



**International Journal of Biology, Pharmacy
and Allied Sciences (IJBPAS)**

'A Bridge Between Laboratory and Reader'

www.ijbpas.com

**ASSESSING EGO INTEGRITY IN FORMER NATIONAL FOOTBALL LEAGUE
PLAYERS: A Q-METHODOLOGY STUDY**

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ABSTRACT

Ego integrity is the final step of human life cycle which is described by Erikson. In older age, he noted that people review the past, trying to make sense of it and come to terms with their own mortality. The purpose of this study is assessing the ego integrity of former players (former national of football league player) after world championship farewell using the Q methodology. Q methodology is used to examine individual perceptions. 50 person of former football players with mean age ($x=60/25$), 23 questions ego integrity take from sample of Q sort completed in voluntarily in 3 statement , enjoying a peaceful life, to attain the highest values of life and satisfaction after world championship farewell. Results of factor analysis techniques using Q-method showed that former players believed they have done the best care of their children, they felt that they have had tough behind, and they also have financial needs. Also results showed that level of their exercise is limited. In overall, results of research showed that away from

the world championship has not hurt the former players and they felt that the present life and the farewell world championship are also enjoyable.

Key words: Ego integrity, former football player, Q-methodology

INTRODUCTION

Since getting older lead to a sudden increase in the resignation and retirement, the importance of early middle age and aging issues has been developed to significantly [1]. Everyone is facing challenging situations in life, many psychologists believe that by maintaining these moments people can realize the value of life and move toward achieving a valuable character [2]. According of some evidence King (2001) cited that only by facing difficult experiences in life and combine them with a greater understanding of self-understanding, adults' characters are developed and matured. Erikson (1980) produced a comprehensive framework detailing the developmental concerns, or tensions, throughout the entire life cycle. In adulthood, people refer to their past and try to make sense of it and make these things into their own life and damping .In older age, he noted that people review the past, trying to make sense of it and come to terms with their own mortality. Those who succeed develop a more complex and holistic self-understanding, which

Erikson termed "ego integrity." In contrast, those who do not come to terms with their past and accept their lives, experience what Erikson called "despair." Subsequently, many psychologists have used Erikson's conceptualization of ego integrity to guide their research, whether directly applying his theory to improve the lives of older adults through therapy, testing its validity or using it as a springboard to develop new theories [1]. Chang & et al. (2004) showed that ego integrity in adults is the demonstration of some features and qualities such as: the psychological condition in which a person can be achieved in successful preferences of next life and develop the task of previous life, be matured over throughout of life, serenity to accept the opinion of others, match psychology of mental- social, satisfaction of relationship of one generation to another (relation between generations), having control over the assets of life, as well features of recognition, acceptance, having the sequence of wishes, be satisfied,

having harmony and positive attitude in life are defined as a result of ego integrity. Ego integrity is considered as a concept in throughout of individual life [3 & 4]. Song chung (2008) conducted a research on Korean old people , came to the conclusion that ego integrity has a close relationship with social and cultural environment in which a person is faced with throughout of life [2]. Kewell (2011) also conducted another study using the Q- method and concluded that differences in ability of rational thinking in old ages people is depend on experience and personality that a person achieved in his life [5].

Christian, violent and mokmal (2001), Grooter (2002) , ROE and KAN (1997) stated that success in old age consists of three main components: 1- to reduce the risk of disease and illness and disability of movement, 2- great understanding of physical performance capacity, 3- having an active life. These components have more focus on the quality of the next life and more on the ego integrity as concept of life cycle. Access to information about the welfare of professional athletes is an appropriate way to assess their understanding of themselves, about sustainable peace,

