

# A Study of the Current State of Student Athletes in Japanese University from the Perspective of Well-Being

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### Introduction

- Japan has started working toward improvement of the university sports in recent years is because its promotion is outlined in the Second Sports Basic Plan (JSA, 2017)
- In 2019, Japan Sports Agency (JSA) established the Japan Association for University Athletics and Sport termed as the UNIVAS which is said to be Japanese version NCAA. (MEXT, 2017).
- NCAA is an organization that manages collegiate athletics in the U.S. "WELL-BEING" is one of the priorities of NCAA
- University of Tsukuba (UT) created the Athletic Department (AD) in April 2018. The UT-AD started providing some support programs for developing their student athletes.
- There is no study about the impact of AD on student athletes since AD is a brand-new concept in Japan. Therefore, this research will examine whether the student support programs influence student athletes' well-being.

### Literature Review

- Well-being is the idea which includes several elements of life.
- Well-being score is used in various areas in the society
- Subjective well-being of university students is affected positively by having a fulfilling relationship, good condition of financial situation (Iwata, 2015; Sogabe and Motomura, 2010), "resources and the educational environment, personal goal achieving and extracurricular activities" (Mangelaja and Hirvonen, 2007) and the length of free time (Sasaki et al., 2018).
- Student-athletes who are not academically successful have the tendency to recognize their well-being as low (Okaura et al., 2020). Therefore, well-being is related to the quality of students' daily life.
- Well-Being 5 measures individual well-being from 5 elements such as purpose well-being, social well-being, financial well-being, community well-being, physical well-being (Sears et al., 2014).

