

# The Buzzer's Call: Understanding The Lived Experiences Of Injured Athletes, A Phenomenology

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**Abstract:** Sports is a physical event and activity that makes use of exerting out body movements to release the force needed to be employed out of an athlete's body to achieve. In sports, injuries happen due to the cause that athletes may have exerted all the effort their body can only give or due to reckless competitions. This study focuses on understanding the lived experiences of injured athletes while grasping the new lifestyle they have. **Methods:** Given this context, this qualitative phenomenological study captured the lived experiences of injured athletes who were at the receiving end of injuries. It aims to elucidate themes based on the responses of the participants relating to the central question: "How do injured players deal with their new lifestyle after having a sports injury?" **Findings:** Based on the verbal musings of the participants, and the clustering of their responses, four themes were created. These are: (1) Unfolding Epiphanies which includes Reflective Awakenings and Prioritizing Relationships; (2) Risen Awareness which includes Health Involvement and Heightened Consciousness; (3) Chapter Ending which includes Accepted Consequences and Prudential Redirection; (4) Greater Look-ins which includes Fine-Tuning and Beyond Comfort. **Conclusion:** Injured athletes had a change in their usual lifestyle from playing sports to supporting from afar and taking care of themselves. It was found that due to their injuries, they could not do their usual sports and entertainment activities and had to get used to building new coping mechanisms to help them recover from the suffering they are experiencing. **Recommendations:** As gathered on the result and findings of the study, the researchers recommend that future studies should go beyond the limitations of this study and explore more with different sports backgrounds for a more diversified research study. They also recommend the athletes to know more about the health risks it could pose as this could affect their future endeavors.

**Keywords:** Coping Mechanisms, Injured Athletes, Injury, New Lifestyle, Phenomenological, Sports

## 1. Introduction

Sports is connected to any form of competitive physical game or activity that makes use of a person's physical ability and skills while having a moment of pleasure and enjoyment to participants and spectators. This explains why so many early games involved the throwing of spears and sparring one-on-one with opponents. Furthermore, Maguire (2020) also stated that in every culture past and present, sports have a major part but each culture has its own definition of sports. Although sports have always been known for their physical benefits since it commonly helps in strengthening one's body, participating in sports also has its fair share of mental health benefits. As explained by Easterlin et al. (2019), engaging in physical activities during childhood and adolescence has shown to have benefits for mental health, including improvements in depressive symptoms, stress, and self-esteem. Furthermore, those who play sports have a higher level of physical activity, knowledge of nutrition, and health that can be cultivated through sport as Malm et al. (2019) point out. Aside from physical and mental health benefits, playing sports can also be beneficial in developing one's

knowledge, which does not only apply to adolescents but also to all age groups. Given the acceptance of sports in both sexes, it has paved the way for talented athletes to make a difference in any sport. Truth be told, there are many celebrated athletes who changed the sports they have played and have influenced numerous generations. In the report of Wiley (2010), men had higher centrality scores when compared to women. On the contrary, women had higher activity-attraction scores and showed better self-expression. It revolutionized the participation of certain genders in sports, where the idea of gender appropriation in sports is abolished. In addition, sports are also suitable as leisure for adolescents for motivation and satisfaction. As claimed by Chen (2013), involvement in sports can affect satisfaction, and is fully encouraged that adolescents' must have support from their parents and also learn to incorporate leisure activities into their lives. Furthermore, sports are not limited nor reserved only for the fittest and strongest able body and mind. Disabled individuals are still welcomed into the world of sports for they can still access skills that are needed to carry out these activities, such as organization, task management,

