potentialities and feel no problem in following it. The in-hand study has got different types of objectives and accordingly it also has various hypotheses.

The current study focuses upon the obsessive passion and PWB in sports. It has a number of objectives and hypotheses. Since this area of research has been in its early stages on account of the fact that, at present, deficient information is available in connection with its basic elements. However, meager amount of literature exists regarding the nature and role of obsessive passion in perspectives of youth participation in sports and other recreational activities. Focus of the in-hand study is upon the attainment of the basic knowledge and understanding of the presence or otherwise of the obsessive passion among the respondents. The researcher has worked upon the evaluation and determination of the level of obsessive passion among the participants. While surfing the literature it has been confirmed that this type of study has so far not been conducted addressing the relationship between the role of obsessive passion and PWB of female athletes. This research study is an effort to bridge this gape in the existing literature. The

researcher has investigated the role of obsessive passion as a predictor for PWB, various constructs constituting the obsessive passion, participation in sports, and their vision to achieve goals of autonomy, relatedness, competence, self-acceptance and personal growth.

Literature Review:

The word emotionalism is related to disturbing emotions, for the reason that passionate people with fixation seem to have and show lots of problems due to unbending following of their passions (Briki, 2017). The second perspective enlightens emotion more optimistically. Descartes one of the great philosophers comprehends emotions as robust with genetic behavioral tendencies that can be positive with the understanding that it should need primary importance (Hodge, 2017). So, the second theory describes positive aspects of emotion which are quite beneficial for individuals to organize and manage their emotions.

Dualistic Model of Passion:

Vallerand (2010) along with his colleagues conducted a study on the variation between passion and other stimulating activities which are considered as worthy to be found upon the action. Once a person gives greater value to assigned activity, it would be proposed as passion. Individuals show a robust outlook for the activity; they feel pleasure, affection and invest their time and potentials to perform it at their maximum level. In the perspective of theorists, passion is an essential component to get a high level of success. Rendering to Vallerand et al., (2013) passion is a great penchant in the direction of the action which make people happy, energetic and they found themselves extremely interested and motivated to perform it, they also try to search out the significance which keeps them dynamic in the demonstration of their capabilities, talents and potentials. This description indicates that any activity which needs to develop into a passion, people should like it, stretch prodigious value in lives and frequently engage them to do it. Especially, that activity in which a person shows a strong feeling of fondness and passion to participate.

There are two contradictory types of passion that are suggested by the Dualistic concept of passion. The first one is harmonious passion (HP) and the other one is obsessive passion (OP). OP results from a controlled disguise of action in the identification of individuals. Intra-personal or inter-personal factors can contribute to the controlled internalization process, along with parental pressure or guilt from others if the person is not participating in any kind of activity or game (Akehurst, 2014). It is worth noting that building activity requires enjoying an activity, and thus people who have an OP still enjoy the activity, but continue to participate. Eventually, people with OP thought that attachment with activity is not in their control, even not in the past. Furthermore, it is expected that the activity will finally take an interest inappropriate way and it may cause multiple clashes with further activities of the person's life.

The dualistic model of passion (DMP) narrates that, it is advisable to prepare OP from lack of internal requirements. When people face pressure from their societal surroundings then they put ample struggles along with potential what's more, assets into an action. Now and again, people might have strong emotions for participating in activities. Ryan (1995) suggests that these activities become ego-driven investments and are the only source of self-confidence for the individual. In this case, OP is disproportionately included in an individual's lifestyle. Ryan (1995) recommends that these exercises become self-image driven investments and are the main wellspring of fearlessness for the person. For this situation, OP is excessively remembered for a singular's way of life.

It is demarcated by Vallerand (2008) OP is explained as destructive emotional states during activity engagement or when a person is prohibited to engage him/herself in an activity. In the outlook of Vallerand (2008), the affecting condition can be differentiated due to the different form of motivation construct and beliefs that individuals have come to disguise and give space to

their action. Alternatively, OP is extremely limited because of its controlled internalization and therefore restricts a person from doing such positive experiences. A person selects OP for the reason that he or she wants to get identification through his or her activity in which several personal pressures and desire to gain satisfaction or self-respect is included (Carpentier & Vallerand, 2011). For instance, obsessive passion may increase self-confidence overall of any person and he or she was relaying on their apparent presentation while occupied in doing an action.

