

## **Review of Physical Wellness Challenges: For the Advancement of the University Athletes**

**K.G. Dushanthi Nilmini Nawarathna<sup>1</sup>, Dr. P. D. V. Charika Wickramarathne<sup>2</sup>**

<sup>1,2</sup> *Department of Sport Science and Physical Education, University of Kelaniya, Sri Lanka.*

**Abstract:** Maintaining good physical and mental well-being leads to a healthier lifestyle. At present, exercise, which is essential for maintaining physical wellness, shows a lower tendency for the entire community to participate in physical activity. The objective of this study is to determine how the challenges of wellness in athletics to athletes introduced in previous studies will affect the University of Kelaniya athletes. The Literary Survey on the Challenges of Physical wellness has provided a wealth of valuable information on this topic, and this study of the physical wellness of athletes was conceived based on previous literature. The study emphasizes that by identifying and managing these challenges in educational institutions by students and athletes, healthy athletes are created and sports performance is enhanced.

**Keywords:** wellness, physical wellness, sports performance, university athletes

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### **1. Introduction**

Well-being goes back to the very beginning of mankind, so well-being is as old as humankind because people have always intended to overcome the challenges and obstacles they face and improve their abilities to prevent disease. We all know that people living in prehistoric times enjoyed the comfort of water sitting in hot springs and that it helped prevent disease, (Global wellness institute), and today the global well-being economy is worth over \$ 3.7 trillion (P. D. V. Charika Wickramarathne, 2020).

The word wellness has been around since the year 1950 and is accepted as a word coined by Dr. Halbert L Dunn, He published a book in 1960 that was not well known, but by the 1970s, Dr. Don Ardell and others in the United States considered Dr. Bill Hettler and others to be the fathers of the wellness business. As well, Bill Hettler and his associates also created the world's first wellness center, upgraded the first university health center, and set up the National Wellness Conference in the United States (Global Wellness Institute).

"Wellness" It does not appear that the wellness improvement wellness programs that began in the United States in the 1970s alone helped to reduce the risk of disease and to maintain good health (Hoeger & Hoeger, 2009). According to the World Health Organization, health is the state of complete physical, mental, and social well-being, not just the absence of disease or disability (WHO 1948). Wellness, then, is the process of properly maintaining one's body while protecting oneself from disease as much as possible, which can be distinguished physically, mentally, and socially. Wellness contributes to a healthier and more fulfilling life. It is important to maintain optimal wellness.

Various researches have established some of the things that should be done and followed by the athletes as well as the entire community and the strategies required for a healthy life to maintain good physical wellness. These include physical activity, sleep, rest, following good health habits, and eating a healthy diet (Tuso, 2015). It enables you to maintain good physical wellness. Physical activity is very useful for maintaining physical and mental well-being. It is one way to maintain physical wellness and we have a huge range of physical activities to choose from. Some activities can be done for free as well as for a price. Exercising daily can help you maintain a healthy and strong body. Exercise Physical activity is important to improve the physical as well as mental well-being of athletes as well as the general population. Self-awareness, high mood, colon cancer, anxiety, obesity, etc. can improve physical and mental depression through physical activity. It can also reduce the risk of fractures and avoidance of physical activity has now become a global hazard. Developed and developing countries have seen a gradual decline in the strength of body muscles. Physical activity is any activity that consumes physical energy and can point to walking, running, working in the office, or at home (Kamaruzaman & Ali, 2018). Physical activity is great support not only for the athletes but also for the physical, mental, and social well-being of the entire community. Exercise can provide the physical activity needed to complete any task in daily life with ease, and wellness can be pointed out as a must when living a physically healthy life. Many non-communicable diseases require physical activity to protect against disease as well as to lead a socially active and vibrant life. Also, those who are physically weak, elderly, and unable to engage in physical activity should be monitored by a physician before engaging in physical activity.

### 1.1 National wellness institute model



Figure 1: six dimensions model of wellnessSource: (Hettler, 1976)

The six dimensions of wellness were improved by Dr. Bill Hettler. These are the physical, emotional, spiritual, intellectual, social, and occupational dimensions. Six dimensions of wellness are important for the well-being of the community as a whole and are also important for the physical well-being of athletes. The physical dimension identifies the instructions needed to maintain the physical wellness of athletes and the need for regular physical activity for athletes. Athletes need all six dimensions to their physical wellness and it helps to maintain their wellness (Hettler, 1976).

