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The effect of retirement on the social situation of track and field retired players

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Abstract

This study assessed the effect of retirement on the social status among track and field retired players. The descriptive approach was employed. Two questionnaires were constructed; 1) the causes of retirement which is consisted of (27) items; 2) social situation of players after retirement which is consisted of (41) items, distributed into (4) fields (social, financial, health and psychological). The sample consisted of (54) track and field retired players in Jordan. Means, standard deviation, internal consistency "Cronbach's Alpha and McDonald's for reliability, and linear regression analysis. The results showed that the main causes for retiring is that the income of playing is not enough for me and the retirement has a negative effect on the social situation among track and field retired players and the psychological field was the most affected field.

Key words

Retirement; Social situation; retired players; Track and field

The end of each player is retirement regardless of the quality of his performance, his popularity and his social status. The decision to retire may be one of the most difficult decisions for athletes who practice competitive sports, as he will leave his sport that he loved and lived with for long periods, and that was part of his daily life activities. Retirement because of severe injuries, getting old, low level of performance, or for any other reason, or if it was planned from the player in advance, will remain difficult decision, as the player will miss the lights, lose the

money, miss the field mates to whom he used to, and miss the voices of the fans. With this, he loses, in one way or another, his social status as a sports star in his city, country, and the world.

Player's retirement means being away from the stadiums, as well as his distance from the continuous interaction between him and his sports group, which is a large part of the basis of social relations, as his social relations after retirement will be affected either negatively or positively, and most often negatively, due to the decrease of previous matters that were enhancing any prestigious social status. As it is known that competitive sports are an important factor in moving from one class to a better and higher class, as a result of the fame, lights and money that he/she gets, and in many cases the player's retirement brings him back to his original class or to a lower class than it, especially if he/she is not able to invest what he/she acquired of money or friendships that will help him to find a new path after retirement, and there are many examples in this regard around the world.

The researchers believe that the player's retirement takes him back many steps, as he initially did not get much money as a result of practicing his competitive sports, especially individual games, and there is also no sports legislation that helps the player to live a decent life after retirement, and this certainly leads to social isolation and then Social-Death, which will be more severe in the case of forced retirement.

It is natural for the player to feel concerned about his future and his social status, which he achieved during his sports career, because there are no guarantees or legislation that help the retired player to start a new life. Therefore, this study is conducted to address the impact of sports retirement on the social status, so that it may provide stakeholders and officials with facts that will help them in controlling the reasons for retirement, as well as to provide officials with the players' conditions, especially their social status, which, in the opinion of the researchers, becomes less than it was during sports practice. Creating legislation that helps retired players to start a new life that will provide them with some of what they need.

Research problem

The problem of the study occurred as the researchers are retired track and field players, lack of published studies in this field and the effect of retirement on retired colleagues, many of whom expressed their dissatisfaction with their situation in general, which encouraged the researchers to study the reasons for the retirement of these players and the impact of retirement on their social status.

The importance of the study

The importance of this study stems from:

1. Studying the actual situation of a wide range of retired athletes.
2. One of the first study of in this field which deals with the effect of retirement on the social status of retired players.
3. Enhancing awareness of sport officials and stakeholders to adopt some measures

that might improve the conditions of retired athletes.

Study aims

1. Reasons for retirement among retired track and field players.
2. The social status of retired track and field athletes.
3. The effect of retirement on the social status of retired track and field players.

Study questions

1. What are the reasons for retirement among retired track and field players?
2. What is the social status of retired athletes?
3. What is the effect of retirement on the social status of retired track and field players?

Study field

The human field: retired track and field players between 2000-2020 whose enrolled in Track and Field federation Association and the Jordanian International Cultural Association.

Temporal domain: This study was conducted from 1/4/2021 to 30/6/2021.

The spatial domain: the areas where the retired players are located in the governorates of the Hashemite Kingdom of Jordan.