People who pretended to be OPs towards their actions neglected to fuse such collaborations with others and were more serious. They tend to focus more over their execution inside the movement than on supporting others. According to the DMP model, differences between harmony and obsessive passions depend on the representation of variety of motivation and communal circumstances. Obsessively enthusiastic people, for example, have been shown to obsess about their passion and have uncontrollable desires to continuously perform in their passion bustle (Mageau & Vallerand, 2012). Compulsively passionate individuals may be more impulsive. As a result, the bearing of an individual's essential cognitive processes may indicate the variations of passion that person try to represent, or how his/her passion originated in a certain manner. Obsessive passion will not display optimal executive functioning regarding their task.

In the view of these findings, there is a possibility that people with OPs cannot manage their concentration or executive working effectively when it comes to their passionate activity, lowering their standards of living. People who have OP extremely relay on their passion, restraining self-value gained to other elements of their lives. As a result, there should be clear distinctions in terms of an individual's quality of life between obsessive passion and harmonious passion. Obsessive passions have certain beneficial experiences inside its passionate action, according to research. Individuals with obsessive passions, on the

other hand, extremely rely on their activity for self-value and self-regard and experience emotional swings based on their activity's performance and engagement (Donahue, Rip, & Vallerand, 2009). Because obsessive passions are less consistent in emotional impact than harmonious passions, people with obsessive passions may lack the cognitive mindsets needed to support various sorts of optimism. The DMP has been examined in a range of settings, with the majority of these studies taking place outside of the sporting arena. Individuals with OP had a higher number of negative outcomes.

On the other hand, OP decidedly anticipated uneasiness in the form of anxiety and misery as depression was adversely identified with life-satisfaction and it was irrelevant to vitality and having a meaningful life. While OP for alike-activities was either adversely related (Milyavskaya, 2014) to these catalogs. Of interest in the exploration is the way that these discoveries were gotten with people of different ages across the life expectancy. One more finding of significance is that non-energetic and obsessive passionate people didn't vary (Werner, 2016). This outcome is intriguing as it brings up the issue of the job of OP in PWB.

Consequently, OP gives a drop in prosperity identified with non-enthusiastic individuals. A review conducted by Philippe (2009) conducted on people including men and women in the range of 18 and 90 years who finished the Passion Scale just as surveying the passion regarding an action they love to partake. Every one of the members additionally finished scales surveying hedonic means life satisfaction and eudaimonic wellbeing. Utilizing the energy standards examined beforehand, the members were recognized those people who were profoundly energetic from those who were not.

Another study was conducted using a diary study with hockey fans. Enthusiastic followers of the numerous teams of hockey sport finished the first Passion Scale and Life Satisfaction

Scale implying using the online platforms. They completed a Life Satisfaction every night after the game of the team. After data collection, hierarchical regression analysis was applied. Findings indicated that OP highlighted the adverse consequence of misfortune on their life fulfillment. In this way, a similar purposeful movement could add to one's PWB relying upon the nature of one's commitment to the action. OP and its less versatile type of guarded commitment don't. At long last, research uncovers that these discoveries apply to people across the life expectancy and on both libertine and eudaimonic assessment tools of PWB (Vallerand, 2012).

People generally keep themselves engaged in their passionate activities for a few hours every workweek in a year, and enthusiastic situations are knowledgeable about a rehashed, continuing way and accordingly are proceeded after some time (Mageau, 2009). Then again, with obsessive passion commitment is more protective and inflexible, keeping one from completely encountering positive effects and arranging one to mostly encounter negative effects (Arslan, 2011). Besides, in light of the fact, that commitment is frequently seen as external control of an individual. Someone accordingly participates in the action when he/she does not want to do so. Subsequently, some regrettable influences like culpability and disgrace (Balon, 2013) might be capable after task commitment. At last, in light of the great degrees of inflexibility associated with OP, not having the option to take part in the energetic movement might lead an individual to encounter some regrettable full of feeling results when occupied with other life exercises. Along these lines, regardless of whether some sure influences were to be knowledgeable about OP, the by and large enthusiastic state both during and after-action commitment just as when kept from participating in the energetic movement might be very regrettable (Vallerand et al. 2003).