## 2. Problem statement

This study focuses on the physical well-being dimensions of student-athletes. It is very important to solve the problem of wellness during the college years of the student-athletes and this university period is very important in developing a healthy lifestyle in them. It will ultimately affect academic as well as sporting performance. University athletes' bond with teams more than any other. Also, there are many challenges that university athletes face. To be at a higher

education level, they must meet their educational needs. The time allotted to athletics needs to be focused on education so that education, as well as sports, can be kept at an optimal level. That challenge affects their athletics. University students must learn to be their caregiver who is responsible for all of their health and wellness needs. It has been suggested that the vast majority of university students do not promote wellness-related behaviors. Emphasizes that physical well-being is not just the absence of disease but the completeness of physical, mental, and social well-being (WHO 1948). This definition implies that a person's physical, mental, and social aspects of life are balanced. It also shows that the physical, mental, and social aspects of one's life are intertwined.

University athletes face many challenges and a lack of facilities and equipment as well as financial status. Also, the Directors of Physical Education, Physical Instructors, Trainers, and the Lack of Activity and Attention in Physical Education Organizations(Asayesh, Karkon, Karkon, Shabani, & Asayesh, 2013). The participation of university students in sports benefits the entire university, has a positive impact on the general well-being of the university as well as enhances corporate unity, loyalty, reputation, and income, and shines on the university. Increasing the recruitment of new athletes to the sport can also be seen as an increase in student participation through improved sponsorship of the sport. It is also important to understand the importance of the well-being of student-athletes(Assembly, 1900).

This research explores what well-being is, its components, and the factors that affect the physical well-being of athletes. A common denominator in the current university system is the lack of attention paid to the physical well-being of university students. Has also researched the mental health stress that college students face regularly, targeting universities in the United States. The research highlights the importance of examining students for mental wellness to identify specific challenges facing university athletes, and the need to refer a team to a physician for specific treatments for athletes with mental health disabilities(Mast & P Gentile, 2019).

Research has been done on the psychological effects of sports on athletes. They have used the University of Shanghai for that. Has researched mental health problems such as mental disorders and suicide, drug addiction, gambling, and sleep(Moreland, Coxe, & Yang, 2018). It has also conducted research aimed at testing the well-being of students at a Malaysian state university and acknowledges that improving well-being can produce high-quality graduates(Daud, Ahmad, & Saad, 2017). Research has also found that wellness dimensions affect the academic performance of a Sri Lankan government university undergraduate and that wellness dimensions affect academic performance (P. D. V. Charika Wickramaratne, 2020).

There are also many benefits to physical activity. What are the barriers to physical activity? There is a difference in focus on physical activity among middle-aged people and adults. An investigation conducted in Sri Lanka has shown(Karunanayake, Senaratne, & Stathi, 2020). Studies have shown that there is an increase in common mental disorders among Chinese university students and they have been re-examined by reviewing psychiatric reports at a university in Hong Kong. The study found that anxiety, depression, and psychiatric symptoms were present. Study Work Stress (62%), Family Stress (33%), Stress from peers and love relationships (18%). The study points out that wellness clinics need to be improved within the university(Assembly, 1900).

This study is to look at the physical wellness challenges that athletes at the University of Kelaniya have in terms of their physical wellness during sports and which of those challenges have the most impact. A common denominator in the university is the lack of attention paid to the physical wellness of college athletes. Although researchers have conducted their research in various fields, have not yet conducted any research on the challenges faced by athletes of the University of Kelaniya in athletics. To fill that gap, the University of Kelaniya is conducting research on what are the challenges to the physical wellness of athletes and which ones affect them the most.

### 3. Methodology

Information from secondary sources forms the basis of this study. Information was collected from reports, magazines, articles, textbooks, and other educational activities. Factors Affecting Sports Performance are the main search phrase used in finding relevant literature for the present study. Searched using a google search engine. The theoretical basis of the study is the literature obtained through Google, google scholar, and ResearchGate, which is not limited to publications of the past five years and includes older sources. In the Google search box, search engines typed

wellness, challenges affecting athletic performance, the definition of well-being, wellness models, and challenges facing university athletes. Different types of research papers published between 2015 and 2020 were considered for this study. For this study, 32 relevant articles directly related to the study were selected from the databases ResearchGate, google scholar, and Science Direct.