Previous studies

After reviewing many previous studies, which were scarce, the researchers looked at the following related studies:

Fernandez, et al (2006) conducted a study aimed at developing a measure to assess the process of deciding to retire from competing athletes. The descriptive approach was used on a sample of 236 competitive French athletes. A method of measurement was developed to find out the reasons for retirement. The data were analyzed using percentages, relative importance, and coefficient Pearson Correlation, and the most important results were: the process of deciding to retire is complex and multi-faceted, providing a new tool for evaluating the retirement process, and the most important reasons were: injury, spending more time with family, and social status.

Tsai, et al (2007) conducted a study aimed at finding out the reasons for retirement and its impact on the perceptions of retired players in Hong Kong, the quality of life satisfaction and adaptation to retirement, using the descriptive survey method, on a sample of 75 retired players, and the percentage was used when analyzing The data were statistical, and the most important results were: The most important reasons for retirement are: difficulties in coordinating sports, study or work, physiological reasons (such as injury and age) and financial reasons, in addition to their feeling less satisfied with their current life.

Raymond, Amy (2014) conducted a study aimed at finding out the retirement and post-retirement career development of elite retired players in Hong

Kong. The descriptive survey method was used on a sample of 7 players (5 males, 2 females) 3 years after their retirement. Analyzing the data using percentages, relative importance, and Pearson's correlation coefficient. The most important results were: support from family and friends, a sense of professional independence, determining the appropriate time for career development after retirement, and integration of social skills learned in the sports profession.

In the same way, Rens (2017) conducted a study aimed at knowing the changes (fame and wealth) of retired professional athletes. The descriptive survey method was used on a sample of retired professional players in Minnesota. The data was analyzed using percentages, relative importance, and Pearson's correlation coefficient. The most important Results were: The condition of the players who planned to retire is better than that of the unplanned ones. The life path of 6 of the participating players ended through injuries. There are 3 ways to end the sporting life path: injury, forcibly leaving the sport, and age. Players losing fame after retirement. Lack of financial returns after retirement.

Jadallah et al. (2019) also conducted a study aimed at building a method of measurement of the social status of the university student athlete, where the descriptive approach was used on a random sample of 540 male and female students from the colleges of Mansoura University. The data were analyzed using percentages, relative importance, and Pearson correlation coefficient. The most important Results were: The method of measurement of the social status of the university student athlete consisted of 5 dimensions: family support which includes 8 phrases, university support which includes 10 phrases, the social aspect of the family which includes 7 phrases, the economic aspect of the family which includes 6 phrases, and social relations in the sports community which includes 9 phrases.

Lopez, et al (2020) conducted a study aimed at describing the integration of work in the retirement of Spanish athletes, comparing the genders, Olympic and non-Olympic players, and identifying the factors that affect their job status and personal income, using the descriptive survey method on a group of 476 players. Data analysis using chi squared, mann-whitney, and Kramer coefficient for statistical analysis. The most important results were: the emergence of a gap in wages between the sexes in favor of males. The unemployment rate among retired non-Olympic athletes is higher than that of Olympians. Retired players with higher educational degrees and plans to retire have the advantage in the job market and their monthly income is higher.

The researchers benefited from previous studies:

Formulating goals, questions, crystallizing the problem, presenting the results, choosing the appropriate design for the study, examining the theoretical aspect of sports retirement, examining the theoretical aspect of social status, and selecting the best methods for statistical studies to reach the desired results.

Study procedures

Study Approach

The descriptive approach was used due to its suitability and the nature of the study.

Study population:

The study population consisted of all (82) retired athletes in Jordan since (2000-2021).