Research supports the cycles of the above model in a way that, it upholds the versatile job of positive effect in an assortment of results which includes PWB (Briki, 2016). Earlier studies and

many authors have projected and initiated sustenance to the theory of Broaden-and-Build (Fredrickson, 2004). It possesses that, positive feelings are versatile because they widen individuals' idea activity collections and self-prompting better choices and more elevated levels of PWB. Fredrickson (2004) uncovered the presence of a winding where positive influence prompts more significant levels of PWB which then, at that point, prompts resulting encounters of positive effect, etc. other researches recommend that rehashed encounters of positive influence led to changes in mind regions known to be related to PWB (Garland et al., 2010). In addition, Rinfret (2011) discovered that the positive influence that is capable during task commitment stimulated by OP not having the option to take part in the enthusiastic action on a given day prompts feeling more negative.

Hofmann et al., (2014) has tried the above model inside the restrictions of a similar report. In particular, they tried the interceding job of positive and negative effects in the enthusiasm and PWB relationship with people who had energy for actual work. The Passion Scale was finished by the members as for active work, just as a proportion of PWB. Following five weeks, quickly following an activity meeting, they finished situational proportions of positive and negative influence experienced while working out. Results uncovered that OP was irrelevant to positive effect yet decidedly anticipated negative effect. While OP straightforwardly and contrarily anticipated declines in PWB, the negative influence was irrelevant to PWB. These fundamental discoveries have been recreated in the work area of different creators. Similarly, the negative connection between OP and PWB was immediate and was not intervened by sure effect (Rousseau & Vallerand, 2008).

Besides, the above research likewise showed that even though OP was not contrarily identified with PWB, situational positive nor situational negative influence intervened the OP and the relationship with PWB. This is in accordance with previous studies on energy and emotional encounters, it was felt that HP

ought to be helpful for the full of feeling knowledge of exertion fulfillment that must assume a defensive part in exhaustion. As for OP, one likely middle person of its contributory impact ought to be the mental clash experienced between the enthusiastic action and other life exercises (Lamers, 2011).

Since with OP individuals experience a wild desire to participate in the enthusiastic movement, it turns out to be undeniably challenging for the person to pull out from contemplations about the activity-provoking battle with various activities in the singular's life (Lisbona, 2012). Moreover, because OP is regularly disconnected to positive full of feeling encounters together in chore commitment. OP doesn't trigger the defensive capacity against PWB (Reizle, 2013). Then again, with HP, the individual can relinquish the energetic movement after task commitment and completely submerge in other life pursuits without encountering struggle between the two. As per the above thinking, two examinations were directed with proficient medical attendants from two distinct societies. 100 medical attendants finished scales evaluating enthusiasm, mental struggle, work fulfillment, and stress out. The outcomes showed that OP worked with the experiencing exhaustion over the mental struggle it brings among exertion and extra life exercises (Barnard, 2011). There was likewise nonexistence of connection among OP and work fulfillment.

OBJECTIVES:

To determine the relationship between obsessive passion and six dimensions of Psychological wellbeing (PWB) in female athletes.

HYPOTHESES:

The researcher formulated the following hypotheses.

- H₁:** There is likely to be a significant positive relationship between obsessive passion and six dimensions of Psychological wellbeing (PWB) in female athletes.

H₀: There is likely to be a no significant positive relationship between obsessive passion and six dimensions of Psychological wellbeing (PWB) in female athletes.

