

A Comparative Study of the Lifestyle of Adolescent Female Athletes in Navsari City with Reference to Individual and Team Sports across Physical, Social, Emotional, and Motivational Aspects

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Abstract

The present study aimed to compare the lifestyle of adolescent female athletes participating in individual and team sports in Navsari City with reference to physical, social, emotional, and motivational aspects. A descriptive comparative research design was used for the study. The sample consisted of 60 adolescent female athletes selected from Navsari City, divided equally into two groups: individual sports athletes (n = 30) and team sports athletes (n = 30). Data were collected using the *Adolescent Girls' Lifestyle Scale* developed by Lokesh and Aman. The scale measures lifestyle across four dimensions: physical, social, emotional, and motivational aspects. The collected data were analyzed using descriptive statistics such as mean and standard deviation, and inferential statistics using the t-test. The results revealed that there was no significant difference between adolescent female athletes participating in individual and team sports across all four lifestyle aspects. The findings indicate that participation in sports, irrespective of type, contributes equally to the development of a balanced and healthy lifestyle among adolescent girls. The study highlights the importance of promoting sports participation for holistic development during adolescence.

Keywords: Lifestyle, Adolescent Female Athletes, Individual-Team Sports

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1. Introduction

Adolescence is a crucial stage of human development marked by rapid physical growth, emotional changes, social adjustment, and the formation of personal identity. For adolescent girls, this phase becomes even more significant as they learn to balance education, health, relationships, and self-expectations. Participation in sports during adolescence plays an important role in shaping a healthy and disciplined lifestyle. Sports not only contribute to physical fitness but also influence social behavior, emotional stability, and motivational strength among young athletes.

In recent years, there has been a noticeable increase in the participation of adolescent girls in sports activities in urban areas. Cities like Navsari provide better access to sports facilities, coaching, competitions, and institutional support, which encourages girls to engage actively in athletics. Adolescent female athletes often develop structured daily routines, healthier habits, and a sense of responsibility compared to non-athletes. Their lifestyle is shaped by regular training schedules, nutritional discipline, time management, and goal-oriented behavior.

Lifestyle is a multidimensional concept that includes physical, social, emotional, and motivational aspects of an individual's daily life. The physical aspect relates to fitness, health, stamina, and bodily well-being developed through regular training and exercise. The social aspect refers to interpersonal relationships, teamwork, cooperation, leadership, and social adjustment that athletes experience within sports environments. The emotional aspect includes emotional control, self-confidence, stress management, and resilience, which are often strengthened through competition and performance challenges. The motivational aspect reflects inner drive, achievement orientation, persistence, and commitment toward personal and athletic goals.

Among adolescent athletes, the type of sport they participate in may significantly influence their lifestyle. Individual sports, such as athletics, badminton, or swimming, emphasize self-discipline, personal responsibility, and individual performance. Athletes in individual sports often rely heavily on self-motivation, personal goal setting, and internal

emotional regulation. In contrast, team sports, such as volleyball, basketball, or hockey, foster cooperation, communication, shared responsibility, and group motivation. Team sport athletes are frequently exposed to social interaction, collective decision-making, and emotional support from teammates.

Due to these differences, it is important to understand whether adolescent female athletes involved in individual and team sports differ in their lifestyle patterns. A comparative study helps to identify how participation in different types of sports shapes various aspects of lifestyle. Such understanding can assist coaches, parents, educators, and policymakers in designing appropriate training programs, counseling strategies, and support systems for adolescent girls in sports.

Navsari City, being an emerging urban center with educational institutions and sports facilities, provides a suitable setting for such a study. Exploring the lifestyle of adolescent female athletes in this context offers valuable insights into the role of sports participation in promoting holistic development. Therefore, the present study aims to compare the lifestyle of adolescent female athletes participating in individual and team sports in Navsari City with reference to physical, social, emotional, and motivational aspects. This study is expected to contribute meaningfully to the fields of sports psychology, education, and adolescent development.

2. Lifestyle of Adolescent Female Athletes

The lifestyle of adolescent female athletes is shaped by regular physical activity, structured routines, and a strong focus on personal development. Participation in sports encourages healthy habits such as balanced nutrition, adequate rest, and physical fitness, which contribute to overall well-being. These athletes often follow disciplined daily schedules that help them manage both academic and training responsibilities effectively.

Socially, adolescent female athletes develop strong interpersonal skills through interaction with coaches, teammates, and peers. Sports participation promotes cooperation, teamwork, leadership qualities, and social adjustment. Emotional development is another important aspect of their lifestyle. Regular training and competition help athletes build self-confidence, emotional control, stress tolerance, and resilience in challenging situations.

Motivation plays a key role in sustaining their commitment to sports. Adolescent female athletes are generally goal-oriented, persistent, and driven by achievement needs. They learn

to set personal goals, overcome setbacks, and maintain a positive attitude toward success and failure. Overall, the lifestyle of adolescent female athletes reflects a balanced integration of physical health, social interaction, emotional stability, and motivational strength, contributing to their holistic growth during the formative years of adolescence.

3. Objective of the Study

To compare the lifestyle of adolescent female athletes participating in individual and team sports in Navsari City with reference to physical, social, emotional, and motivational aspects.

4. Null Hypotheses (t-Test)

H₀₁: There is no significant difference in the physical aspect of lifestyle between adolescent female athletes participating in individual and team sports in Navsari City.

H₀₂: There is no significant difference in the social aspect of lifestyle between adolescent female athletes participating in individual and team sports in Navsari City.

H₀₃: There is no significant difference in the emotional aspect of lifestyle between adolescent female athletes participating in individual and team sports in Navsari City.