The study sample:

The available sample of (54) retired athletics players was adopted, and Table No. (1) shows this:

Table (1): The demographic characteristics of the study sample

Category	Status	Athletics players	
		number	percentage
Social Situation	Unmarried	6	11.1
	Married	44	81.5
	Widower	1	1.9
	Divorcee	3	5.6
	Total	54	100
Academic level before retirement	Below high school	8	14.8
	High school graduate	11	20.4
	diploma	4	7.4
	Bachelor	20	37.0
	Master's	11	20.4
	PhD	0	0.0
Total	54	100	
Category	Status	number	percentage
المستوى الاكاديمي بعد الاعتزال	Below high school	2	3.7
	High school graduate	15	27.8
	diploma	8	14.8
	Bachelor	26	48.1
	Master's	3	5.6
	PhD	0	0.0
	Total	54	100
Monthly income from sports	Less than 500 D	45	83.3
	1000 - 500 D	7	13.0
	3000 - 1000 D	2	9.3
	More than 3000 D	0	0.0
	Total	54	100
Monthly income after retirement	Less than 500 D	31	57.4
	1000 - 500 D	11	20.4
	3000 - 1000 D	5	9.3
	More than 3000 D	7	13.0
	Total	54	100
Source of income before retirement	Business	5	9.3
	From parents	12	22.2
	Sports	10	18.5
	An employee in the security services	10	18.5
	An employee in the private sector	9	16.7
	Government sector employee	8	14.8
	Total	54	100
Source of income after	Business	13	24.1

retirement	Retirement Salary	6	11.1
	Money saved from the sports revenue	3	5.6
	An employee in the security services	3	5.6
	An employee in the private sector	13	24.1
	Government sector employee	16	29.6
	Total	54	100
Family type before retirement	extended	25	46.3
	Nuclear	29	53.7
	Total	54	100
Family type after retirement	extended	23	42.6
	Nuclear	31	57.4
	Total	54	100
Type of residence before retirement	Other	3	5.6
	Rented apartment	30	55.6
	owned apartment	18	33.3
	Villa	3	5.6
	Total	54	100
Category	Status	number	percentage
Type of residence after retirement	Other	2	3.7
	Rented apartment	34	63.0
	owned apartment	14	25.9
	Villa	4	7.4
	Total	54	100
Got an education grant	Yes	1	1.9
	No	53	98.1
	Total	54	100

Study tools

Two questionnaires were built to collect the required information. The first questionnaire was related to the reasons for retirement, and the second questionnaire related to the player's social status after retirement.

Scientific treatment of study tools

Validity of the content

The validity of the content of the two study tools was confirmed by presenting them to (10) arbitrators from among the faculty members in the faculties of physical education in Jordanian universities with expertise and specialization in the subject of the study, Appendix (1), where they were asked to express their opinion on the suitability of the paragraphs of the two questionnaires to measure the purposes for which they were developed in terms of clarity of phrases and in terms of content, wording and language, and the appropriateness of the paragraphs to the aspect under which they fall, as well as the addition or deletion of any phrases or any other suggestions they deem appropriate that may enrich this study.

Consistency

To verify the consistency of the two tools of the study with its different aspects, the Cronbach's (α) method was used for internal consistency. Table No. (2) illustrates this.

Table (2) Reliability coefficients for the study aspects and the tool as a whole

Variables	Aspects	Number of categories	Consistency coefficient
			Cronbach's (α)
Reasons for retirement	Reasons for retirement	27	0.850
The status of the player after retirement (Social status)	social	16	0.901
	Financial	7	0.848
	Health	8	0.750
	Psychological	10	0.975
	Total of social status	41	0.966

Table No. (2) shows that the consistency coefficient values for the aspects of the two study tools have high internal consistency values (Cronbach's (α)), which amounted to (0.850) for retirement reasons, as well as (0.901) for the social aspect items, and reached (0.848) for the physical aspect items, and reached (0.848) for the physical aspect items. (0.750) for the items of the health aspect, and it reached (0.975) for the items of the psychological aspect, and it reached (0.966) for all the items representing the aspect of the social status of retired athletics players.