RESEARCH METHODOLOGY

Participants

A total number of 100 female athletes' students (Basketball, volley ball, badminton, cricket, table tennis) within the age range of 19-24 were recruited from September, 2020 to January, 2021. Correlational research design was employed to carry out this study. The data was collected from during the training camps in universities, gymnasium, and different clubs, Pakistan cricket Board (PCB) T20 Women Triangular Cricket Tournament at Pindi Stadium and from a few international female players by using convenient sampling strategy after taking consent from participants.

Data Collection Tools

Two standardized tools were used for data collection that included the 1) Passion Scale (Vallerand et al., 2003). The passion scale is comprised of two subscales, each containing 7 items that assess the two distinct types of passion: harmonious passion and obsessive passion. Each item is responded to on a 7-point Likert scale. 2) Ryff (1995) Scales of Psychological Wellbeing, which is composed of six sub-scales in accordance with the six factors of positive functioning, namely autonomy, environmental mastery, personal growth, purpose in life, positive relations with others and self-acceptance.

Validity and Reliability

Cronbach's Alpha is 0.675 of The Passion Scale, composed of two subscales harmonious passion with Cronbach's Alpha is 0.664 and obsessive passion with Cronbach's Alpha is 0.548, Cronbach's Alpha is 0.961 of Psychological well-being scales composed of six subscales 1. Positive relationships with others with Cronbach's Alpha is 0.695, 2. Autonomy with Cronbach's Alpha is

0.649, 3. Environmental Mastery with Cronbach's Alpha is 0.876, 4. Personal Growth with Cronbach's Alpha is 0.649, 5. Purpose of life with Cronbach's Alpha is 0.777 and 6. Self-Acceptance with Cronbach's Alpha is 0.847 according to the six factors of positive functioning.

PROCEDURE

At first topic was formed then made hypothesis in order to conceptualize the study in the light of literature review. The rules and regulations of the ethical committee of university and rights of participants were followed while conducting the research. Prior to data collection written informed consent (attached) was taken from all the research participants. All information and data collection was kept confidential. The subjects informed that there are no disadvantages or risks on the procedure of the study. Data was collected during the COVID 19 pandemic situation from Sept 2020-Jan2021. All the safety measures and precaution/ SOPs were strictly followed during this process. These SOPs included social distancing, avoidance of hand shack, and using sanitizers frequently. Data was collected in small groups of two or three players to follow all the SOPs. Free of cost face mask, hand sanitizer, pen, pencils, and questionnaires were provided to the participants.

DATA:

ANALYSIS PROCEDURE:

Data was analyzed using SPSS (23.0). Descriptive analysis was used to compute Frequencies, Means and Standard Deviations to explain the characteristic of the sample. A Pearson correlation was used to determine the association of different variables at the 0.05 level of significance. The level of significance was kept at 0.01 to test all the hypotheses.

RESULTS:

Table No. 01
Game of Interest

Games	Frequency	Percent
Basket Ball	26	26.0
Volley Ball	18	18.0
Table Tennis	8	8.0
Badminton	18	18.0
Cricket	30	30.0
Total	100	100.0

