

Introduction

Mental health is a highly prevalent issue on college campuses, however, issues pertaining to mental health is often overlooked as society places more pressure on academic success. The common issue of lack of sleep and decline in psychological well-being in college students can lead to detrimental effects on students' overall health. Recently, there has been a growing body of research examining the effects of physical activity on psychological well-being and many have shown that increased physical activity can have a positive impact on mental health.

Purpose

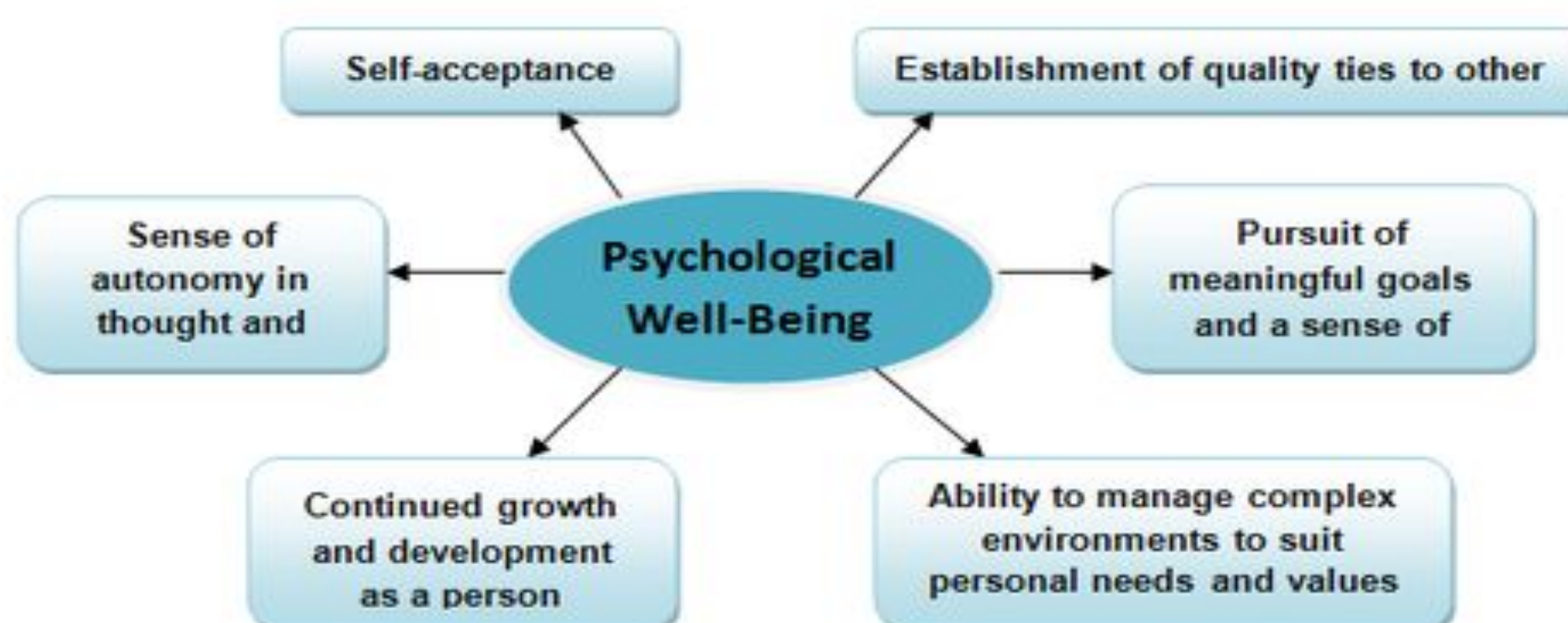
This research aims to assess the effectiveness of team sports participation in improving psychological well-being and sleep quality among college students in comparison to participation in strength and conditioning activities.