These values are suitable and sufficient for the purposes of such a study, so that the maximum value that the consistency can reach is the correct one. These values were above the minimum limit to consider that the consistency values are high, which is (0.70).

Study variables

The independent variable: the effect of retirement.

Dependent variable: social status.

Study application procedures

The Athletics Federation was contacted by phone because the study was during the Corona pandemic. The phone numbers of the retired players were obtained. The two study tools were distributed to the study community, and (54) retired athletes responded to them, as the necessary instructions were attached to the two tools and an explanation of the purpose and importance of the study, and answering any inquiry that could be asked, in order to reach credible data by the respondents, as the researchers intended to distribute the two tools through the

(Google Drive) program to the community in the period from 4-25-2021 to 5-20-2021.

After completing the distribution and collection of the questionnaires, the data were uploaded and entered into the statistical package program (SPSS).

Statistical processing methods

To achieve the objectives of the study and to answer its questions, the collected data were analyzed using several appropriate statistical methods using the statistical package program (SPSS) as follows:

- 1- Frequencies and percentages
- 2- Arithmetic means and standard deviations
- 3- Cronbach's (α) coefficient to measure internal consistency.
- 4- Effect value (linear regression analysis)

Presentation and discussion of results

To answer the first question, which states: (What are the reasons for retirement among retired athletics players)? Table No. (3) shows this:

Table (3) Arithmetic means and standard deviations for the reasons for retirement among retired athletics players (n = 54)

Category number	Reasons for retirement	Arithmeti c mean	standard deviation	The relative importance of the mean	Mean average significance level	Mean average order
8	My income from sports is not enough for me.	4.22	1.28	84.4	Very high	1
25	The lack of interest of the various state institutions in my type of competitive sport	3.87	1.37	77.4	High	2
9	Playing sports limits my social activities	3.46	1.28	69.2	High	3
3	Playing competitive sports has made me less interested in family	3.31	1.24	66.2	Average	4
4	I am exposed to psychological pressure in sports.	3.28	1.35	65.6	Average	5
27*	I retired while I was at the top of my career to stay in a good image	3.22	1.45	64.4	Average	6
10	I had problems with the club management.	3.07	1.62	61.4	Average	7

7	Inability to juggle work with the demands of my competitive sport	2.98	1.51	59.6	Average	8
18	getting old	2.94	1.45	58.8	Average	9
26	I was constantly criticized by the media	2.93	1.78	58.6	Average	10
5	I was not in agreement with the coaching staff.	2.89	1.51	57.8	Average	11
17	Fear of sports injury.	2.89	1.45	57.8	Average	12
24	Government departments are less interested in me when I review them	2.83	1.75	56.6	Average	13
22*	My desire to work within the technical staff.	2.81	1.33	56.2	Average	14
14	Parents' dissatisfaction with sports.	2.69	1.55	53.8	Average	15
20	Marriage.	2.65	1.38	53.0	Average	16
15*	My parents need me to take care of them.	2.59	1.46	51.8	Average	17
11	I had problems with my game federation.	2.57	1.54	51.4	Low	18
19	Inability to reconcile sports and study.	2.57	1.44	51.4	Low	18
1*	I achieved most of my sporting goals.	2.41	1.32	48.2	Low	20
13	I suffered from health problems.	2.33	1.53	46.6	Low	21
23*	My desire to work within the administrative staff.	2.31	1.38	46.2	Low	22
6	Decline of sport performance.	2.28	1.34	45.6	Low	23
2*	I got a job outside of sports.	2.17	1.34	43.4	Low	24
12	Lack of harmony with my teammates.	1.93	1.29	38.6	Low	25
16	The coach asks me to do what is contrary to the principles of sports	1.59	1.24	31.8	Very low	26
21	Alcohol abuse.	1.35	0.93	27.0	Very low	27
	Total reasons for retirement of athletics players	2.93	0.53	58.6	Average	

Results for paragraphs marked with this tag (*) are reversed.