### Methods

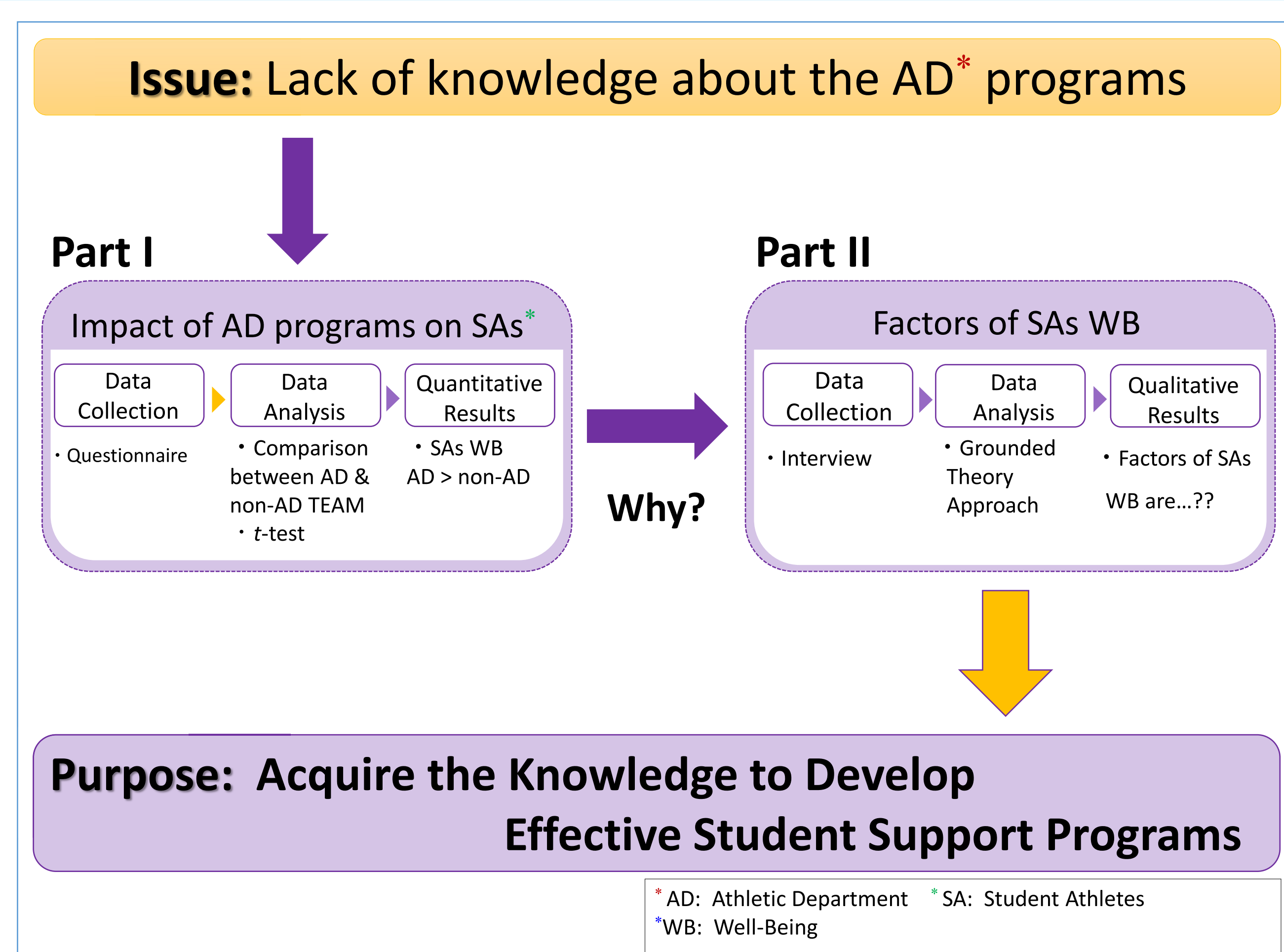


Figure 1 Research design

#### Part I

- The participants were 344 student athletes of University of Tsukuba. They consisted of 190 AD team students and 154 non-AD team students.
- Questionnaire survey was carried out using an online questionnaire tool.
- The WB 5 tool was used to assess well-being. It consisted of 10 questions. Each question was answered on a scale from 1 (strongly disagree) to 7 (strongly agree).

#### Part II

- The participants are 20 student athletes of University of Tsukuba.
- Interviews about factors of student athletes' well-being were conducted.

### Expected Result

- The well-being score of AD team student athletes is higher than non-AD student athletes.
- In the AD team, the well-being of support program participants is higher than non-participants.
- The support programs provided by the AD bring positive effect on student athletes' well-being.
- Interviews will help to understand the factors influencing the student athletes' well-being.

### Preliminary Findings

#### Comparison between AD teams and non-AD teams

- AD team student athletes had significantly higher WB score than non-AD team student athletes especially in social WB and community WB.

