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# OVERALL WELLBEING OF FEMALE FOOTBALL PLAYERS

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## ABSTRACT

The aim of this thesis was that there was a need for guidelines to create more focus on football players' health. The objective of the thesis was to find out what aspects of football players' overall wellbeing needed improvement. Based on the aspects that need improvement the objective was to propose concrete methods that can be used in football players' training.

The goal was to discover and to propose concrete methods that the football players can use to maintain and improve their overall wellbeing. To achieve this goal three research questions were defined. The first research question was to find out what areas in children's and young football players' overall health need to be improved. The second research question was to discover what concrete methods are needed to improve the overall wellbeing of children and young people. The third research question was to find out in what ways the amount of physical exercising can be increased.

Quantitative research method was used in this research and survey was used as a measurement method. The survey consisted of Likert scale questions, multiple choice questions and open-ended questions.

The study showed that the aspects of wellbeing were overall quite good but in every aspect of wellbeing, there were some football players who could need improvement. The aspect of sleep and rest was highlighted to that they could be improved. The development proposals based on the results offer the idea of using different kinds of relaxation and visualization methods in football practices, not only for better sleep and rest but for improving performance of exercising and preparing for competitions or other situations. The commissioning party gets a guide that consist of these kinds of methods to be used in football practices to improve the football players performance and health.

**Keywords:** Overall wellbeing, exercising, football players, children, young people

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## 1 INTRODUCTION

The topic of this thesis is the overall well-being of female football players. The thesis covers the meaning of overall well-being and the different factors that affect it. The factors impacting it are closely influenced by our own decisions. The different factors are sleep, rest, nutrition, mental well-being, and social well-being. This thesis goes through the reasons how those factors affect overall well-being and why it is important to take them into consideration in the daily lives of football players.

Wellness has several dimensions, including emotional well-being (coping effectively with life and creating satisfying relationships) and physical well-being (recognizing the need for physical activity, healthy foods, and sleep) (National Center for Complementary and Integrative Health s.a.). Every day presents choices as to the extent to which you do what's best to sustain your physical, mental/emotional, and social well-being, and preserve the balance among these aspects of your health. Optimal health comes from wellness, from making decisions and practicing behaviors that are based on sound health knowledge and healthful attitudes. (Stoewen 2015.)

The commissioning party is Porrassalmien Urheilijat – 62 ry (PU-62) which is a female football club located in Mikkeli region in Finland. The football club focuses on girls and young women of ages 5 to 18. The objective of this thesis is to give concrete development proposals on how to improve the overall well-being of the members of the commissioning party. The aim is that the football players will get practical ways which they can utilize to improve the different aspects of their well-being to gain better overall health. The members will get a poster that has concrete ways that can be used daily to make better lifestyle choices to gain better overall health. In addition, the commissioning party will get useful information that they can use in their content creation to promote the importance of their members' well-being.

The first research question is to find out what areas in children's and young football players' overall health need to be improved. The second research question is to discover what concrete methods are needed to improve the overall well-being of children and young people. The third research question is to find out in what ways the amount of physical exercising can be increased. This research is done with a quantitative research method and implemented with a Google forms survey. The survey is for the football players in the commissioning party.

The quantitative research will give more understanding to the commissioning party about the football players' current state of well-being and how the football players perceive their own well-being. This will give clarity about the health aspects that are need improvement. Based on the research, there will be developing proposals for well-being and practical ways to improve well-being. The commissioning party will gain more value from this because they can use and adjust the development proposal of well-being in their actions.

The theoretical framework of this thesis consists of two main chapters. The first chapter opens the definition of overall well-being and includes the main factors that play a key role in overall well-being which are sleep, rest, nutrition, mental well-being, and social well-being. The first chapter discusses the importance of each factor and the reasons why they should be considered in everyday life. The second theory chapter covers the importance of physical exercise in children and young people. It discusses the importance of physical exercise, the reasons why it should be promoted, and the recommendations for children and young people. The main idea is to understand why these factors play a key role in football players' everyday life and with that knowledge, how they can gain better overall well-being.