It is clear from Table No. (3) that category (8), which is "My income from playing sports is not enough for me," came first with a (very high) degree, and the researchers attribute this to the fact that the player's income from athletics is not

sufficient to meet his needs, as (57.4 %) of the sample reported that their income was less than 500 dinars per month. The fact that athletics is not a mass sport, the clubs that are concerned with athletics have a small budget and do not give this sport great importance, and its players do not receive sufficient amounts in the first place, has led to retirement. This result agreed with the study of Tsai (2007) and Rens (2017).)

Category (25), which is “the lack of interest of the various state institutions in the type of my competitive sport,” ranked second, with a (high) degree. This result is consistent with the researchers' expectations that athletics is one of the sports with less interest and less follow-up from the masses, as the Jordanian society, with all its individuals and institutions, is interested in football at the expense of other sports.

Category (16), which is “The coach asks me to do something that contradicts the principles of sports,” came in the penultimate rank and with a (very low) degree. The researchers attribute this to the fact that athletics is a non-contact sport, and the possibility of observing all players during the competition is possible, which prevents the coach from asking the player to do what is inconsistent with sports principles, especially in some athletics sports.

Category (21), which is “alcohol abuse”, ranked last and with a (very low) degree. This agrees with the researchers' expectations because the sample members are athletics players who know the extent of its danger and its side effects on mobility skills and poor ability to focus and pay attention. So, they avoid using it to maintain physical and mental health.

To answer the second question, which states: (What is the social status of retired athletes in athletics)? Tables (4-8) show this

Table (4) The arithmetic means and standard deviations of the aspect of social status among retired athletics players (n = 54)

Category number	Aspects of social status	Arithmetic mean	standard deviation	The relative importance of the mean	Mean average significance level	Mean average order
2	Financial aspect	3.27	1.32	65.4	Average	1
1	Social aspect	3.16	0.94	63.2	Average	2
3	Health aspect	3.03	1.03	60.6	Average	3
4	Psychological aspect	3.02	1.61	60.4	Average	4
	Total social status (athletics players)	3.12	1.16	62.4	Average	

Table No. (4) shows that the values of the arithmetic averages for the social status aspects of retired athletics players are (3.02-3.27), where the Financial aspect came first with an average of (3.27), and the psychological aspect came last with an average of (3.02), and the arithmetic mean was for the total degree of social status (3.12).

Table (5) The arithmetic means and standard deviations of the responses of retired athletes in athletics on the items of the social aspect (n = 54)

Category number	Categories expressing the social aspect	Arithmetic mean	standard deviation	The relative importance of the mean	Mean average significance level	Mean average order
11	I feel like my social status is falling.	3.72	1.14	74.4	High	1
4	The media no longer cares about me.	3.63	1.72	72.6	High	2
1	Lost fame.	3.57	1.56	71.4	High	3
5	I said my relationships with my fellow athletes.	3.54	1.50	70.8	High	4
7	I said my relationships with my friends from outside the sports center.	3.35	1.47	67.0	Average	5
10	It took me a lot of time to adjust to the current situation.	3.31	1.49	66.2	Average	6
9	I no longer receive invitations to local sports meets.	3.20	1.61	64.0	Average	7
*2	I became more interested in social networks.	3.19	1.44	63.8	Average	8
8	My life has become routine.	3.19	1.52	63.8	Average	9
16	My friends no longer visit me as before.	3.17	1.54	63.4	Average	10
*13	I spend quality time with my family.	3.17	1.69	63.4	Average	10
12	I am worried about my future now.	3.11	1.77	62.2	Average	12
*15	I participate in social events.	3.09	1.22	61.8	Average	13
3	I can no longer do my favorite hobbies	3.06	1.38	61.2	Average	14
6	Say how much my family appreciates me.	2.85	1.66	57.0	Average	15
*14	I have roles to bring the disputing points of view closer together	2.59	1.27	51.8	Low	16
	social status (social aspect)	3.16	0.94	63.2	Average	

Results for paragraphs marked with this tag (*) are reversed.