Figure No. 01
Game of Interest

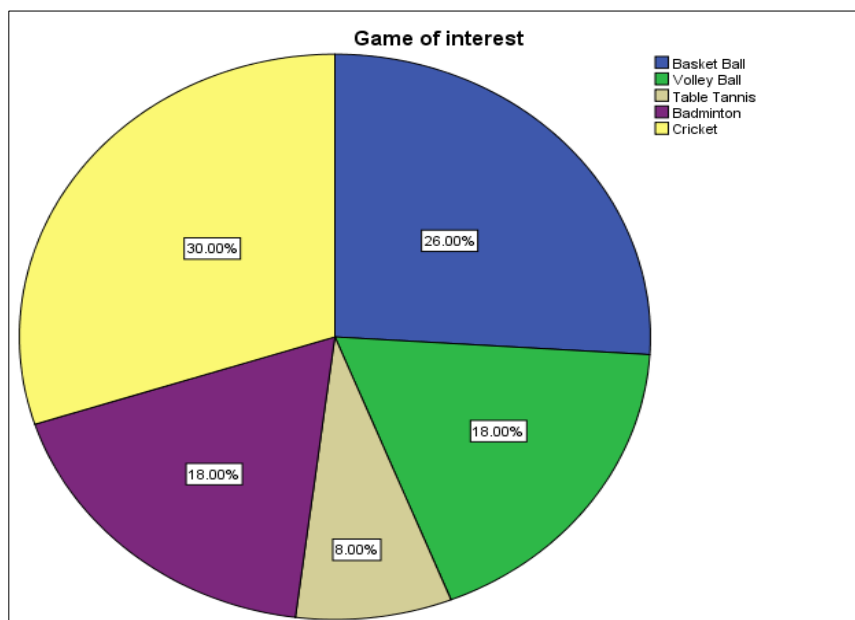


Table No. 02
Age of Participant

Games	Frequency	Percent
Less than 1 year	21	21.0
1 year	22	22.0
2 year	26	26.0
More ten 2 year	31	31.0
Total	100	100.0

Figure No. 02
Age of Participant

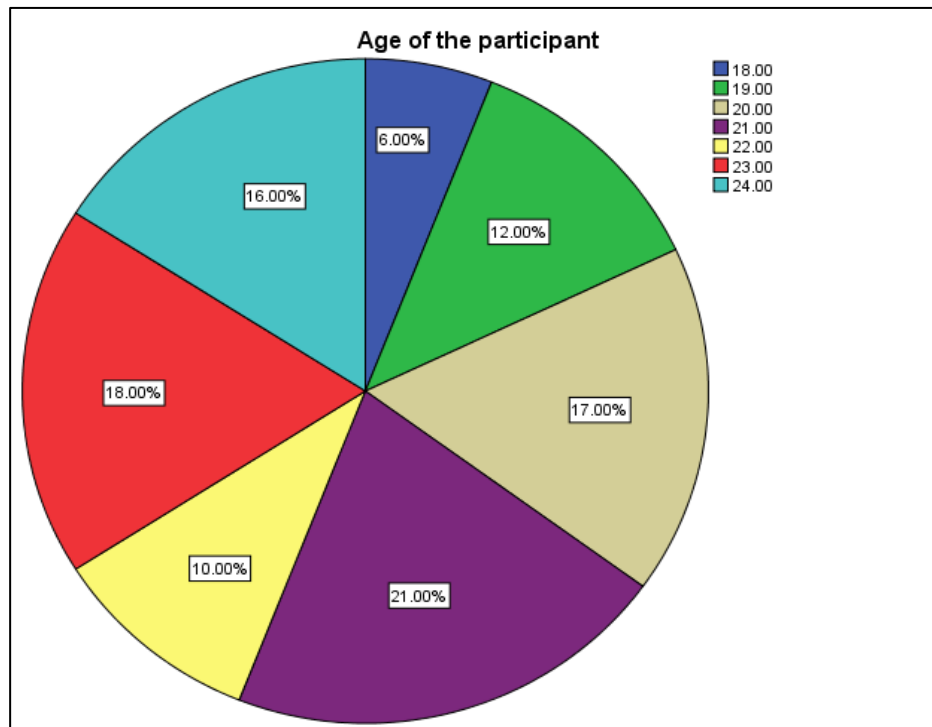


Table No. 03
Reliability Assessment of Passion and Psychological well-being

Scale	No. of Items	Cronbach's Alpha
Passion Scale	14	0.675
Harmonious Passion	7	0.664
Obsessive Passion	7	0.548
Psychological Well-Being	54	0.961
Positive relationships with others	9	0.695
Autonomy	9	0.627
Environmental master	9	0.876
Personal Growth	9	0.649
Purpose of life	9	0.777
Self-Acceptance	9	0.847
Over all	68	0.961

This table shows that the reliability of the passion and psychological well-being (PWB), the passion scale have the Cronbach's alpha value 0.675, is further divided into two subscales harmonious passion (HP) and obsessive passion (OP) which having the reliability 0.664 and 0.548 respectively.

