

Phenomenon of Post Sport Career: Causes and Solution

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Abstract: People and even scholar tend to have more interest to discuss athlete who still active in athletic activities. Study concerning to post sport career is relatively smaller. Moreover, as 'profession' sport career is very specific comparing with others profession. The duration in which athletes involves in sport activities is quite short. Moreover, the possibilities and the number who failed in the middle career are overwhelmed. Surprisingly, only 1% of athletes who involve in competitive sport have an opportunity to reach a great attain. Hence, by using literature review approach this article trying to find out causes and solutions nay problems faced by post sport career athlete.

Abstrak: Hampir masyarakat umum maupun para cendikiawan lebih tertarik untuk membahas atlet yang masih aktif sebagai olahragawan disbanding dengan atlet yang tidak lagi aktif sebagai olahragawan. Sehingga studi yang berhubungan dengan atlet yang tidak aktif lagi dalam aktifitas pada cabang olahraganya relatif sangat sedikit ditemukan. Lebih jauh lagi dikatakan bahwa karir dalam profesinya sebagai atlet adalah sebuah karir spesifik karena durasi profesi sebagai atlet begitu pendek, dan kemungkinan kegagalan dalam karir sebagai atlet sangatlah besar. Oleh sebab itu, dengan menggunakan metode literature review tulisan ini mencoba ini mencoba untuk mencari berbagai penyebab dan solusi dari permasalahan yang muncul setelah atlet tidak berkarir lagi dalam cabang olahraganya.



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INTRODUCTION

Each year approximately 250,000 high school seniors participate in inter-scholastic basketball. Of these seniors, approximately 12,000 will receive college scholarships. Out of that 12,000 around 200 players will be drafted by the N.B.A.; but only about 50 will actually be offered a contract. Of these fifty, only five will eventually earn a starting position. Of these five, only two will stay in the N.B.A. for more than five years. Unfortunately the odds of making it big in any other sport are not much better". (strenghtplanet.com). Career sport termination is inevitable because many kinds of reasons. On one hand, termination from sport career for some athletes is running smoothly. On the other hand, some of them have difficulties after ending their sport career. Less capability to face this problem will have bad consequences in transition period because a long duration of absence from social interaction outside sport.

Hence, this critical review will reveal about causes and reasons to sport career termination, Problems who are faced athletes after sport career termination, how to cope the problems, and conceptual model for sport career retirement. This literature review refers from five journal articles that acknowledged academically and suitable to further discuss and analysis sharply to sport career termination. Generally, those five journal articles highlighted to post sport career issues. Furthermore, all these articles were research results that are conducted in some different countries such as East Europe Countries, ex-Russia, UK, and Australia. Interestingly, the result of some researches has shown similarities and some others have shown differences in dealing with the sport career termination, especially when they highlighted about difficulties in coping the transition period. The similarities were appeared primarily at the causes and intervention program which are applied to post athlete career termination.

METHOD

Analysis

Based on the literature review from five articles above, it is revealed that there are complicated problems faced by former athletes. There are many kinds of reasons why athlete retired from sport career and are variations of adjustment to cope these situations. It is found two different causes of retirement are voluntary and involuntary retirement. In terms of voluntary reasons, Natalia et al. (2005), she explained that injury, deselection, and aging are the predominant reasons for sport athlete termination. Although her research emphasized to the Australian athletes in terms of involuntary reasons, his finding seems to be logically accepted because it can be seen that her finding are supported by some previous researcher and the causes of retired athletes seems to be inevitable. It is also strongly accepted that in terms of voluntary reasons, sport system has an important role and responsible to the athletes who terminated from sport career involvement. For example, in Alferman's studies, it is revealed that the differences of sport system in managing sport have significant impact on the reasons why athletes terminated from sport career, for example, the differences reasons between Russia athletes and Germany athletes (Sport-related reasons, Job related-reasons, respectively).

On the other hand, dealing with retired athletes' adjustment, voluntary retired athletes have better adjustment than involuntary athlete (Lavalley et al. 1997). Moreover, planning retirement contributed to better adjustment (Alferman et al., 2004, Stambulova et al, 2005, Patricia, 2006).

DISCUSSION

Literature Review

The difference in finding in term of athletic identity that is found by Patricia (2006) suggested the athlete who has high athletic identity which was attributed by education background did not influence into

process of adjustment. It is believed, that athletes who have no academic background will have higher risks at the end of the sport career than those athlete who attributed by education background. In addition, refer to the two comparison studies on retirement (Alferman, 2002, and Stambulova, 2006). It is found that sport system and social-culture hold important aspects in which athletes maintain their athletic identity. In addition, Groove (1997), stated that the athletes who have 'denial behavior' needs more effort to struggle with adjustment. It seems to be clearly that the athletes who have higher athletic identity lead to higher in denial behavior. It is concluded that the higher athletic identity and denial behavior are twofold.

The more conducive the sport system and social-culture in encouraging and managing the athletes then it will bring effect to the higher of athletic identity. This finding is strongly supported by Groove (1997) who stated that adjustment among retired athletes was more affected by social and emotional factors than financial and occupational factors. It means that no matter how high the athletic identity is attributed the important thing is how they satisfied with their career. In terms of the difference model of post sport career retirement which are occurred in some countries, it is important to the sport systems to indicate the reasons and effect retirement among retired athletes. Consequently, the sport system has an important role and responsibility to provide interventions program post sport career appropriately.

CONCLUSION

1. There are two different reasons athlete retired from sport career: Voluntary & involuntary reasons.
2. The level of adjustment among retired athletes are better for those who retired voluntarily, while involuntary retirement is associated with significantly greater

emotional & social adjustment on career termination.

3. The level of adjustment among retired athletes are better for those who retired voluntarily, while involuntary retirement is associated with significantly greater emotional & social adjustment on career termination.

4. There is a more risk to career transition difficulties to those who maintain strong Athletic identity.

5. culture, sport system, political, economical aspects have a detrimental effect to sport career termination

6. Sport System has an important role and responsible to provide career termination program to the future retired athletes.

Final thought.

1. More successful retirements exist with their live; the difficulties of adjustment are exaggerated, because, nowadays, the athletes realized that they can not make a living solely from sport career.

2. Each profession needs to be high in identity including identity in sport performance. How could they can performed and motivated well and achieve a great attain without high identity?

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