It is clear from Table (5) that category (11), which is "I feel like my social status is falling.," came in the first place and at a high level. This result is consistent with the expectations of the researchers, as retirement means a lack of financial resources and a lack of social participation. The distancing of some colleagues and friends and the absence of the media means that the fans forget about the player. This has a role in declining social status.

Category (14), which is “I have roles to bring the disputing points of view closer together” came last and at a low level. This means that they do not have social roles to play to reconcile differences, which is reflected negatively on their social status.

By discussing the categories of the social aspects, it becomes clear that the social status came at an average level. Which means that retirement negatively affected this aspect. As the lack of interest in the media, the loss of fame and money, and the lack of appreciation of the family lead to a decline in social status. This result is consistent with the study of Jadallah et al. (2019)

Table No. (6) Arithmetic means and standard deviations of the responses of retired players in athletics on the items of the physical aspect (n = 54)

Category number	Categories expressing the financial aspect	Arithmetic mean	standard deviation	The relative importance of the mean	Mean average significance level	Mean average order
17	The luxuries in my house are few.	3.46	1.56	69.2	High	1
18	My income is no longer enough to meet my needs.	3.44	1.68	68.8	High	2
19	I said my immovable money.	3.33	1.75	66.6	Average	3
23	I no longer have private business projects.	3.31	1.75	66.2	Average	4
22	Say parental financial support to me	3.28	1.72	65.6	Average	5
20	I did not find a job to earn a living.	3.15	1.74	63.0	Average	6
*21	I settled into working life.	3.11	1.40	62.2	Average	7
	social status (material aspect)	3.27	1.32	65.4	Average	

Results for paragraphs marked with this tag (*) are reversed.

It became clear from Table No. (6) that category (17), which is “The luxuries in my house are few.” came first and at a high level. The researchers attribute this to the lack of income after retirement, so the player could no longer spend on the luxuries that he had. This means That some of his luxuries have been dispensed with. This also means that his status has been affected. Category (20), which is “I did not find a job to earn a living,” came in the penultimate rank at an average level. This result seems reasonable in light of the conditions of unemployment, as 10.2% of the respondents live from what was saved during the practice of sports and 10.2% also work as freelancers, and self-employment starts from low, very simple jobs to large jobs. This means that the income is not enough for them that they have not found work to earn their living. Thus, this negatively affects their standard of living and social status.

By discussing the categories of the financial aspect, it turns out that the social

status came at an average level. The researchers attribute this result to the fact that the lack of income sources after retirement negatively affected their social status.

Table No. (7) The arithmetic means and standard deviations of the responses of retired athletes in athletics on the items of the health aspect
 (n = 54)

Category number	Categories expressing the health aspect	Arithmetic mean	standard deviation	The relative importance of the mean	Mean average significance level	Mean average order
28	My physical fitness has decreased	3.65	1.38	73.0	High	1
25	I am still suffering from the effects of sports injuries.	3.43	1.54	68.6	High	2
24	I suffer from health problems.	3.43	1.28	68.6	High	2
31	I suffer from weight problems.	3.26	1.67	65.2	Average	4
26	I don't have health insurance.	2.94	1.62	58.8	Average	5
29	I no longer get enough care from my family.	2.91	1.58	58.2	Average	6
27	I enjoy good health.	2.87	1.57	57.4	Average	7
30	Some of my family members suffer from a disease.	2.57	1.49	51.4	Low	8
	Social standing (health axis)	3.03	1.03	60.6	Average	

* A category reversing the direction of most of the category of the aspect, as its results were reversed in total for the aspect

It is clear from Table (7) that category (28), which is "My physical fitness has decreased", came in the first place with a (high) level. This result is logical, and the researchers attribute this to stopping the practice of athletics, which the player used to practice regularly and continuously. No matter how much sporting activity he practiced, the intensity and duration of time remains much less than it was before retirement.