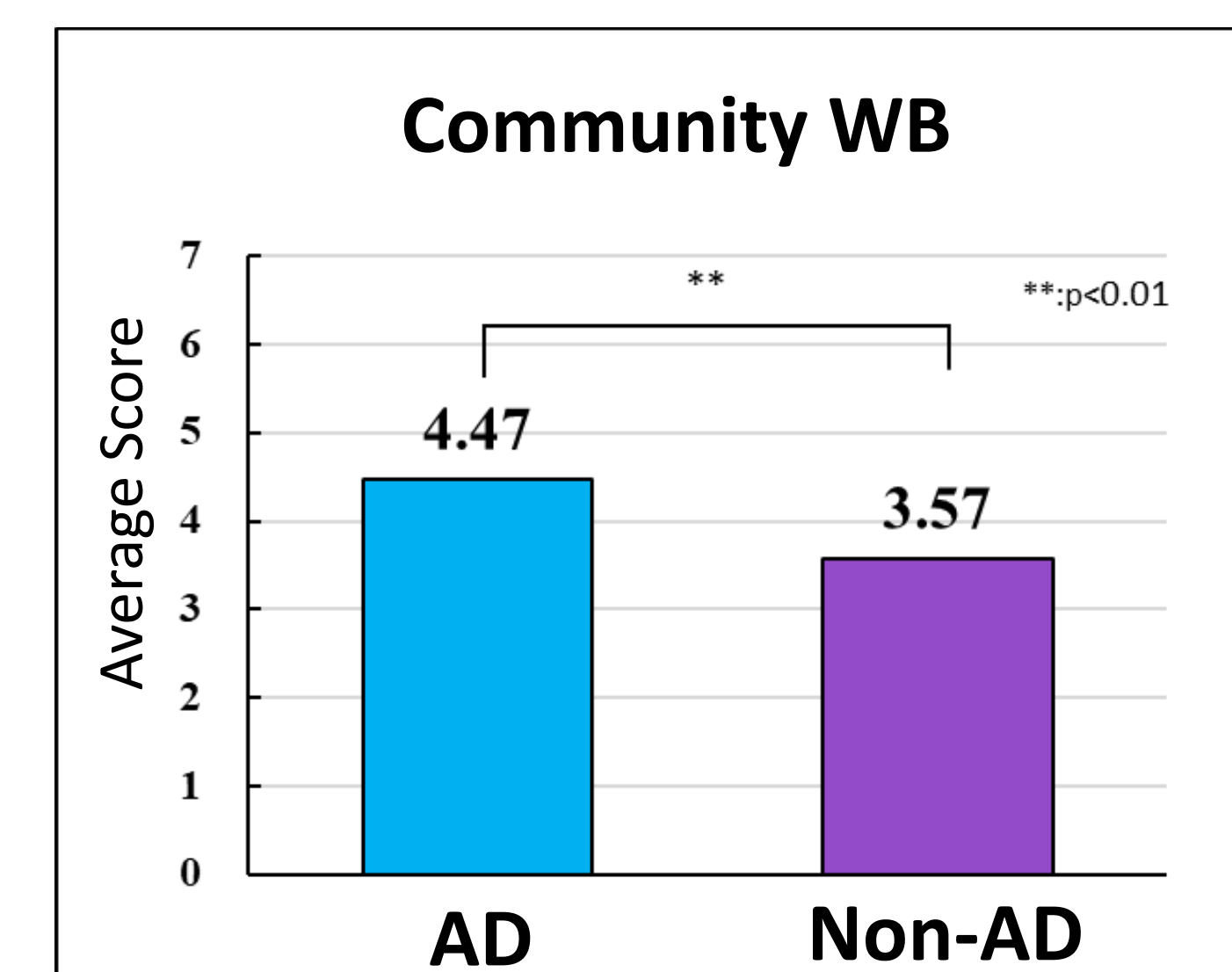
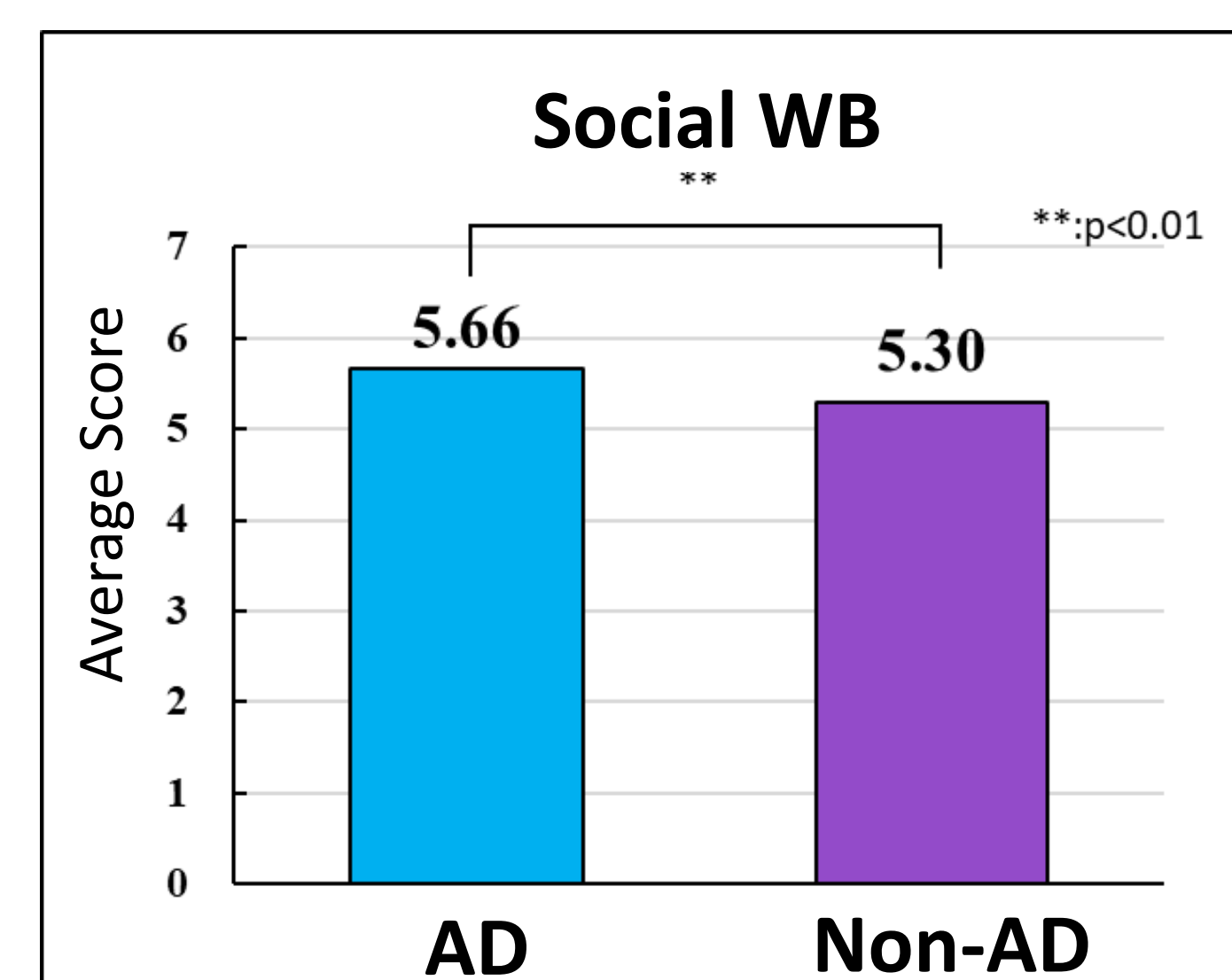