Methodology

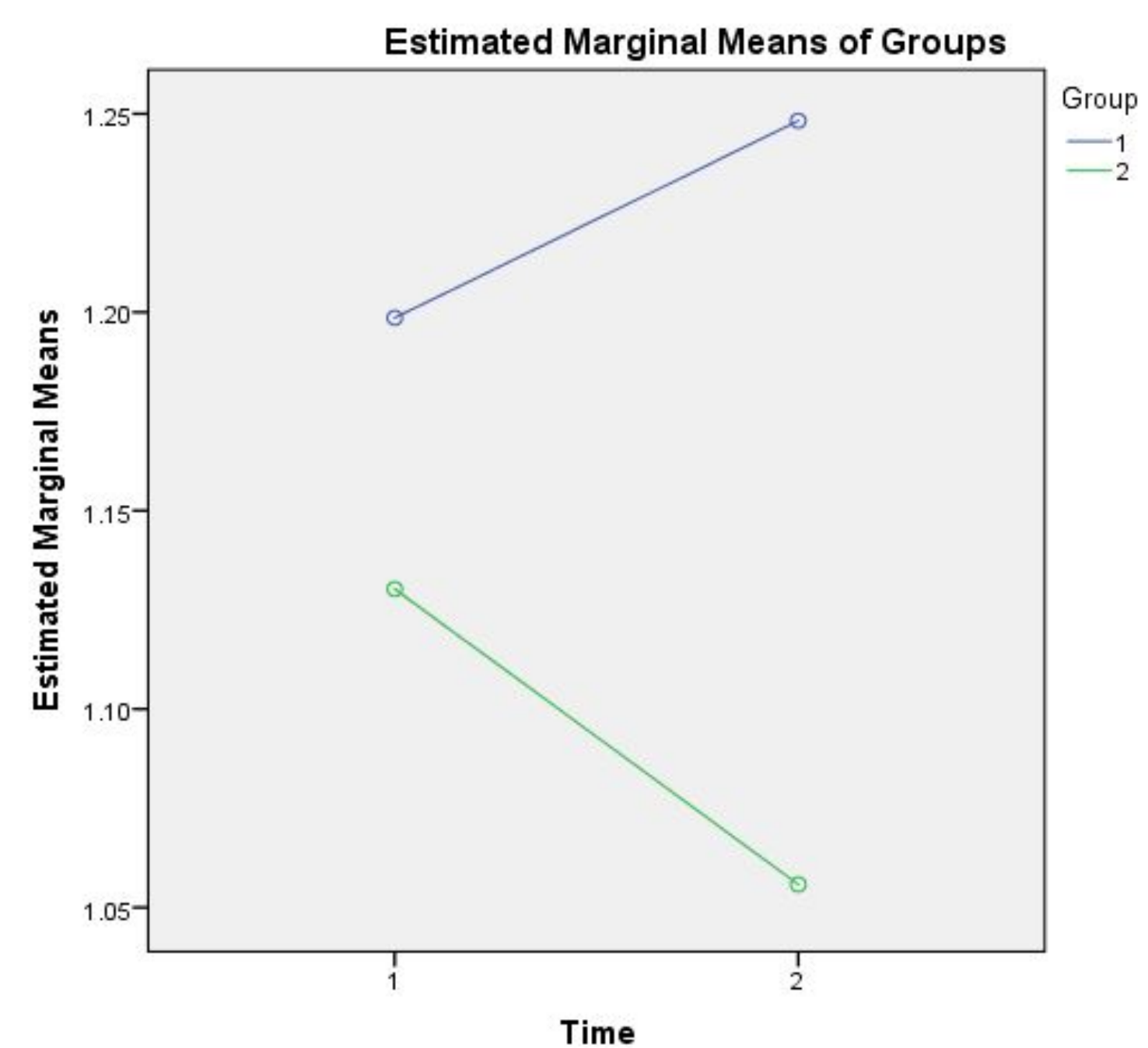
A quasi-experimental study was conducted in a large public university in China to compare the levels of psychological well-being and quality of sleep amongst 351 college students participating in team sports or strength and conditioning activities.

Psychological Well-Being Outcome Measures Ryff's Psychological Well-Being Scales (PWB) was used to measure the levels of psychological well-being in the participants.