H₀₄: There is no significant difference in the motivational aspect of lifestyle between adolescent female athletes participating in individual and team sports in Navsari City.

5. Methodology

5.1 Sample

The present study was conducted in the Navsari City area. The sample consisted of 60 adolescent female athletes, selected through a purposive sampling technique. The participants were divided into two groups based on the type of sport:

- Individual Sports Group – 30 female athletes
- Team Sports Group – 30 female athletes

All participants were actively involved in regular sports practice and competitions at the school or district level.

5.2 Tool

To collect data related to the lifestyle of adolescent girls, the Adolescent Girls' Lifestyle Scale developed by Lokesh and Aman was used. The scale was published by the National Psychology Corporation, Agra. This standardized tool measures lifestyle across four dimensions: Physical, Social, Emotional, and Motivational aspects.

Scoring Procedure

The Lifestyle Scale follows a five-point Likert-type format.

- For positive statements, scores range from 5 (Strongly Agree) to 1 (Strongly Disagree).
- For negative statements, scoring is reversed, ranging from 1 to 5.

Higher scores indicate a healthier and more positive lifestyle.

Distribution of Items

The scale contains a total of 48 items, including 34 positive and 14 negative statements. These items are distributed across four dimensions:

- Physical Aspect – 13 items
- Social Aspect – 13 items
- Emotional Aspect – 10 items
- Motivational Aspect – 12 items

5.3 Data Collection Method

Data were collected by personally administering the Lifestyle Scale to the selected adolescent female athletes after establishing rapport and ensuring confidentiality. Clear instructions were provided before administration.

5.4 Statistical Methods

The collected data were analyzed using Mean, Standard Deviation, and the t-test to compare lifestyle differences between individual and team sport athletes across the four lifestyle aspects.

6. Results

Comparison of Lifestyle Aspects of Adolescent Female Athletes (Individual vs. Team Sports)

Table: Comparison of Mean Scores of Lifestyle Aspects using t-test

Lifestyle Aspect	Group	N	Mean	SD	SED	t-value	Level of Significance
Physical	Individual Sports	30	42.15	6.20	1.52	1.12	Not Significant
	Team Sports	30	43.80	5.85			
Social	Individual Sports	30	39.60	5.90	1.47	0.88	Not Significant
	Team Sports	30	40.90	6.05			
Emotional	Individual Sports	30	31.75	5.10	1.28	1.05	Not Significant
	Team Sports	30	33.10	5.35			
Motivational	Individual Sports	30	36.40	6.45	1.61	0.96	Not Significant
	Team Sports	30	37.95	6.10			

The table presents a comparison of the mean scores of lifestyle aspects of adolescent female athletes participating in individual sports and team sports in Navsari City using the t-test.

For the physical aspect, the mean score of team sport athletes (Mean = 43.80, SD = 5.85) is slightly higher than that of individual sport athletes (Mean = 42.15, SD = 6.20). The obtained t-value is 1.12, which is not significant at the 0.05 level. This indicates that there is no significant difference in the physical lifestyle aspect between the two groups.

Regarding the social aspect, individual sport athletes obtained a mean score of 39.60 (SD = 5.90), while team sport athletes scored 40.90 (SD = 6.05). The calculated t-value of 0.88 is not significant, showing that both groups are similar in their social lifestyle.

In the emotional aspect, team sport athletes (Mean = 33.10, SD = 5.35) scored marginally higher than individual sport athletes (Mean = 31.75, SD = 5.10). However, the obtained t-value of 1.05 is not significant, indicating no meaningful difference between the two groups.

For the motivational aspect, the mean score of team sport athletes (Mean = 37.95, SD = 6.10) is slightly higher than that of individual sport athletes (Mean = 36.40, SD = 6.45). The t-value of 0.96 is also not significant.

Overall, the table reveals that no significant difference exists between adolescent female athletes participating in individual and team sports across all four lifestyle aspects physical, social, emotional, and motivational.

7. Findings

1. Physical Aspect

There is no significant difference in the physical aspect of lifestyle between adolescent female athletes participating in individual and team sports in Navsari City.

2. Social Aspect

No significant difference is found in the social aspect of lifestyle between individual sport and team sport adolescent female athletes.

3. Emotional Aspect

Adolescent female athletes from individual and team sports do not differ significantly in the emotional aspect of lifestyle.

4. Motivational Aspect

There is no significant difference in the motivational aspect of lifestyle between adolescent female athletes participating in individual and team sports.

8. Implications of the Study

The findings of the present study suggest that participation in either individual or team sports contributes similarly to the overall lifestyle development of adolescent female athletes. Coaches and physical education teachers can therefore focus equally on physical training, emotional balance, social skills, and motivation, regardless of the type of sport. Schools and

sports institutions may design common lifestyle enrichment and wellness programs for all female athletes. Parents and policymakers can also be encouraged to promote sports participation among adolescent girls, as both individual and team sports support balanced and healthy lifestyle development.

9. Conclusion

The present study concludes that there is no significant difference in the lifestyle of adolescent female athletes participating in individual and team sports in Navsari City with respect to physical, social, emotional, and motivational aspects. Both groups demonstrate similar patterns of healthy living, emotional stability, social adjustment, and motivational strength. This indicates that regular participation in sports, irrespective of the type of sport, plays a positive role in shaping a balanced lifestyle among adolescent girls. The findings highlight the importance of encouraging sports participation as a means of holistic development during adolescence. Sports activities help adolescent female athletes develop discipline, confidence, and resilience, which are essential for their overall growth. Therefore, equal importance should be given to both individual and team sports while promoting sports programs for adolescent girls.

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