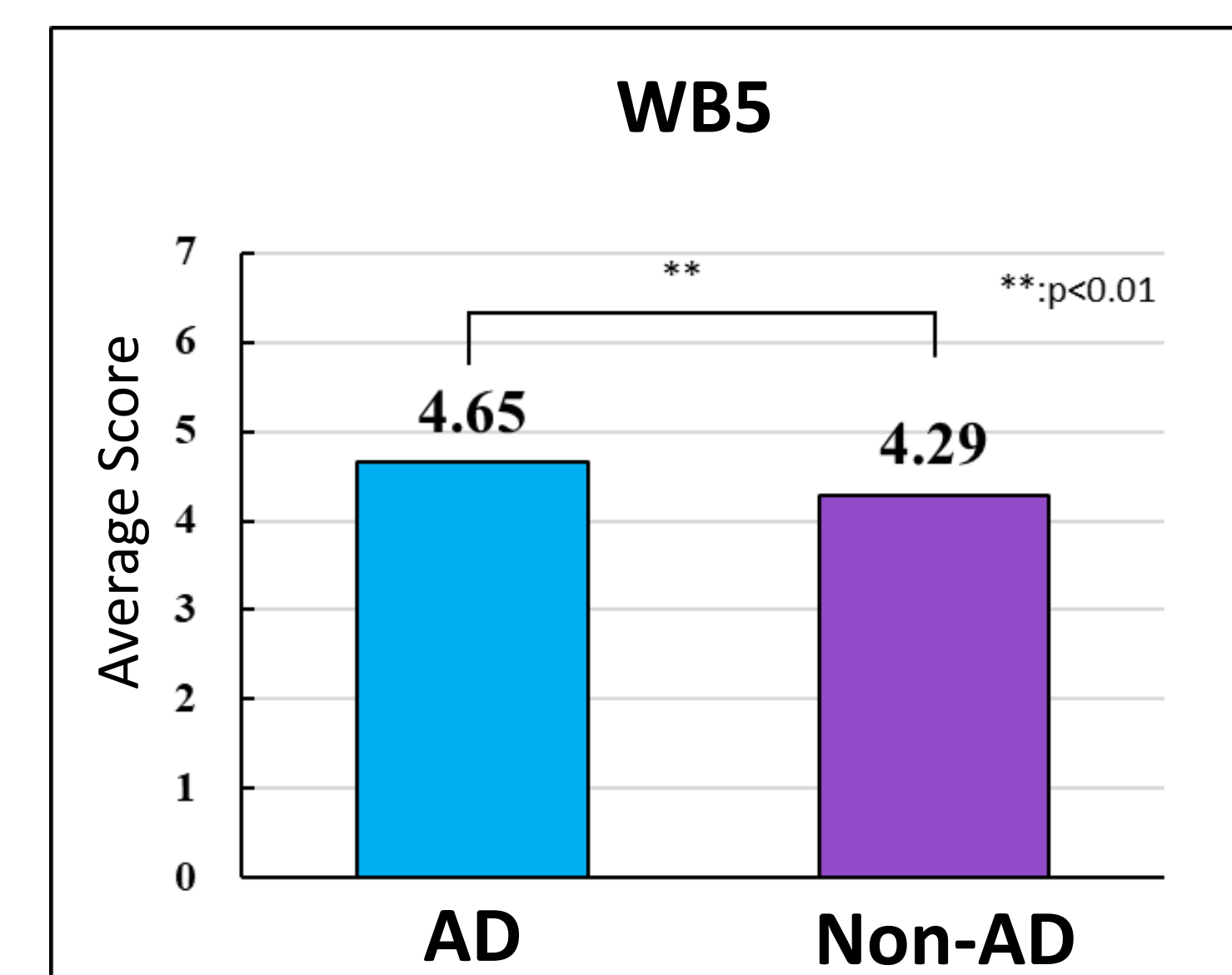