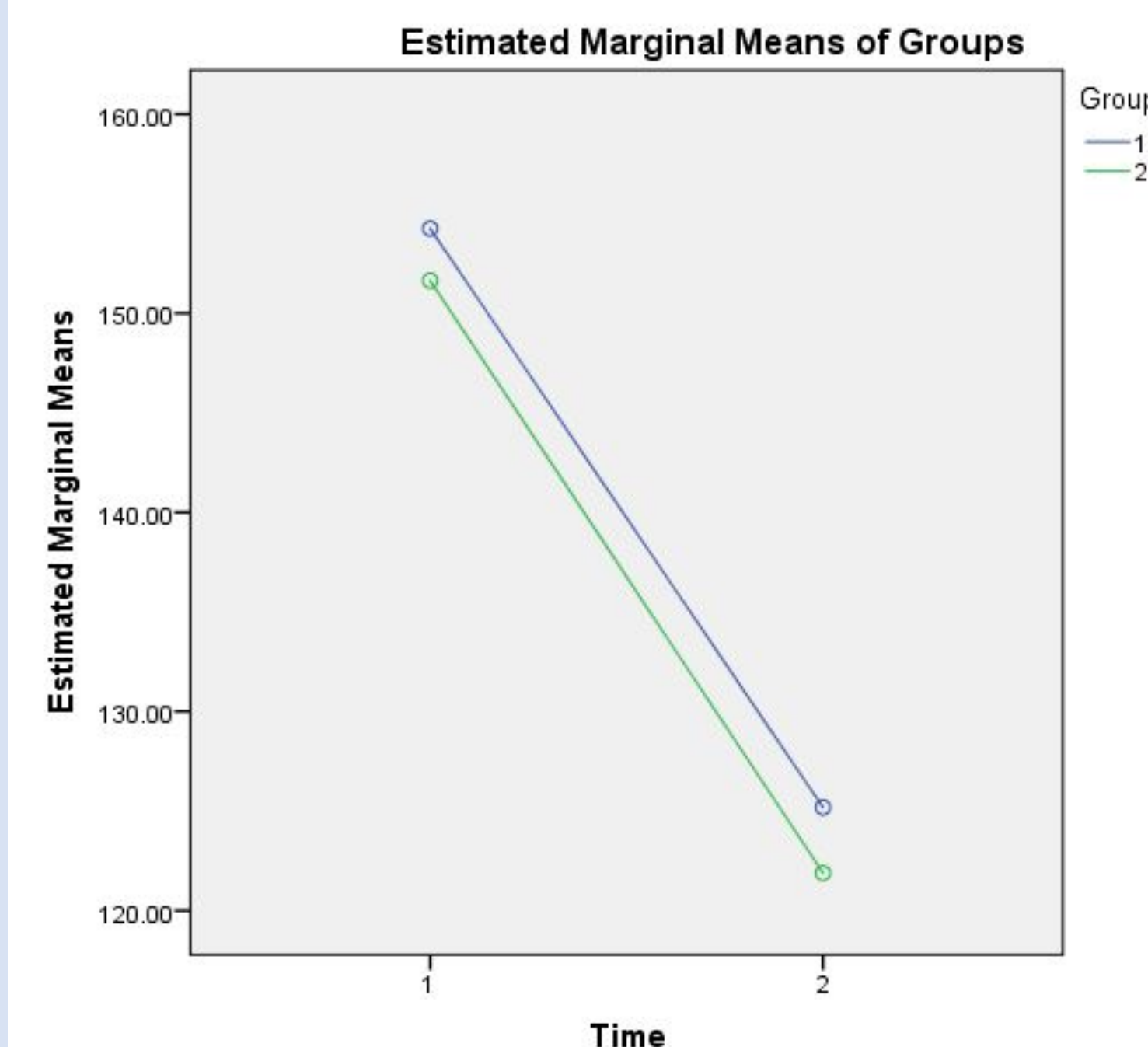
Quality of Sleep Outcome Measures The Pittsburgh Sleep Quality Index (PSQI) was used to measure sleep quality in the participants.



Results



Graph 1. Pre and post intervention statistics quality of sleep daytime dysfunction over the last month (component 7)



Graph 2. Pre and post intervention statistics of psychological well-being sum

Table 1. Descriptive Statistics of Quality of Sleep at Pre and Post Intervention

	Team Sports		Strength Conditioning	
	Pre-Test M ± SD	Post Test M ± SD	Pre-Test M ± SD	Post-test M ± SD
Component 1	0.76 ± 0.716	0.82 ± 0.74	0.77 ± 0.697	0.79 ± 0.741
Component 2	0.81 ± 0.894	0.59 ± 0.698	0.92 ± 0.871	0.58 ± 0.664
Component 3	0.30 ± 0.570	0.15 ± 0.446	0.32 ± 0.514	0.20 ± 0.482
Component 4	0.17 ± 0.572	0.10 ± 0.325	0.05 ± 0.244	0.10 ± 0.397
Component 5	0.89 ± 0.544	0.87 ± 0.533	0.85 ± 0.488	0.83 ± 0.488
Component 6	0.05 ± 0.324	0.06 ± 0.287	0.09 ± 0.411	0.11 ± 0.390
Component 7	1.20 ± 1.084	1.25 ± 1.090	1.13 ± 1.001	1.06 ± 1.060

Table 1. Pre and post intervention statistics of quality of sleep

Table 2. Descriptive Statistics of Psychological Well Being at Pre and Post Intervention

	Team Sports		Strength Conditioning	
	Pre-Test M ± SD	Post Test M ± SD	Pre-Test M ± SD	Post-test M ± SD
Total	154.25 ± 12.84	125.18 ± 22.93	151.64 ± 16.89	121.88 ± 29.56

Table 2. Pre and post intervention statistics of psychological well-being

When referring to Quality of Sleep results, habitual sleep efficiency (component 4) was the only subcategory to show a difference from pre to post intervention. Components 1, 2, 3, 5, 6, 7, and Global all indicated that the pre and post interventions did not affect the groups. The Psychological Well-Being results were looked at as an overall sum, with the pre and post intervention indicating that there was no effect on the experimental or control groups.



Conclusion

Contradictory to the initial hypothesis of the group participating in team sports activities having higher levels of psychological well-being as well as experiencing a better quality of sleep in comparison to the group participating in strength and conditioning classes, it was found that there was no significant difference among the levels of psychological well-being and experiences in sleep quality between the two groups.

References

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