and decisional process, which can also be determined as leadership skills that anyone can develop from playing sports. Sport is a field where gender and disabilities can be set aside, with the burning passion, right encouragement, and proper training, anyone can participate in this activity. Sports are beneficial for all and it does not differentiate (Nichols, 2021). Sports is seen as a leisure activity to many, as it gives a sense of satisfaction physically and mentally. Moreover, participation in active leisure can benefit adolescents in the long run, in terms of psychological well-being, as it contributes to the increase of life satisfaction and the decrease of daily stress. According to Lee and Yi (2006), in particular, physical leisure activity has a relatively strong positive effect on coping stress behaviors. Individuals' level of happiness tended to increase when participating in active leisure such as sports activities, while their happiness decreased when they were carrying out passive activities. These benefits created a positive impact on the lives of the athletes as these helps them develop their physical and emotional well-being. However, injuries cannot be avoided such that it is already an event expected when committed to sports. According to Mullins (2004), sports injuries are extremely difficult to study because of the huge range of body movements involved. Common injuries that happen all the time are strains, sprains, fractures, etc. which must be taken care of immediately before it gets worse. Athletes cannot deny that injury is on the way especially when playing the type of sport, they love. Injuries are very expected when playing sports and could affect the athlete's self-esteem particularly if the athlete plays in competitions and is very well known for their skills. A famous athlete, Peter Schmeichel, United's goalkeeper, suffered a double compound fracture with the impact causing his cracked fibula bone to pierce the skin. After the incident, he was not able to play professionally again. Hence, injury is often accompanied by depression, tension, anger, and low self-esteem, particularly in competitive, seriously injured athletes. Mood disturbance seems to relate to the athlete's perceived progress in rehabilitation and has been shown to negatively relate to attendance at rehabilitation sessions (Smith, 1996). Maturity is important to sports, specifically physical and emotional maturation as it indicates the athlete's physical development through different developmental stages and emotional attributes through emotional intelligence especially when handling emotions in competitions and handling pressure. According to Matthew Taffe (2021), young athletes experience success and develop abilities to overcome challenges. In doing so, they gain the self-confidence they can carry not only into their sport but into their daily lives and social interactions. As they grow older, their physical attributes develop wherein the body turns fragile and weak. The participants have different experiences consequently, at a young age, their injuries would still heal since their body is still capable of developing. Although on the other hand, the senior athletes experience a different change in their body which resulted in changing their lifestyles and sports. With the selection of participants, the age and level of expertise were taken into consideration as it plays a big role in data gathering. Medical studies show that the common injuries that athletes face are sprains and torn ligaments. Thus, these injuries also affect their lifestyle such that it would

result in quitting sports. The crux of this study is to understand the lived experiences of injured athletes and how they deal with their injuries. This paper relates to the central question: "How do injured players deal with their new lifestyle after having a sports injury?" In general, sports have a major impact on the lives of athletes. As stated, these made such positive impacts and benefits in the lives of athletes which helped in developing their well-being. Injuries can never be outrun by athletes as this is already part of what they must take in mind to avoid having a change in their lifestyle and to continue their passion. To have a better understanding of injured athletes, the researchers then conducted this research study whose motive was to understand and capture the lived experiences of injured athletes and compile records of their very own point of view on how they adjusted and cope with the event that changed their lives.

## II. Methods

The method of gathering the required data was achieved through conducting key informant interviews. The participants chosen for this qualitative phenomenological research have diverse sports among them. Twenty-two developmental questions were created, related to the central question, "How do injured players deal with their new lifestyle after having a sports injury?" And were then used to gather information from the participants. The set of gathered data was carefully analyzed and sorted to produce the themes generated which are found in the simulacrum.

### 2.1 Research Design

The qualitative research design was applied to showcase and understand the lived experiences of injured athletes. A phenomenological study describes the meaning for several individuals of their lived experiences of a concept or a phenomenon (Creswell, 2007). To continue with, phenomenology is the study of human experience and of the ways things present themselves to us in and through such experience (Sokolowski 2000, 2). Qualitative research is an inquiry process of understanding based on distinct methodological traditions of inquiry that explore a social or human problem (Creswell, 1994). To further explain qualitative research, Denzin and Lincoln (2000), claim that qualitative researchers study things in their natural settings, attempting to make sense of or to interpret phenomena in terms of the meanings people bring to them. As early as the 1980s, qualitative researchers demonstrated sensitivity to the impact of research interviews on participants (Cowles, 1988; Munhall 1988). Interviews became sites for persons telling their stories to empathic listeners whose projects were framed as having both personal and political emancipatory potential (Gergen, 2001). The participants were interviewed via Zoom Application with consent and anonymity to keep their pieces of personal information confidential. A semi-structured interview composed of Through the use of the qualitative approach, the researchers were able to capture the eye-opening events and understand the lived experiences of injured athletes through a phenomenological study.