Figure 2. WB score comparison between AD teams and non-AD teams

#### Comparison between AD teams' students who participated in the program provided by the AD and non-participant students

- Student athletes who participated in at least one program had significantly higher WB score than the non-participants students.
- Comparing by each program, student AD supporter program participants had significantly higher WB than non-participants.

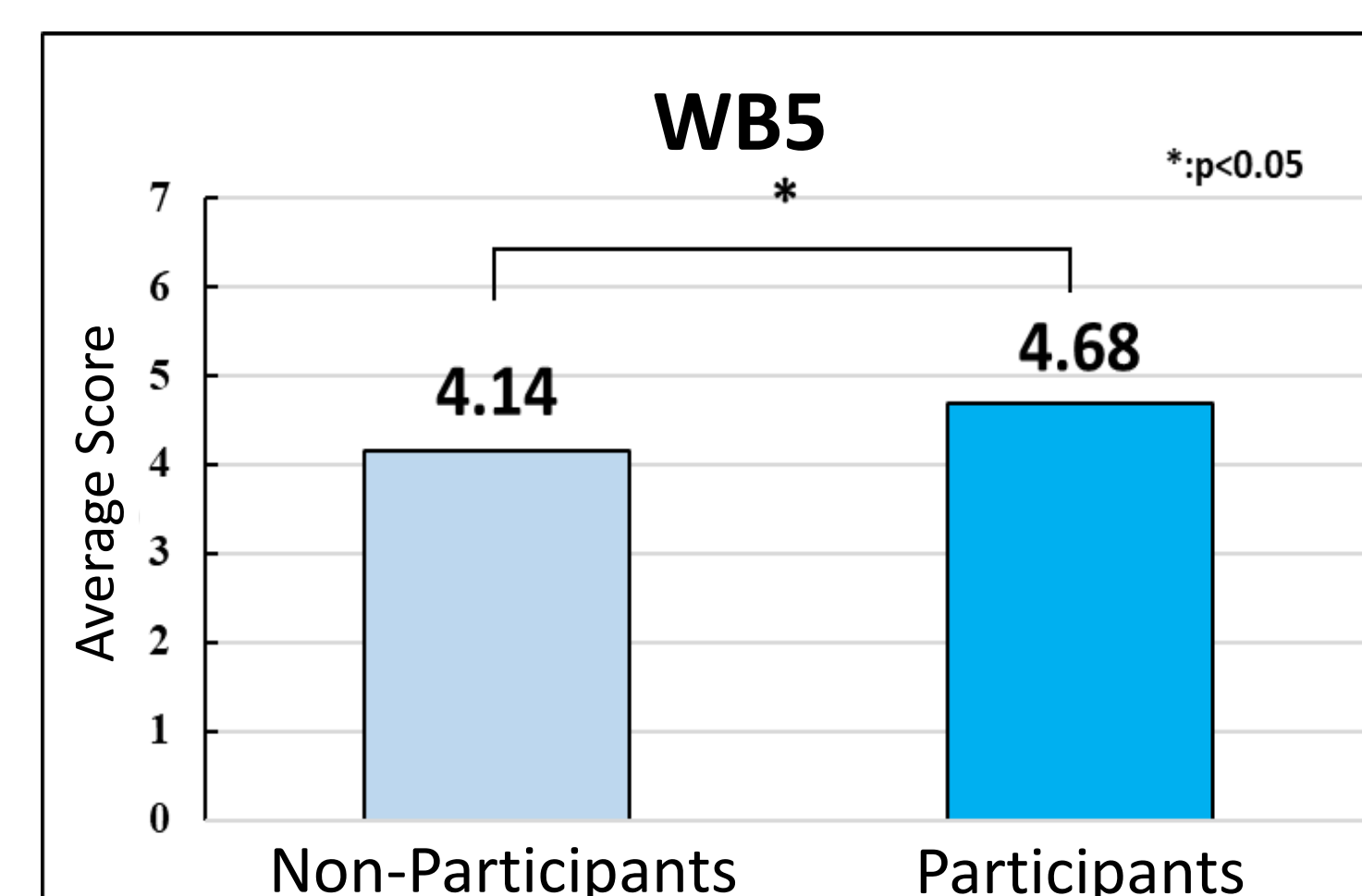


Figure 3. WB score comparison between the participants and non-participants of the AD support program