This thesis is limited to the members of the Porrassalmen Urheilijat -62 female sports club. The members cover football players who are girls and young women of ages 5 to 18.

## **2 OVERALL WELLBEING**

The first theoretical chapter introduces the concept of overall wellbeing and discusses how it is part of everyday life. In the first subchapter, the key definitions of wellbeing are defined and discussed. The other subchapters are divided into four main categories that are included in the concept of overall wellbeing. Those categories are sleep and rest, nutrition, mental wellbeing, and social wellbeing. The theory discusses the importance of each and the ways to improve in these areas and the possible recommendations for children and young people.

### **2.1 Key definitions of wellbeing**

Makeham (2021) state that eating a healthy balanced diet, getting enough sleep, and exercising and creating healthy habits to look after one's physical health are some of the easiest ways to help develop the sense of wellbeing. On the other hand, Stoewen (2017) state that people often think about wellness in terms of physical health — nutrition, exercise, weight management, etc. but it is so much more. Wellness is a holistic integration of physical, mental, and spiritual wellbeing, fueling the body, engaging the mind, and nurturing the spirit.

According to Centers for Disease Control and Prevention (2018), there is no consensus around a single definition of well-being, but there is a general agreement that at minimum, well-being includes the presence of positive emotions and moods (e.g. contentment, happiness), the absence of negative emotions (e.g. depression, anxiety), satisfaction with life, fulfillment, and positive functioning. In simple terms, well-being can be described as judging life positively and feeling good. The cornerstones of wellbeing; social, physical, psychological/mental, rest, nutrition, and physical activity, are defined in the Figure 1.

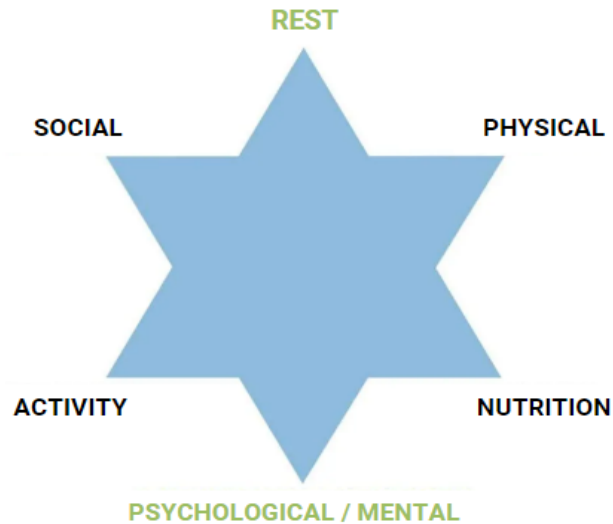


Figure 1. Cornerstones of wellbeing (Hilvola, 2021)

Health is a resource for daily life, not the goal of life. Health includes both social and personal resources as well as physical functioning. Perfect health is a utopia, and therefore the concept of health has been developed by emphasizing the experiential nature of health, change, community, and spirituality. The more influencing factors are associated with health, the more difficult it is to define it perfectly. (Patja 2022.) Wellbeing is fundamental to our health and overall happiness. Having a strong and well-adapted sense of wellbeing can help us overcome difficulties and help us achieve our goals in life. Having high levels of wellbeing helps us to be the best versions of ourselves. (Makeham 2021.)

Health promotion takes place in relation to time and environment. The world is always in constant change and so are the health challenges. Health is not created alone, but in communities and between communities. An individual's health depends on the environment. The whole world has become an interactive network, and this has emerged more clearly with the pandemic as well as with the consequences of the climate crisis and the loss of biodiversity becoming widely known. (Patja et al. 2022.)