## **4. Factors of physical wellness**

### **1.2 Sleep**

Adequate sleep is essential for physical wellness and it is essential for athletes as well as the entire society to get adequate sleep to lead a healthy life. It is a well-known fact that sleep is closely related to athletic ability. Reduces the level of physical activity during endurance exercises and sports such as insomnia, prolonged treadmill walking, and weight lifting. Various studies today have shown that sleep is essential in improving the skills of athletes. Inadequate sleep also increases the risk of physical injury to young athletes during athletics. The International Olympic Committee (IOC) has also stressed the importance of adequate sleep for athletes in a recent Convention Statement (Maruyama et al., 2020). Sleep helps to lead a healthy life physically and mentally as well as to relieve stress and mental and physical stress. Adequate sleep is essential for improving the performance of athletes and getting adequate sleep is important in leading a healthy life. Sleep is caused by a variety of critical metabolic and immune functions. There is a conceptual relationship between the quality and quantity of sleep that athletes can perform and recover. Getting less sleep before competing reduces post-exercise activity (Fullagar & Faculty, 2016).

### **1.3 Stress**

Stress can be identified as a factor that draws everyone's attention to physical wellness. Stress is a feeling of emotional or physical stress. Athletes' health and stress are reflected in injury models. If so, they are more likely to be injured during periods of increased stress (Ahead & Doi, n.d.). Stress can happen to anyone, and the stress of athletes greatly affects their mental balance. Also, stress can be classified into clinical and non-clinical stress and is recognized as a health problem. You have to have a good mindset when playing sports and when you are mentally weak you also have competition failures. Various studies have shown that physical exercise can reduce stress. It requires constant training as well as assessment to ensure that athletes follow the correct techniques that suit them, and psychologists, coaches, and teachers consider "stress management" to be an essential component of excellent sports performance (Bhadauriya & Tripathi, 2018).

### **1.4 Nutrition**

Nutrition has been identified as an important component of physical wellness. The nutrition that an athlete receives has the potential to change the way an athlete performs, regenerates, genes, and performs. Nutrition for the athlete is a drug of some kind because even a small change in the athlete must take place. Depending on the type of sport, the frequency of training and its triad, weight-based goals, nutrition is important to minimize all muscle defects. It is also important to study the basic body composition of the athlete, to build a nutrition plan that the athlete will follow before and after the competition, and to focus on nutrition to achieve optimal performance from the athlete as well as to prevent fatigue (Leonarda et al., 2018). It is advisable to eat three to four hours before a sport or workout. It is advisable to eat half an hour after a sport or training, depending on the age, gender, or sport of the athlete (Zanecovsky, 1986). Athletes need to maintain a nutritious diet to generate the energy expended during sports. Consumption of beverages containing carbohydrates and electrolytes during exercise provides energy to the muscles as well as the energy expended (Bhadauriya & Tripathi, 2018). It is important to take care of the nutrition of the athletes while improving their sports performance.

### **1.5 Leisure**

In defining what leisure is, there are several occupations that a person can freely pursue, including leisure, recreation, the addition or enhancement of his knowledge, the fulfillment of family and social duties, and so on (Veal, 1992). The

leisure time spent in university life has a significant impact on personality development (Andrijašević, Ciliga, & Jurakić, 2009). Leisure, an essential element of the entire community, makes a fundamental contribution to human prosperity (Wise, 2015) Exercise, walking, running, stretching, etc. (Pomohaci & Sopa, 2018) are usually performed by an athlete or other person who regularly performs leisure activities and expects physical and mental rest through them.

### **1.6 Alcohol**

Although alcohol and athleticism have been linked together since ancient times, the use of alcohol affects the health of athletes as well as skills. Athletes between the ages of 18 and 24 have been found to consume alcohol. Alcohol causes sports-related injuries and is a banned substance for some Olympic athletes, as well as reducing athletic performance by 11.4 percent (O'Brien & Lyons, 2000). Many athletes are addicted to alcohol due to the stress of sports. This is common among schools and universities, and there is a growing focus in the university community on drugs due to unhealthy lifestyles, students struggling to control their hectic lifestyles, and seeing this as an unbelievable experience (Pedersen, 2007).