Category (30), which is "Some of my family members suffer from a disease," came last and at a (low) level, meaning that this paragraph has nothing to do with the player's retirement, since all members of his family do not suffer from diseases that need care.

By discussing the categories of the health aspect, it is clear that the social status came at an average level. This of course results from the cessation of competitive sports activity and that the sample members suffer from health problems, which leads to a decrease in their daily activity and social participation. Therefore, their social status is affected.

Table No. (8) Arithmetic means and standard deviations of the responses of

retired athletes in athletics on the items of the psychological aspect (n = 54)

Category number	Categories expressing the psychological aspect	Arithmetic mean	standard deviation	The relative importance of the mean	Mean average significance level	Mean average order
41	I feel socially unaccepted.	3.17	1.62	63.4	Average	1
39	I feel lonely.	3.13	1.80	62.6	Average	2
33	My self-esteem has dropped.	3.11	1.73	62.2	Average	3
40	Less complacent about my current life	3.07	1.81	61.4	Average	4
35	I feel uncertain about my future.	3.06	1.74	61.2	Average	5
37	Had moments of depression	3.04	1.65	60.8	Average	6
38	I suffer from a tense mood	3.00	1.68	60.0	Average	7
32	Low self-confidence.	2.98	1.85	59.6	Average	8
34	My inability to control myself as before.	2.87	1.65	57.4	Average	9
36	It's hard times.	2.80	1.85	56.0	Average	10
	social status (psychological aspect)	3.02	1.61	60.4	Average	

It is clear from Table (8) that category (41), which is "I feel socially unaccepted," came first with an (average) level. The researchers attribute this to the lack of media interest, loss of fame, lack of fellow athletes, and financial need led to this feeling. although it may not be real.

Category (34), which is "my inability to control myself as before." came penultimate and at an average level. This means that the player after retirement is tense or tends to be more nervous, which leads to the distancing of friends and relatives around him. Thus, a decline in his social status.

To answer the third question, which states: (What is the effect of retirement on the social status of the retired players in athletics)? Table No. (9) shows the following:

Table No. (9) The effect of retirement on the social status of the retired players in athletics (n = 54)

The effect of retirement on social status:	Athletics players	
	effect value (β)	standard error (se)
Socially	1.380	0.152
Financially	1.825	0.232
Health-wise	1.407	0.182
Psychological	2.095	0.302
The overall degree of social status	1.667	0.190

It is clear from Table (9) that the effect of the social aspect on the social status of retired athletics players was (1.380).

As for the effect of the financial aspect on the social status, it was for

athletics players (1.825).

As for the effect of the health aspect on the social status of athletics players (1.407).

As for the effect of the psychological aspect on the social status of athletics players (2.095).

The results also showed that the degree of vulnerability was positive, which means that retirement negatively affects the social status of retired athletics players. The researchers attribute this to the lack of opportunities for retired athletics players to benefit financially and socially after retirement.

Conclusions and recommendations

Conclusions

The following conclusions were reached:

- 1- Retirement negatively affected the social status of retired athletics players.
- 2- The most affected aspect of social status among retired athletes is the psychological aspect.
- 3- The most important reasons for retirement among retired athletics players: "My income from practicing sports is not enough for me."

Recommendations

In light of the results and conclusions reached by the study, the researchers recommend the following:

- 1- Conducting educational lectures for players who intend to retire to help them face the negative effects of retirement.
- 2- Establishing a fund to help retired athletes, similar to social security. Federations should allocate a sum of money for retired athletes as an end-of-service reward.
- 3 - Increasing interest in the psychological aspect of retired players.
- 4- Carrying out similar studies to identify the impact of retirement on the social status of retired players in different sports.

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