prosperity, abilities and quality of their life after retirement from professional sport, also it's understanding the expectations of welfare dependent, values, past experiences and transfer them into the present life that leads to self-evaluation and compliance with various people in the life [6]. In most cases, evaluating the integrity is contained of close-ended questions, although these measures of evaluation are strong in analysis of results and their controls are also simple, but they cannot easily achieve to complex structure like integrity. Q-method comes from the same psychological theory on factor analysis. But wiliam Stephenson believed that this method has the ability to answer of quite different questions about the nature of different issues and topics. Stephenson had reached to the idea of Q-method when he was working with Spearman and he employed it to specify a set of philosophical ideas, psychological, statistical, and psychometric research that has focused on the individual [7]. Q-method is a way to rank things (the females, stimulants, etc) and then assign numbers to subsets of things for statistical purposes. One of the most amazing features in access of information is by understanding its

aim, description and reflex ion of life experiences according of their ideas and applies them to the present life [8]. As concerns, rich collection of concepts underlying integrity using Q-method is essential to create the appropriate structure for transport and previous experience of playing sports of former football league, this research had examined this hypothesis “how is the ego integrity of former football player after farewell”.

MATERIALS AND METHODS

This study due to the use of Q methodology to identify the attitudes and perceptions of former football player is a kind of quality and quantity research. Q factor analysis is a method that is used for analyzing data from sorting participants in the study. In this method, participants are classified into groups with similar mentality. In fact, based on this method is calculating the correlation between participants. The greater correlation between two participants shows the closer mentality between them. So we are expected a group of people who are in a group are those who have high correlations two by two. First environment of discourse related to research were collected through interviews within 50 former football players. For this purpose, they

were asked to express their opinion about their ego-integrity in words. Statements derived from the interviews were categorized and rewritten and eventually, 23 different sentences were chosen to conduct this research. After that 50 former football players, different in championship level and participating in terms of international sports were selected by purposive sampling and they were asked to rate their agreement and disagreement with arranging 23 aforementioned sentence in Q sort on a range of 7 degrees. The validity of statements were approved by similar degree to which participants were given and also face validity were approved due to high level of participants' satisfaction in terms of capacity and capability of sentences to show their mentality. The reliability of these sentences is also gotten by pilot study (cronbach's alpha equal to. /91). In the next step, factor scores were computed and based on that factor loading were defined for the interpretation of individual subjectivities. 95% confidence level was used for conducting the Q factor analysis and calculation of factor scores.

RESULTS AND DISCUSSION

Descriptive results showed that the average age is (SD=4/43, X=60/25), and most of them have high school and diploma degree levels. Also the average income level is low (table 1). Descriptive results of Q factor analysis were led to identification of three factors (enjoy a peaceful life, to achieve the highest level of life despite of great odds, satisfaction of life after farewell championship) about integrity among participants. The data is shown in table 2. Based on factor loading, the level of agreement and disagreement was used by sentences strongly agree to strongly disagree for naming subjectivities.

Enjoy a peaceful life: In this view, former players who believed that they have provided the best conditions for caring children, they have positive view about various issues and current life is a reward of purity of the time of playing sports for them. (+3 for statements of 2, 13 and +2 for statements of 1, 15, 17). Also they felt that they passed the tough conditions and they are in financial needs (-2 for question of 6 and -1 for question of 16).

Achievement to the highest value of life despite of adversity: in this view,

former payers believed that they accept the unfortunate issues much easier in compare of youth life when they were playing sports; they have been reliable person throughout life and during an argument with people they are looking for a way to compromise. (+2 for statements of 3, 12, and 19). They were upsetting that they are dependent on others for living. In behaving with others, they had less forgiveness compare of their youngness. Level of their sports activities is limited. They didn't feel the needs of amassing wealth and for the reason of their faded reputation and officials they needed to revise their dreams (-3 for statements 4, 18, 19 and -2 for statements 5, 8).

Satisfaction of life after farewell world championship: In this view former players believed that they had feeling of love and comfort to their teammates, away from world championship was not hurt former players, they felt that presence life is pleasure after farewell to world championship (+3 for statement 11 and -2 for statements 20, 21). They fairly agree to return to football field as a coach or other authorities. They felt that sometimes playing football keep them fresh and lively. (+2 for statements 22, 23).