This table also shows that the reliability of the (PWB), scale have the Cronbach's alpha value 0.961 is further divided into six subscales positive relationships with others, autonomy, environmental master, personal growth, purpose of life and self-acceptance which having the reliabilities 0.695, 0.627, 0.876, 0.649, 0.777, 0.847 respectively. This table also shown that the overall reliability of (PS) and (PWB) according to the Cronbach's Alpha the overall value is 0.961, which is excellent.

Table No. 04
Normality check of Passion and Psychological Well-being Scale
(N=100)

Scales	Shapiro-Wilk		
	Statistic	df	Sig.
Passion Scale	0.99	100	0.67
Psychological Well-Being	0.98	100	0.21

The Shapiro-Wilk test was used for analyzing the normality of (PS) and (PWB) scale. Shapiro Wilk test is significant value of passion scale which is 0.067 and (PWB) scale is 0.216 which is greater than 0.05 that shows the data is normal.

Table No. 05
Reliability Assessment of passion and psychological well-being

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Table No. 06
Normality check of Passion and Psychological Well-being Scale
(N=100)

Scales	Shapiro-Wilk		
	Statistic	df	Sig.
Passion Scale	0.99	100	0.67
Psychological Well-Being	0.98	100	0.21

The Shapiro-Wilk test was used for analyzing the normality of (PS) and (PWB) scale. Shapiro Wilk test is significant value of passion scale which is 0.067 and (PWB) scale is 0.216 which is greater than 0.05 that shows the data is normal.

Table No. 07
Mean and standard deviation of Psychological well-being (PWB)
and Passion scale

Items	Mean	SD
Passion	3.56	0.55
Obsessive Passion	3.62	0.74
Psychology Well Being	3.58	0.70
Mean Autonomy	3.57	0.60
Mean Environmental Mastery	3.54	0.92
Mean personal Growth	3.62	0.60
Mean Positive Relation with others	3.59	0.66
Mean Purpose in life	3.57	0.73
Mean self-Acceptance	3.63	0.85

This table shows that the proposition of student participants in (OP) of female athletes the (PS) Mean is 3.56 and SD is 0.55 and sub scales were also respectively show the prevalence level with (OP) 3.62 and (PWB), overall Mean is 3.58 and SD 0.70 and subscales are also respectively show the prevalence level with PWB Mean Autonomy is 3.57, SD 0.60, Mean Environmental Mastery 3.54 and SD 0.92, Mean Personal Growth 3.62, SD 0.60, Mean Positive Relation with Others 3.59 and SD 0.66, Mean.

Table No. 08
Correlation of obsessive passion (OP) with sub scales of psychological well-being (PWB).

	Sub-Constructs	1	2	3	4	5	6	7
1	Autonomy	1	0.812**	0.863**	0.863**	0.859**	0.854**	0.295**
2	Environmental master		1	0.910**	0.930**	0.957**	0.951**	0.350**
3	Personal Growth			1	0.893**	0.922**	0.930**	0.270**
4	Positive relationships with others				1	0.942**	0.952**	0.359**
5	Purpose of life					1	0.942**	0.952**
6	Self-Acceptance						1	0.374**
7	Obsessive Passion							1

** Correlation is significant at the 0.01 level (2-tailed).

The Correlation coefficient of this study variables are listed in the table and showed that the (OP) is positive correlated with (PWB). OP is strongly positive correlate with Autonomy (0.812**), Environmental master (0.910**), Personal Growth (0.893**), Positive relationships with others (0.942**), Purpose of life (0.942**), Self-Acceptance (0.374**) respectively.

DISCUSSION

Obsessive Passion is always associated with maladaptive behavior. People with OP, on the other hand, tend to lose control over activity and get into conflicting situations. The internal pressure to participate in the activity that these individuals with OP experience results in a more rigid form of engagement, causing conflicts between different areas of an individual's life as reported by (Forest, 2011). The findings of the present study with female athletes are not in line with the DMP. People with OP experience an uncontrollable urge to participate in an activity, which makes it very difficult for the person to completely disconnect from keep thinking about the activity, leading to conflict with other activities in the person's life. These conflicts cause avoidance behavior and the person begins to avoid participating in other life activities (Hofmann, 2014). Thus, the person remains mentally rotten, which can permanently contribute to burnout as reported by many research scholars (i.e., Aghdasi, 2014; Fornmell, 2017 & Lafrenière, 2013). OP is not supposed to have a positive relationship with health and PWB. These findings raised many questions, which will be discussed in the following section.