## 2.2 Research Locale and Sample



Figure 1: Map of Qatar taken via Google Maps



Figure 2: Location of Philippine School Doha at Al Messiah, Doha, Qatar taken via Google Maps

The participants of this study were purposely chosen based on the following set criteria: (1) teenagers up to senior citizens; (2) different sports played; (3) number of years of experience; (4) level of expertise; (5) how bad the injury was; (6) injury leading to quitting of sports. In the selection of participants, six (6) things were considered. First, the age of the chosen participant ranges from 15-65 years old, since the participant must have the ability to answer questions at their own will. Second, the different sports played, for the readers to be aware of the different experiences in various sports. Third, the years of experience, to make the study credible, the researchers would have to choose participants who have done the sport for at least 3 years or more. Fourth, the participant's level of expertise, through this, the readers of the research paper will be mindful of the impact of an injury depending on the level of expertise. Furthermore, among the participants, there were three (3) who have played the sport for 3 years, two (2) have played the sport for 5-7 years, and one (1) have played the sport for more than 20 years. Next is how extreme was the impact of the injury, for the readers to be more conscious about the struggles stated by the participants who were once athletes. Lastly, how the injury led the participants to the decision of quitting the sport, intending to enhance the readers' understanding of how an injury could lead to quitting a certain sport. The researchers used a phenomenological approach in gathering the data. Phenomenology is defined as the study of an individual's lived experience within the world (Neubauer, Witkop, & Varpio, 2019). All of the data gathered are based on the experiences of the participants that were carefully chosen by the researchers for this study. Furthermore, qualitative research was used in this study as opposed to quantitative research. Bhandari (2020) defined qualitative research as the collection and analysis of non-numerical data to grasp concepts,

judgments, and experiences to gather in-depth insights about a certain problem. Lastly, the participants in this study were interviewed through Zoom while the consent letter was sent through Gmail. The researchers also made sure that the data gathered were kept confidential and the participants were informed beforehand that the Zoom meeting would be recorded.

## 2.3 Data Collection and Ethical Consideration

The process of data collection started by creating a set of the central, sub, and developmental questions that would enable researchers to study the lived experiences of the participants. To ensure the validity of the formulated questions, a validation letter was sent to the teachers in the Senior High School Department. Once validated, the participants were invited to partake in sharing their lived experiences after receiving a form of consent. The data needed for this study was gathered through a semi-structured interview, which was scheduled in the Zoom Application. With the aid of the application's recording instrument, the transcription of data collected was conducted with ease. Before the interview, permission to record the Zoom meeting was sought. The researchers assure that the participants were invited of their own volition and are not in any way coerced. The upholding of the participants' anonymity was observed during the interview, this is also the reason why they are referred to as P1 and P2. Proper orientation of the interview flow was also given to the participants to give them an overview of the entire process. Throughout the interview, the researchers made sure that proper research ethics and protocols were being meticulously followed as part of the qualitative research process.

## 2.4 Data Analysis

The researchers prepared a semi-structured interview composed of twenty-two (22) questions to gather significant information from chosen participants. The consent letter is where the robotfoto of the six (6) participants will be placed and sent to each of them via Gmail. This is where the participants' demographic information (name, age, civil status, level of expertise, type of sport, etc.) is placed which is crucial to the study. The data was recorded using an option in the Zoom Application. The raw recordings were transcribed using the emic-etic transcription, afterward, all the transcriptions were followed by doing the cool-warm analysis, where the answers of the participants were summarized into 1-2 sentences. The data from the warm analysis will now be placed into the dendrogram, where the researchers will attempt to group the responses into subthemes and main themes. (1) Unfolding Epiphanies: (1.1) Reflective Awakenings (1.2) Prioritizing Relationships; (2) Risen Awareness: (2.1) Health Involvement (2.2) Heightened Consciousness; (3) Chapter Ending: (3.1) Accepted Consequences (3.2) Prudential Redirection; (4) Greater Look-ins: (4.1) Fine-Tuning (4.2) Beyond Comfort. With the use of Review of Related Literature, further explanations of the main themes and subthemes were discussed. The results of the analysis are reflected in the simulacrum.