## **5. Physical wellness challenges affecting athletes**

Athletes face many challenges in the sport. These include factors such as sleep, stress, nutrition, rest, and drug use. Sleep has been identified as a challenge that greatly affects an athlete's physical wellness. Adolescent athletes are unable to get enough sleep between seven and ten hours a night. Research has shown that getting less than 8 hours of sleep increases the risk of muscle injury in athletes (Fox, Scanlan, Stanton, & Sargent, 2020). If so, sleep can be a challenge for athletes in their college sports careers. Athletic skills depend on adequate sleep. Inadequate sleep can also have a detrimental effect on memory and physical activity, as well as depletion of the energy needed to successfully engage in sports and exercise (Davenne, 2009). Insomnia causes mood swings and decreases performance in athletes. Recent findings show that getting enough sleep improves the performance of athletes (Halson, 2016). Athletes can identify sleep as a challenge to their physical wellness in athletics and it is a challenge they face.

Stress can be identified as another challenge faced by athletes and can be defined as any kind of change that causes physical, emotional, or mental stress. There are many symptoms of stress. They vary from person to person. Therefore, a symptom described by one athlete may not be a symptom experienced by another athlete. Symptoms of stress include anxiety, guilt, depression, and anger. Athletes are more likely to experience sleep disturbances, aggressive behavior, restlessness, and drug and alcohol abuse when it comes to how stress challenges physical wellness (Elmagd, 2016). physical activity alone is not enough to manage stress in athletes. Stress management and neglect adversely affect the well-being of athletes. Athletes need to learn to manage stress at any time. It has been found that female athletes experience more stress than male athletes when compared to male athletes when it comes to stress levels in athletes. Male and female athletes differ in the way they deal with stress and how they affect them mentally and physically. The nature of stress recognizes female athletes more quickly than male athletes, and that stress is largely the cause of illness (Martin, 2018). Recognize that stress is a challenge to the physical well-being of athletes.

Nutrition is also a challenge faced by athletes and nutrition is an essential component of the training performance of college as well as overall athletes as well as the physical wellness of athletes. When it comes to young athletes, it is important to maintain the growth of their performance. Although a variety of nutritional recommendations for young athletes can be properly redesigned, attention should also be paid to metabolic needs and physiological changes. Proper nutrition produces energy for athletes' energy production needs (Smith, Holmes, & McAllister, 2017). The importance of an adequately nutritious diet for athletes and the nutritional composition of athletes' diets pose a challenge to their performance and wellness. A nutritious diet for fuel and hydration should be taken during and after training and during competitions. Nutrition is an essential component of an athlete's physical wellness and immune

system. A nutritious diet is needed to regain the energy expended during sports and exercise. Nutrition also poses a challenge to the physical well-being of athletes.

leisure can be identified as another challenge to the physical well-being as well as the well-being of athletes. Break free from the hustle and bustle of leisure time and relaxation can be a challenge for university athletes who find it difficult to balance study and sports. Athletes need to stay awake and relieve stress to reduce the physical stress caused by fatigue, stress, muscle aches, muscle cramps, etc. that occur during athletics. Two hours of sports or exercise requires one hour of rest to stay healthy (Business in the Community & Public Health England, 2019). Athletes find it difficult to get enough rest during sports, and things like falls and injuries occur during sports events. leisure is an essential part of an athlete's physical well-being.

Alcohol has been identified as a leading cause of injury and death in adolescents and young adults. Wechsler et al., pointing out that in 1994, there were 17592 students in the United States based on university students and adolescents, and half of them were regular drinkers (Lorente, Peretti-Watel, Griffet, & Grélot, 2003). University student-athletes were identified as a risk group, and inter- university athletes became increasingly addicted to alcohol and suffered several negative consequences. Lack of self-control due to being with peers, social stress and academic stress, barriers to being an athlete, loss of education during competitions, mandatory meetings, becoming a drug norm in the university environment and society can become a challenge in sports life. Has been appointed (Han & goleman, daniel; boyatzis, Richard; Mckee, 2019). Alcohol use is a barrier to physical activity, and drug addiction is a challenge in maintaining muscle damage and weakness (Nematy & Ayoubi, 2014) disorders in sports as well as sports skills, speed, and endurance.

## 6. Conclusion

Accordingly, the challenges to wellnees have long been understood from this literature review. The challenges of stress, sleep, rest, alcohol and nutrition pose a threat to the healthy lives of athletes as well as the entire community. It is important to manage those challenges in order to live a healthy life. Also, healthcare providers, policy makers, administrators, and athletics students who want to maintain the physical health of university athletes can use a healthy model to improve their athleticism and performance. Moreover, it creates the environment necessary for a healthy life for the entire community.

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**INFO:-**

***Corresponding Author: K.G. Dushanthi Nilmini Nawarathna, Department of Sport Science and Physical Education, University of Kelaniya, Sri Lanka.***

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