Obsessive passion, according to its controlled internalization, is associated with a series of negative outcomes. For example, OP is correlated with higher socially prescribed perfectionism, lower overall self-esteem, intrapersonal conflict, inflexible commitment, and burnout as reported by Aghdasi, (2014). It also corresponds to lower self-esteem, low level of motivation and low level of self-acceptance (Chamorro, 2015). Importantly, the findings of the present study indicate that OP is positively related to all six dimensions of PWB, which means that OP is playing an important role in the development of PWB of female athletes. This is particularly important to note because, the effect of passion on positive states is indirect and operates through important motivational mechanisms (Vallerand 2012).

Though Obsessive Passion is caused by a controlled internalization of an activity mainly due to external pressures to participate in the activity as stated by Vallerand. It can also arise when there are certain internal contingencies associated with passion, such as feelings of self-acceptance that an individual derives from the activity (Kerstin, 2017). As claimed by Vallerand (2012), the OP for activity begins to emerge; the desire to perform and continue these activities becomes uncontrollable. Hence, it leads to internal pressures within an individual and causes him to continue with the desired activity. The activity begins to consume a disproportionate amount of time for an individual, which can become detrimental as it causes an individual to continue the activity even when it is in conflict with other aspects of a person's life. The individual may continue to spend an inordinate amount of time on activity and resultantly, it may become compulsion the way gamblers do even if they at the losing end (Moeller, 2015).

The findings of this study indicated that OP is positively correlated with different sub-scales of PWB at 0.01 levels. A significantly positive correlation was found with Autonomy ($r=0.812$), Environmental Mastery ($r=0.910$), Personal Growth ($r=0.893$), Positive relationships with others ($r=0.942$), Purpose of life ($r=0.942$), and Self-Acceptance ($r=0.374$) respectively. All these variables will be discussed one by one in detail in the following section.

The results of the present study indicated a positive association between OP and Autonomy, which is not consistent with the concept of DPM. The findings of this study can be justified on the basis of a few studies from the literature. Autonomy is related to acting from interest and integrated values. When autonomous individuals experience their behavior as an expression of themselves, even when their actions are influenced by external sources, the person looks at those influences feeling both initiative and value with respect to them (Anglim, 2020). Autonomy is often confused with the fairly similar term independence, which means

not being dependent on external sources or influences, but SDT considers that there is no antagonism between autonomy and dependency (Youngman, 2014). In fact, one can quite autonomously approve values that others have requested. On the other hand, one can rely on others for directions or opinions in such a way that autonomy is not sustained as occurs with mere compliance or conformity (Boekel, 2016). In a study by (Wincent, 2016) it was concluded that autonomy facilitates self-determined motivation and sports performance. Denson, (2015) showed that athletes' perceptions of autonomy support, mastery focus, and social support from their coaches, which predicted their satisfaction of autonomy, competence, and affinity needs, respectively. The findings suggest that aspects of the social environment may be important in fostering PWB.

In the present study, it was OP, which is also related to the environmental mastery. A possible reason for this relationship could be that the environment of the sample taken in this study is extremely competitive, characterized by internal beliefs about self-motivated and determined to improve their sporting performance compared to other teammates and does not disappoint loved ones and have the ability to cope with external pressures such as the family, coaches and peers to dominate their environment in the case of female athletes, as established by Curram, (2018). If a young athlete feels competent, she may feel more pressure from external sources to improve her sporting performance as compared to her teammates and not disappointing the people of her closest environment that involves the coach, family and friends (Philippe, 2009). These reasons are more controlled than autonomous, and the athlete could develop an ego-inverted process, more characterized by OP than by HP (Vallerand, 2012). Later, OP causes the alteration of adaptive concentration without cognitive abilities (Gould, 2015). Furthermore, it appears that the satisfaction of the athletes with the exception of the relationship does not have a negative influence on the domain of the environment through OP either. In other contexts, other studies have suggested that it is possible that,

although PWB facilitates HP, the frustration of needs would imply an impact on the development of a positive relationship between OP and environmental mastery (Dennis, 2013).