## 2.5 Findings



**Figure 3:** Simulacrum: Different Aspects to Categorize the Lived Experiences of Injured Athletes

In the simulacrum, there are four main colors: blue, yellow, green, and orange. The color blue represents the health of the athletes and the stability that they now experience after the heightening of their consciousness succeeding the injury. The color yellow portrays hope, the light that shines for the opportunities that are yet to be presented to them in the near future. The color expresses that all the great moments do not stop coming even when a chapter of the athletes' sports life has ended. The color green represents the athletes' growth as they develop in different aspects as they adjust to their new lifestyle and as they journey into a new adventure that is beyond their comfort zone. It also depicts the new opportunities that will follow along with the steps of their new chapter in life. Lastly, the color orange shows the athletes' adventures as they walk down the memory lane and grabs it as an opportunity to reflect and realize. Moreover, it portrays the excitement that the athletes get as they unfold the silver linings of their injury and their sense of vitality to continue on their new venture. Then, the silhouette of an Olympic torch symbolizes sports alongside peace, friendship, tolerance, and hope which are the elements needed by the athletes in the sport. The puzzle pieces depict the connection between all the four major themes which completes the lived experiences of the athletes. Lastly, the people in the middle holding up a trophy represents the athletes. It shows that they are triumphant even after the injury because they won great experiences and lessons in life.

### Results

This phenomenological study discusses the lived experiences of Injured Athletes. The aim of the study is to understand the lived experiences of the Injured Athletes and how they cope up with their injuries relative to the central question, "How do career-ending injured athletes deal with their new lifestyle after having an injury that led them to quit the sports they played?" Additionally, the specific question this study is focused on is, "What are the common life adjustments of injured athletes suffering from career-ending sports injuries?" As the athletes continue to deal with their injuries, it causes them to adapt to a new lifestyle that helps them move on with their everyday lives despite having an injury that led them to quit their sports. The data gathered were used to generate the 4 main themes of the topic (1) Unfolding Epiphanies; (2) Risen Awareness; (3) Greater Look-ins; (4) Chapter Ending.

### Unfolding Epiphanies

The first major theme indicates how the injured athletes had better realizations and understanding after their injury had happened, hence it was an eye-opener for them. The term epiphany refers to the grasp of reality through an occurrence that is striking. Therefore, unfolding epiphanies pertains to the cognizance of the athletes' emotions and relationships. It focuses on the formation of stronger bonds and self-reflection. From this theme, two sub-themes emerged, namely: Reflective Awakenings and Prioritizing Relationships.

#### A. Reflective Awakenings

Due to the injuries of the athletes, as a part of their healing process, they took their time to reflect and realize that they had to put themselves first and to become more aware with regard to their surroundings. They replied:

*"It impacted my relationship with friends, people who I have played with or against. I miss them, but I have to put my health first." (P2)*

*"...After the injury, I became more careful in everything I do not only in basketball but all of the things I do, like helping with chores, physical activities in school, and many more." (P1)*

*"It was an eye-opener because before I was injured, I was really reckless with the way I play and after the injury happened, I became a little more aware of the surroundings and how I move." (P6)*

#### B. Prioritizing Relationships

Since their involvement in sports declined due to their injuries, the relationship between the athletes and their teammates has created a gap. However, the injured athletes focused on strengthening their bonds and finding their support system with their peers. The participants mentioned:

*"...I think the most important thing in overcoming the gap between both parties is by being honest and understanding of the situation since it goes hand in hand." (P3)*

*"Well the bonds still stayed after I had the injury so whenever I couldn't attend practice or whenever someone has an injury or couldn't attend any games, it's okay for us." (P5)*

*"I always talked to my teammates about how I should cope with my injury and every time I interacted with them they would always support me and give me some encouraging words that helped me go through the pain..." (P6)*

#### Risen Awareness

The second major theme discusses the mindfulness of the athletes prior to their injury. Risen awareness talks about how the athletes had become more careful and conscious of their surroundings, health, and activities. It tackles their routines for their injury not to worsen and for them to heal in time.

### A. Health Involvement

Since the athletes' injury affected them physically and emotionally, they made adjustments in their routine to continue their progress in healing. The athletes sought the injury as lessons. They replied:

*"I would describe it as a blessing in disguise as I learned that we should always take care of our body, and life is short." (P5)*

*"...There should be a certain limit in everything that you do. No matter how much you enjoy doing the sport, you should really have to look after your health first and not overdo things because once you get injured, you can no longer do it." (P3)*

*"...I realized that I really need to be careful in everything I do, may it be sports, physical activities, or anything." (P1)*

### B. Heightened Consciousness

Cautiousness and vigilance have now become a part of the athletes' day-to-day life for them to become aware of their surroundings. They become more careful with every step that they take to avoid any more unexpected injuries.