## 2.2 Sleep and rest

Sleep is an essential and involuntary process, without which we cannot function effectively. It is as important to our bodies as eating, drinking, and breathing, and is vital for maintaining good mental and physical health. Sleeping helps to repair and restore our brains, not just our bodies. (Robotham et al. 2011, 4.) Sleep is a complex process during which our body undertakes several essential activities. It involves low awareness of the outside world, relaxed muscles, and a raised anabolic state which helps us to build and repair our bodies. (Robotham et al. 2011, 15.) Sleep is important for physical and mental recovery. The tired body needs to rest to fill its energy sources. Sleep has a revitalizing effect because during sleep the body prevents diseases and infections and corrects the strain of the day. The mind and thoughts also need sleep to rest from work and the strain of the day. (Pihl 2020.)

The deep sleep phase is the most important for the physical recovery of the brain and the body, and REM (rapid eye movements) sleep is the most important for, among other things, the recovery of the mind, learning, and memory. All in all, good and sufficient sleep enables the brain to recover from stress and forms the basis for the recovery of the whole body. (Nummela et al. 2022, 287.) The increase in the physical condition is based on a phenomenon where the body overcompensates the energy resources that were consumed during exercising, and this happens during rest. When the next exercise practice is performed in this state of super-compensation, overcompensation occurs, and thus physical fitness increases. If the recovery is too short-term or ineffective, begins to develop a physical and mental overtraining state. The challenging thing is that for recovery not only the physical but also the mental state is affected during sleep and rest. (Liukkonen 2020, 165.) Thereby, sleep is one of the key factors in recovering from sports performance. It maintains the immune system and the balance of the hormonal activity and supports the recovery of the nervous system and metabolic functions, so good sleep helps to stay healthy. (Nummela et al. 2022, 287.)

Recovery is naturally affected by nutrition, the amount of sleep, and health. Recovery from physical and mental stress can also be enhanced with psychological means. Especially relaxation and the quality of sleep can be improved for the better by using visualization. (Liukkonen 2020, 165.) Mental detachment from sports is good for overall recovery. Meeting friends, light exercising or even delving into a good book, or a movie might be the best way to recover from a psychological and physiological point of view. (Nummela et al. 2022, 298.) According to Liukkonen (2020, 53) relaxation exercises can increase the recovery from physical and mental stress. Several studies show that more favorable physiological changes occur in groups participating in relaxation, such as reductions in heart rate, blood pressure, and muscle tension than in groups lying down reading a magazine or listening to music. Also in the subjects' self-assessments mood sensations, such as situational anxiety and feelings of stress, have improved.

The need for sleep is very individual. The amount of sleep varies based on age, genes, and on activity. When assessing the need for sleep, it is good to consider the state of your life and the situation at that time. In general, sleep is sufficient if you feel refreshed after you wake up and you feel good about your quality of life and ability to function. (Pihl 2020.) Play-aged children usually sleep 10 to 13 hours a day. The night-time portion of this is about 10 hours. (Leikki-ikäisen uni 2-6 vuoden iässä.) A primary school-aged child needs about 9 to 11 hours of sleep a night. A small school child needs sleep to learn new things, grow and socialize. Regular daytime rhythms which include frequent food times, outdoor activities, and play, provide the basis for sleep. The child still needs a lot of intimacy and the opportunity to talk about the day's events, as anxiety and stress can be seen as sleep problems. (Leikki-ikäisen uni 2-6 vuoden iässä.)

### **2.3 Nutrition**

Healthy nutrition is a wholeness in which daily choices are decisive in a long term. The body needs enough protective nutrients and appropriate energy to stay healthy and functional. When there is a balance between energy supply and

consumption, the weight remains constant. (Terveellinen ruokavalio 2021.) Energy obtained from food is needed for basic metabolism, physical activity, and the heat production of digestion. In addition to the energy required for basic metabolism, including essential life functions (e.g. the amount of energy consumed by the heart, lungs and internal organs at rest), energy is used for everyday activity and movement, to repair muscle damage caused by exercising and to exercise adaptation, in other words, to create new muscle, bone and nerve structures. (Liikunta ja ravitsemus 2022.)