Like other dimensions of PWB, there was a positive relationship between OP and Purpose in life. Purpose in life is the primary persuasive standard of the individual as the battle for a feeling of fulfillment and mental soundness (Hayes, 2017). Tending to purpose in life also struggling for a sense of satisfaction. Ryff and Singer, 1998 shows its relationship with the idea of fulfillment with life. As an idea that can likewise be characterized as how an individual assesses his life as being positive as per his own models, it is additionally an intellectual and critical cycle (Lalande, 2017). Fulfillment with life is a result accomplished by people looking at what they have and what they need to have in their lives (Mark P. 2013). Positive feelings coming from the result allude to fulfillment with life while negative feelings are about disappointment. Purpose in life incorporates life fulfillment, insight and experience of direction, and projection of future objectives, all of which suggests self-acknowledgment, area of the climate, self-improvement and crucial purposes. As to, purpose in life can contribute altogether in general PWB.

OP must stimulate a lower level of positive emotions and the ability to maintain positive relationships with others because OP arises from a controlled internalization, with a series of attached possibilities as reported by Weare (2015). These possibilities arise from the need to validate one, and thus OP instills a highly involved ego functioning (Sumner, 2015). Such ego involvement leads to defensive, aggressive and morally questionable behaviors, especially when the identity of an individual is threatened, as stated by Dmitrieva, (2015). As a result, OP is likely to undermine perceptions of positive relationships and thus impede athletes' positive emotions and feelings.

Unexpectedly, the findings of the present study revealed that OP also shared a positive correlation with positive relationships. This finding goes against the predictions of the DMP, which holds that OP is problematic in developing positive relationships. It is possible that OP may have a complex relationship with positive emotion, particularly in the achievement of goals. This could be because OP can accelerate high levels of effort, and therefore achievement, based on its highly energizing ego involvement (Curran, Thomas & Hill, 2015). In the short term at least, the achievement that athletes with OP enjoy may predispose them to higher levels of positive emotions and relationships. Several researchers (Gullu, 2016; Diener, 2017; Malm, C., 2019), support this idea, that OP and performance interact to produce high levels of self-esteem and satisfaction under conditions of success. As long as the participants in the present study were satisfied with their goal progress in sports, the perceived ability promoted by OP may have produced higher levels of positive effect on positive relationships.

The results of one study by Markus, (2017) showed that, in real life, people with OP actually experience a better degree of self-acceptance that are more closely associated with their performance and passionate activity compared to people without OP. These results confirm that people with OP appear to be more reactive to performance signals in their passionate activity than people with HP. In general, these findings support the hypothesis of Mageau and Vallerand (2007; Mageau et al., 2009; Vallerand et al., 2003) by suggesting that the two types of passion can trigger different self-related processes suggesting that people with a more OP may rely more on their activity to gain self-acceptance. In contrast, HP does not seem to systematically trigger such self-related processes. These results deepen the understanding of the detrimental impact of OP by suggesting the fundamental role of self-acceptance contingencies in the phenomenological experience associated with this type of passion.

CONCLUSION

The present study examines the relationships between obsessive passion and psychological well-being in female athletes. The findings of the present study showed a positive association between passion and PWB, which is in line with previous research. OP is strongly positive correlate with Autonomy, Environmental master, Personal Growth, Positive relationships with others, Purpose of life, Self-Acceptance respectively.

RECOMMENDATIONS AND AREA OF FUTURE RESERACH

- Obsessive Passion and personality of sports students can be important aspects which should investigated in future.
- Role of Obsessive Passion and attention can be helpful to improve performance in sports.
- Positive role of obsessive Passion is an important construct which play significant role in maintain quality of life of people related to sports.

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