*"I get more cautious whenever I play or do anything. I think I got more conscious of my surroundings because if I do not, the same accident might happen again, but worse." (P1)*

*"I was very confident with how I played basketball and was very reckless, but after I was injured, I was more pressured and scared of doing things that can hurt my body." (P6)*

*"In my case, I had to do a lot of stretching and have a lot of bandages because when you are doing dragon boat, it's not like you are simply paddling so you really have to prepare yourself mentally, physically, and emotionally." (P4)*

### Chapter Ending

The third major theme pertains to the acceptance of the downsides and the end result of their injuries and what followed up after. Chapter ending shows how the athletes had found a silver lining which led them to their prudential redirection showing that their chapter in sports ends, but not in any other great activities and opportunities.

### A. Accepted Consequences

As a result of their injuries, the athletes have suffered consequences which they must accept. Whether it be in their social lives or daily routines, they have learned to come to terms with the outcomes of what followed.

*"Even though I wanted to continue playing the sport, because of this injury, I cannot continue to do so for my health. So, in short, my interaction regarding this with my teammates wasn't difficult because it's a genuine case and everyone's priority is everyone's safety and health." (P3)*

*"I have a walk for fifteen to thirty minutes, which makes my life more convenient without sport. It lessens blood pressure, and it can be helpful for your body." (P2)*

*"I just followed what my doctors told me to do and avoided running and going out to play. I avoided things that can harm my injury." (P6)*

### B. Prudential Redirection

Despite the outcomes of their injuries, the athletes have learned to look at the bright side of the situation. Although most of them quit their sport, that does not mean that their opportunities have ended. They may encounter new sports or apply their training in their everyday lives.

*"Once it becomes part of your lifestyle, it will not be easy to suddenly stop it. In my case, since I can no longer do dragon boats, I diverted my full attention to obstacle races, which I can physically do. Right now, doing things like jogging and all that, I am just doing it for the sake of maintaining a healthy lifestyle." (P3)*

*"Even with losing a hobby, you must never give up. Find other solutions like walking as an exercise." (P2)*

*"Yes, because it is good exercise and I love it so much." (P5)*

### Greater Look-ins

The last major theme talks about how the obstacles the athletes have endured, they still managed to see the good in everything alongside the feeling of satisfaction. Look-ins refer to the athletes' growth towards self-improvement by slowly making small changes to progress in developing their life once again.

### A. Fine-Tuning

Since their injuries were lasting, the athletes were forced to adapt to a new lifestyle, where they experienced emotional difficulties. Despite everything, the athletes continued to make small changes to their lives to improve their life satisfaction. They replied:

*"I was disappointed at first because I know I could've avoided the injury, but at some point, I was happy because I have done a lot of things that I haven't done before. The injury affected my life satisfaction so much because I learned a lot of things in life." (P5)*

*"I thought that if I was not injured, I could also have trophies and medals, but like what I have always said, health is wealth, so that's the most important thing. I don't regret anything because you can always get rewards somewhere else, not only in sports but maybe in other aspects of your life." (P3)*

*"I cannot say that I am an expert in sports right now but as their teammate, I can share what I know about basketball. If it comes to the chance that I am watching the game they are playing, I think I will share tips, advice, and most importantly I will remind them to be careful." (P1)*

## B. Beyond Comfort

Even though the injuries impacted the athletes immensely, most of them still continued to remain positive in adjusting. They realized that they were able to do things other than sports and therefore can still fulfill their goals even after an injury.

*"I adjusted by telling my experiences to my colleagues, and telling them what to do, and what not to do, based on what I have experienced. I can say that with age, you should not force yourself, especially with sports." (P2)*

*"...When I got injured, I got to explore other things like obstacle racecourses. I also realized that I can climb up, do monkey bars, and all that. You will basically learn and discover so many things that even you don't know you are capable of doing." (P3)*

*"Yes, I excelled in other things when I was injured like cooking and playing online games." (P5)*

*"I can still fulfill my goals in life because I have a lot that doesn't really require any physical strength to achieve. The course that you will take will be different, but if you put your mind to it, you can definitely achieve it" (P4)*