Healthy eating is one of the best ways to prevent or delay health problems. The best diet to follow is one that is science-based, that allows you to meet your nutritional requirements, and that you can stick to in the long run. In general, healthy eating means getting various foods, limiting certain kind of carbs and fats, watching out for salt, and being aware of your portion sizes. (National Institutes of Health 2019.) The diet should provide enough of energy nutrients (carbohydrates, protein and fat), vitamins, minerals and fibers, as well as sufficient water. Good nutrition also includes regular eating rhythm. (Liikunta ja ravitsemus 2022.) Healthy food is tasty, versatile, colorful, and contains a lot of vitamins and minerals. When the whole is in order, there is no need to pay attention to individual nutrients. (Valtion ravitsemusneuvottelukunta 2022.)

She should fill half of the plate with vegetables, for example, grated cheese, salad, and a warm vegetable side dish. Potatoes make up about a quarter of the plate. Instead of potatoes, you can eat rice, pasta, or other grain products. About a quarter of the plate remains for fish, meat, or egg dishes. You can replace it with a vegetarian food containing legumes, nuts, or seeds. Choose fat-free milk, buttermilk, or water as a beverage. In addition, the meal includes whole wheat bread, which is topped with a touch of soft vegetable fat spread. Berries or fruit as a dessert complements the meal. (Valtion ravitsemusneuvottelukunta 2022.) Figure 2 demonstrates the recommended nutrition plate which can be used regardless of the meal size. It demonstrates the balance between different foods.

### Plate model for a light training day

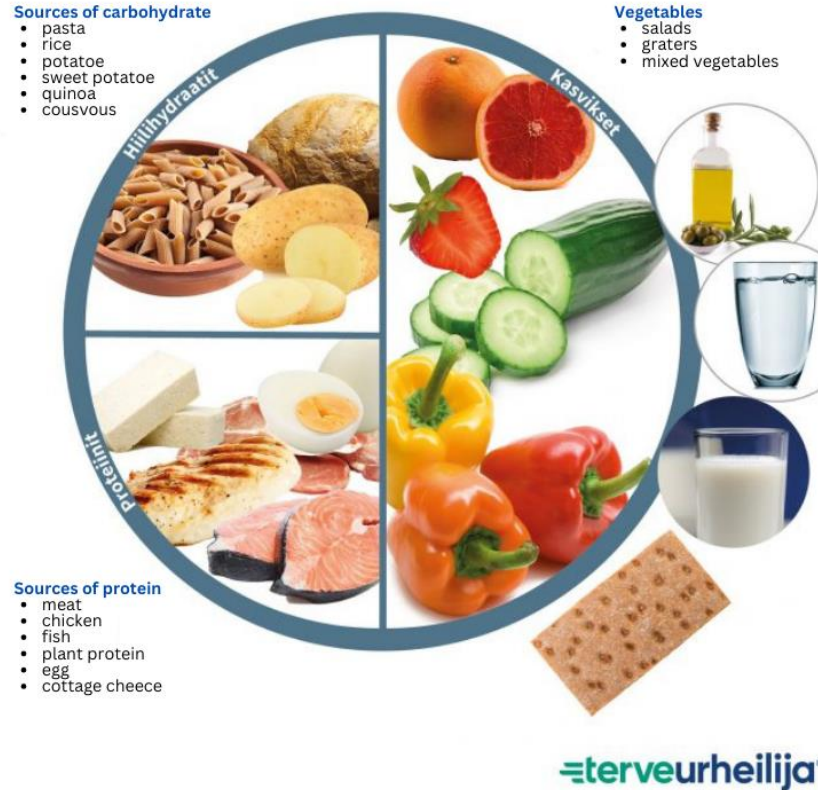


Figure 2. Plate model (Terveurheilijas.a.)