Table 1: Individual characteristics of participants

variable	Number	Standard deviation	Mean	Maximum	Minimum
Age	50	4/43	60/25	66	53
Number of children	50	0/502	2	3	1
Level of education	50	0/695	2/2	Master degree	High school degree
Level of income	50	0/444	2/25	good	average

Table 2 : Factor loading q sort football retirement players

Sr No.	Relevant Statements	Factor 1	Factor 2	Factor 3
1	I was playing sports with sincerity and presence life is the rewards of this sincerity.	+2	+1	+1
2	I have done the best conditions for caring my children	+3	0	+1
3	I accept horrible issues than youth that I was playing sports.	-2	+2	+1
4	In treat with others, I have less forgiveness than youth.	0	-3	+1
5	Levels of exercise have been limited, because health problems.	0	-2	-3
6	I can say my life has been very difficult and unpleasant.	-2	+3	-1
7	I'm glad that I'm not dependent on others for living.	+3	0	-1
8	I don't need to accumulate wealth	+3	-2	0
9	I need a lot of money for doing my works.	+1	-1	0
10	When after championship nothing will satisfy me, I have to revise my dreams.	-1	+3	-3
11	I believe that love and comfort of my teammate can be very effective for me.	0	+1	+3
12	I have been trustworthy person throughout my life	+1	+2	0
13	As possible I am positive about various issues.	+3	+1	-1
14	I don't fear of death and I hope to die calmly.	+3	0	+1
15	I belief in life after death, so I'm trying to keep away from evil.	+2	0	+1
16	I feel lucky because I have been able to help my family and people around.	_1	+1	0
17	I enjoy having a peaceful life.	+2	0	+2
18	Wealth and fame are less important anymore, because I feel there are some dreams that I couldn't achieve them.	-1	+2	-3
19	I am looking for a way to compromise others during arguments	+1	+2	-3
20	I think, getting away from world championship has annoyed me.	+1	+1	-2
21	I feel this present life is not pleasure after farewell of world championship.	-1	0	-2
22	I would like to back to football field as a coach or other authorities.	-1	0	-2
23	I feel if I sometimes play football, I would be lively.	0	0	+2

CONCLUSION

Reinterpretation of events through the life style plays a major role in assessment of life in old age group [9] The positive result of review of life has a feeling of pride and in conducting something have a sense of being better person [10 & 11]. The theory of integrity of Erikson (1980) refers to ability of people to accept the facts of life and to face with death without fear. Ego integrity includes the complex

process of conscious and non-conscious efforts of elderly who try in order to adopt their psychological aspects and to combine them for expanding their present life. Experimental researches on basis of Erikson's theory about people reviewing of life emphasis to this important point that the people who accept their past as a whole and more specifically along with their neglect to achieve a higher level of integrity. Age

of players is an issue that has been neglected in this research, especially the players who had been known earlier and had been noticed by media. Perhaps one of the reasons is the lack of continuity in the previous job and the conditions of retiring in present life [12]. Previous experience in former football players is applicable to adopt with a life after a period of retirement from professional sports, this adaptation originated from their personality and behavior before or after the arrival of the professional teams [7]. Webb and et al. (1995) showed that sense of satisfaction throughout life and after their retirement from sports is related to their sports experiences. Purpose of this study is assessing ego integrity of former football league players, using Q-method, in form of three factors. These factors are enjoying a peaceful life, to achieve the highest values of life and satisfaction after the farewell world championship. Results of the study showed that the being away from world championship cannot hurt former football players and present life and after farewell is also enjoyable for them. They relatively were favored to return to football field as a coach or other responsibilities as well. They felt,

they have done their best to provide the best care for their family. Also they felt that playing football every so often will keep them fresh and lively. The results of this research were comparable with the results of [6, 3 & 13] about satisfaction of former football players after farewell with world championship. Also, it was comparable with the research of Chang and et al [2] about achieving the highest value of life despite of hardship and satisfaction of relationship with generations.

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