## Discussion

When participants showed psychological changes due to the aspect of sport where the possibilities of injury are bound to happen and are injured while participating in sports. They are likely to face situations that force them to make changes in various aspects of their lives, including awareness, closure, look-ins, and epiphanies. The primary goal of this research was to reveal the previously unseen experiences of athletes dealing with the aftermath of career-ending injuries. Throughout the process, the participants have shared numerous insights, adjustments, and changes. As a result, they have highlighted the following aspects:

### Unfolding Epiphanies

The industry of sports as a whole is an embodiment of health and wellness. This, however, leaves athletes in the space of uncertainty in which is hard to decipher; the possibility to sink or swim in one's chosen career. Unfolding Epiphanies deals with the athlete's realization, mental state, emotions, and understanding after their injuries. Emotional responses to sports injuries usually progress over time from a high level of negative sentiments soon after the injury to a more positive emotional profile (Brewer, 2017). Moreover, the non-intervenable endangerment of the athletes' mental wellness is a result of the stress they have experienced during the event of injuries. Mental health difficulties can be triggered or unmasked by the psychological response to injury, and stress is an important antecedent to injuries and can play a role in rehabilitation (Putukian, 2016). The emphasis on mental wellness should come first in order to receive the beacon of light that athletes seek. Support from teammates, coaches, family, and friends is also important during the athlete's time of reflection. Understanding the athletes' situation may aid those who play at a respectable level of competition, but it is not enough to regain the state of satisfaction athletes have

prior to the injury. The current strategy for fostering elite athlete mental health and wellness has mostly focused on improving mental health literacy, or athlete awareness of mental disease markers. This understanding is useful, but it is insufficient to fulfill the unique mental health needs of professional athletes. The best approach is to detect alarming signs earlier and respond to their needs to avoid complications (Purcell, Gwyther, & Rice, 2019). Due to this, support systems are very important for injured athletes to lessen the psychological effects of their injuries, and to further understand their situation. During the rehabilitation process, other people's social support, excluding coaches, has been demonstrated to minimize the impact of injuries (Maurice, Kuklick, & Anderson, 2017). Thus, in order for athletes to rightly stay fulfilled, a supportive environment must be there for the athlete's wellbeing.

### Risen Awareness

Following the downfall that injuries have caused to athletes, it has become a stepping stone to learn from past mistakes. It has also instilled a sense of cautiousness in athletes, in order to not face the same fate again. Risen Awareness is connected to the heightened awareness experienced by the athlete. There is no question that injuries may leave harm in the long term, and that athletes must find a workaround to lessen its effects. Significant injuries and recovery are frequently accompanied by long-term psychological effects that might have an influence on the athletes' well-being (Shelbein, 2016). Being aware may help with the athlete's psychological awareness, this shows the importance of being conscious of the next step. The choice to stop participating in sports owing to medical concerns, such as neurologic problems, can have life-changing repercussions, especially for young athletes, and requires a thorough assessment and nuanced conversation (Hayes, et al., 2018). Furthermore, the effects of injuries have affected the athlete's conscious choices, and it intervenes in the way athletes live. It is shown that the athletes' decision-making is a dynamic process accompanied by a variety of emotional responses that necessitate different coping techniques at different phases (Park, Tod, & Lavalley, 2012). Most top performers face the problem of learning how to operate in such a demanding environment by developing resilience in order to deal with the transitions and expectations that come with both high performance and life (Anderson, 2012). As a consequence of the athletes' injuries, certain adjustments to their lives have drastically changed, and it has well affected their choices every day, becoming more cautious of their actions.

### Chapter Ending

Chapter Ending takes a look at the participants' actions and their next step after being injured. Throughout their life after their career, they have shown acceptance that sport is brutal and when an injury has happened their mental health, as well as their physical health, is affected. Where sometimes it takes an athlete out of play for a long time which can traumatize someone who has structured their life around sports (Barker, 2021). When a person gets injured it may appear to be normal, but they revolved and dedicated their lives and time in sports which is why the participants showed that there are times they are down