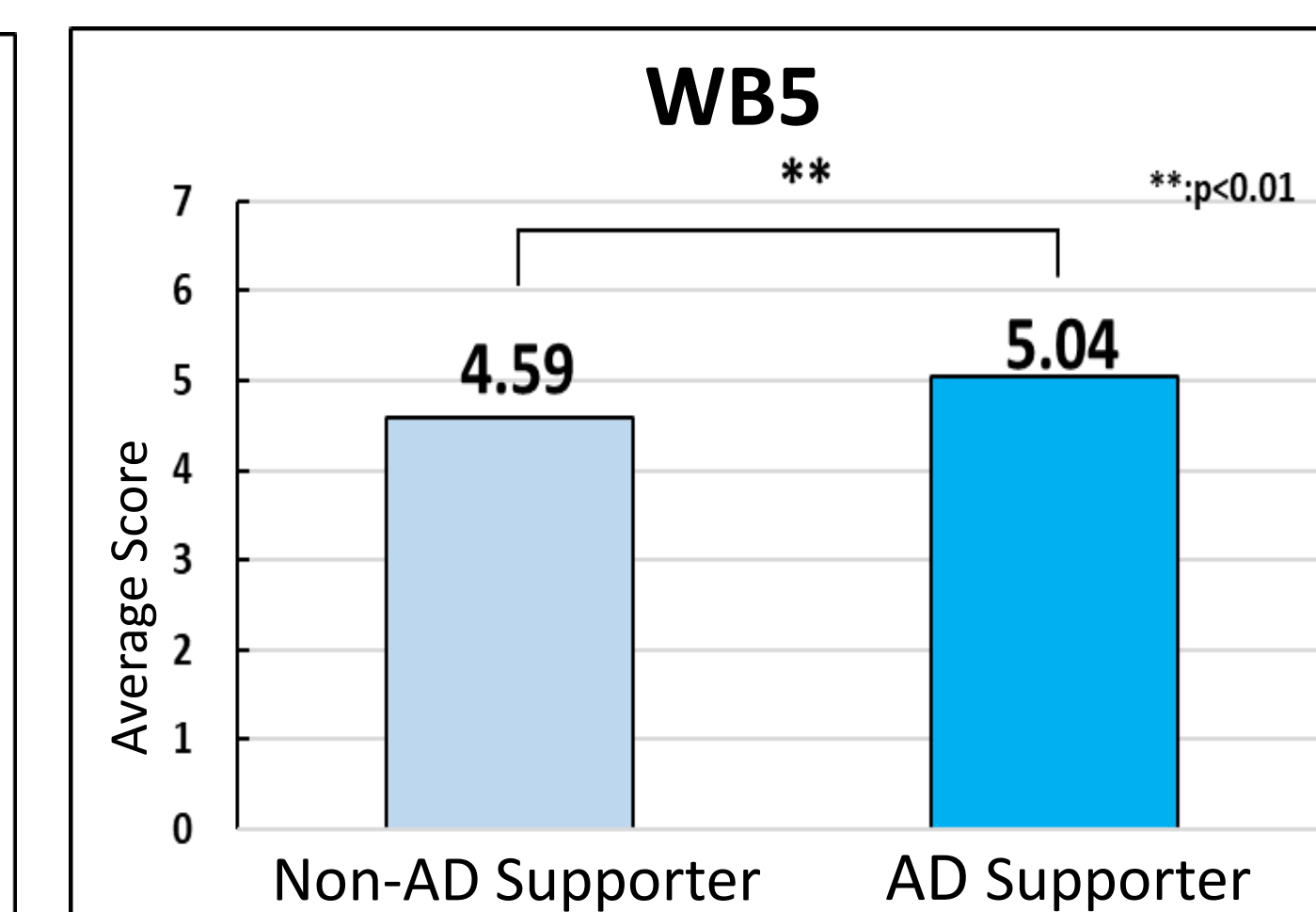


Figure 4. WB score comparison between the AD supporters and non-AD supporters

**'Findings suggest that the AD activities have some positive influence to increase student athletes' well-being'**

- In order to understand what does actually influences the student athletes' well-being, interviews will be conducted.