emotionally even after recovery they fear a recurrence of the injury, but with time they find help from a psychological intervention such as support systems and psychiatrist, after which they are able to go back to living a normal routine and being extra cautious just without the sports aspect (Reese, Pittsinger, & Yang, 2012). Not all athletes tend to stop after their injury, some participants were yet to decide for their future and because they still had the passion that they are willing to wait until they recover. Some took another path which would lead them to another life also known as a redirection because of said injuries that affected their physical ability to do activities, the participants also explained that even if they would retire, their passion for the sport will not stop and they would likely return at a later age or be an avid fan themselves but as time goes on they are met with different things and activities that may change their love for the sport these are what they call distractions or transitional activities for them to start moving on to another chapter in their life (Giannone, 2016). An inactive athlete due to injury can be seen as a liability which is another factor that affects their mental instability towards their decision whether to continue their sports or not. But in the end, most of the outcomes of their decision always comes from a logical aspect and peer pressure which also adds up to the stress level they had to deal with, which is an underlying factor that most do not know about and why they often make wrong choices due to other people tempting them to come back, this is the part where social support comes to play where it can greatly help an athlete go through their recovery state and maintain their healthy state from before (Robbins, 2012).

### Greater Look-ins

Greater Look-ins explain what athletes have done after their injuries. It deals with what they have realized during and after their days as an Athlete and what they plan on doing with their future. Most athletes continue to be involved with the sport they love in one way or another after retiring. Many athletes go on to coach and pass on their wisdom to the next generation of athletes, to which some of them coach college or pro teams. Another profession is becoming sports announcers or sports talk show hosts. All of these professions are readily available to former athletes especially when they are on an elite level since their sports background helps the inspiring players to be able to relate and understand one another better, other benefits include their past experiences can be shared to give knowledge and insight of what it really takes to be committed to a sport they chose (Blackket, 2018). When an athlete decides to leave behind the past and let go of their glory in sports, there are many choices such as pursuing a hobby they did when they were younger with the likes of cooking or simply living an ordinary life and settling down with a family if they ever chose to have one in the beginning, with their life structured around the sports they have been actively involved in they cannot hide away that once they move on they lost a part of their identity which some of them may still dwell upon even after transitioning to a normal life without sports (Christou, 2018). With regards to how they deal or cope with the feeling that they can never be the person that they use to be before their injury, to which this results in jealousy and the feeling of being left out since

they cannot do the physical activities needed for the sports, with people's critics being another factor affecting their mental health. Mixed ideas came into play on dealing with these factors that affect their lives with them praising the social support system is a great way to help one's self-esteem back up having a service dog or normally getting a pet can also help the athlete's mental health be stable and be able to ignore those negative thoughts that can cause them mental instability (Mosewich, 2012). With all the details that they are able to collect the final part of their journey to becoming at peace with themselves living without regrets and having another purpose in life. Sports is already a benefit to people especially to young ones and being able to gather all the experiences and be able to repurpose those skills into teaching and showing young and aspiring athletes which can result in their long-term life being better Rodríguez-Bravo, De-Juanas, & García-Castilla, 2020).

### Conclusion

Losing one's passion for sports can have a negative impact on a person's emotional, physical, and psychological well-being, especially if the individual appears to have an attachment to the sport as a result of being good or outstanding at it. Despite the fact that these events had a profound impact on these people, they are in the tough process of healing, with some having already healed and gone forward. Given these effects, the findings section contains all of the participants' personal and interpersonal experiences. In order to cope up with these said negative effects, the participants find other hobbies which somehow remind them of the sport they used to play, some even resulted in being coaches in their respected game. Everyone has their own way of healing and some take longer, in order to move on from the trauma they experienced they tend to stay not only because this would help them heal but also as the result of their love for the game. Aside from that, it was clear that the respondents had to go through the rough times of becoming an athlete. The truth is not knowing what will happen in the future, such as whether or not they may suffer a severe injury that will influence their game or even their daily lives. Because of these concerns, some of them have ceased participating in the sport they are accustomed to and have instead concentrated on exploring other interests or hobbies. Some of the respondents, on the other hand, are torn between quitting and continuing. Because giving up one's passion might have a negative impact on one's mental health, several of our respondents had a difficult time mentally and physically healing after being injured. Usually due to a serious injury that may take time to heal or something that can heal but cannot be utilized in certain physical activities like basketball or dragon boat racing. An injury not only impacts a person's mental health, but it also affects their physical well-being because the sport may be their only source of stress relief and physical fitness. The injuries which happened to the participants made them realize that there is life outside the sports they played, they became more aware not only of themselves but also of their surroundings. It helped them realize that they need to be more careful in the things they do, especially after what happened to them, in order to avoid the said incident from happening again. Furthermore, the participants' social life was not that affected and in truth

gained more friends after the injury had occurred. It helped them recover from the stress that they experienced and brought relief for they know that they have friends they can lean on and still be friends even after the incident happened. It also helps them realize that no matter how much your love for the sport you play, you should never play it recklessly for all is not worth it if your health will be affected. Lastly, this study serves as a guide for sports organizations, athletes, and their families by educating them of the potential benefits and risks of being a full-time athlete, particularly when it comes to life-threatening injuries. The researchers recommend that future studies should go beyond the limitations of this study and explore more at gathering participants from different sports backgrounds, such as tennis and volleyball, as well as meeting participants from different parts of the world for a more diversified research study. The athletes should be more knowledgeable on the different health risks that sports pose to lessen the accidents or injuries they may face in their future endeavors. As for the family members and peers, the researchers recommend being more open and having a close relationship with one another to avoid relationship problems and for the athletes to feel the support given by the people around them.

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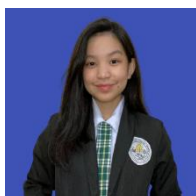
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## Author's Profile



**Azhaleigh Ingrid Gumangan** was a member of the Ballet & Arts Center and spent her youth by practicing and learning at Bonifacio Global City. As a kid, she had already been exposed to various sports as she grew up with a family of full of knowledge in different areas in sports. She is also a graduating student from

Philippine School Doha, where she received numerous honors, including running for school honors and actively participated in numerous extracurricular activities such as being a member of the Supreme Student Government (SSG), joined multiple clubs, won in multiple competitions, and has a lot of leadership experience as these opportunities shaped her to who she is today.



**Danielle Frances Gwyneth G. Bay** is a graduating student from Philippine School Doha. She participates in her school's organizations, she is currently a literary writer and a Comelec board member. She has also received academic awards through out her High School years.



**Rhaine Marielle D. Castillo** was a member of the Las Villas Pilot Whale Swimming Team and spent much of her youth in San Pedro, Laguna, learning and training for national competitions. Aside from that, she has considerable sports knowledge based on years of experience and training from professional coaches.

She is also a graduating student from Philippine School Doha, where she participated in numerous extracurricular activities and assisted with major school events such as the 2019-2020 Junior-Senior Promenade.



**Gabriel Edward P. Marquez** was a former Al Dafna Football Club player who spent his youth career training at Al Ahli Sports Club's academy. He has a broad understanding of sports from his own experience and professional coaching. He is also a graduating student from Philippine School Doha, where he has received numerous honors, including running for school honors and receiving the Laureola award.



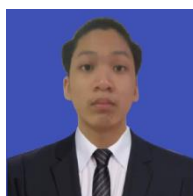
**Nathaniel U. Surot** is a graduating student from Philippine School Doha, played in local tennis tournament and currently active in outdoor sports with mountain cycling as his main hobby. Has self-taught himself playing different instruments and an idea of basic musical theory. Understands basic mechanical structure and able to fix commonly broken things. While at a young age he had the creativity and passion on doing structural art, which he is committed to expanding his knowledge by taking Architectural course in his home country.



**Tahani G. Moksir** is a graduating student from Philippine School Doha. Among her many interests is her involvement in school organizations. Besides being a part of her school's campus journalism as a news writer, she is also involved in her school's environmental organization. She has also received several academic awards in her high school years, including the Laureola Award.



**Asher Bryce J. Benares** is a current basketball player who plays for different basketball teams such as Lakay Lycans and Japa Basketball. He has a wide understanding of the sports which was gained from his experience and professional help from his coaches. Furthermore he is an athlete that competes in Multisports such as Triathlon's, Open Water Swim Races, and Marathon's. His swimming experience dated back to when he was still 7 years old and competed in many swim events in the many years ahead. He was also one of the students who competed in the school's Intramurals in Grades 9 to 10. He is also a graduating student from Philippine School Doha, where he had also participated in the Battle of the Bands during the S.Y. 2019-2020 and won the Best Bassist award of the Year.



**McNeil Joaquin D. Mercado** was a varsity player during all his year in high school who manage to get multiple awards including mythical five status in their school intramural school year 2019-2020. He trained under former Alaska Aces(PBA) player Coach Niño Gelig during his early years in qatar. With his vast knowledge for the game it helped him to be part of the upcoming All - Filipino U18 GCC Club Championship 2022 in Dubai and he is currently training under former San Beda player, Coach Francis Mercado.