Studies show that diets which comply with nutrition recommendations, including those designed to protect against cardiac diseases and cancer, are also good for one's mood, mental health, and brain health. A diet that supports mental wellbeing is rich in vegetables, berries, and fruit of different colors, whole grain products, legumes and nuts, fatty fish, and unsaturated fats, like plant oils. This kind of diet can protect against many changes that are associated with mental health disorders, such as low-grade inflammation and oxidative stress. (Kaltiala 2022.)

Healthy and versatile nutrition plays a big role in maintaining a good energy level. Adequate energy intake and a steady meal rhythm during the day help you cope during exercising. Eating too little easily leads to an energy deficit, which exposes you to injuries and illnesses. (Lepo ja ravitsemus 2021.) Nutrition of those who move a lot does not have to be complicated, but the same principles of healthy nutrition are suitable for them as well. Among other things, a regular meal rhythm

and sensibly composed snacks are the cornerstones of exercise-oriented nutrition. For example, energy consumption can become high for a young person who is growing up and doing a lot of sports activities, in which case it is good to take care that the intake of nutrients and energy is sufficient in relation to the consumption. (Ruokavirasto 2022.) Three important factors that together are essential for a proper development and growth are seen in Figure 3 which are practice, nutrition, and rest.

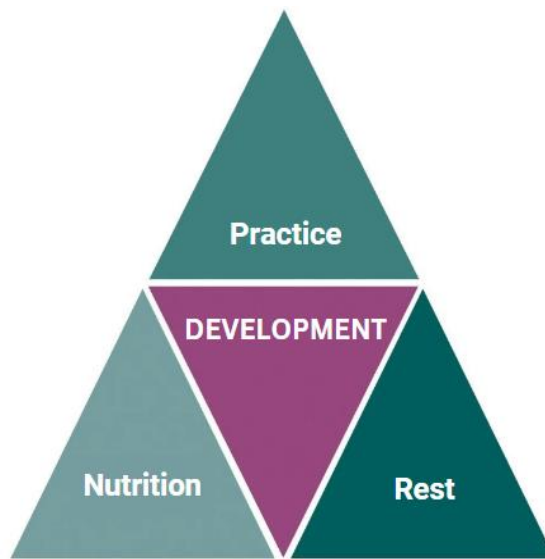


Figure3.Exercise and nutrition (Liikunta ja ravitsemus, 2022)

Nutrition is one of the health and wellbeing areas alongside exercising and sleep. Together with sufficient sleep, the right kind of food promotes training, recovery, and development. In addition, good eating helps to achieve and maintain appropriate body weight and composition. (Liikunta ja ravitsemus 2022.)

## 2.4 Mental wellbeing

Mental health is an everyday resource, health, and ability to function, and the ability to face life's challenges and changing situations. Maintaining and strengthening mental health is a life skill. (Mieli 2022a.) Mental health is the basis of a person's health, well-being, and ability to function. It is a resource that enables a person to find his life meaningful, to be able to tolerate and accept

changes in his life, to maintain social relationships, and to function as a member of his community. (Appelqvist-Schmidlechner et al.2017, 1.)

Resilience can be considered the umbrella concept of positive mental health methods and qualities. Michael Rutter defined resilience as the ability to bounce back from adversity. Mental health disorders can be thought of more as an inability to recover from difficult experiences rather than being in a state of suffering. (Korkeila 2022.) Resilience is a psychological ability to survive, flexibility, and reorientation, and it varies in different life situations. It manifests itself in everyday life as a reasonable ability to cope, despite challenges, stress, or changes. Resilience is created in interaction with the individual and the environment and is part of mental health. (Mieli 2022b.)

Self-confidence can be considered the cornerstone of our personality. It means believing in your own abilities and success. (Liukkonen 2020, 77.) Positive self-esteem creates the basis for self-confidence in different areas of life. Especially the experiences of success and the fact that we accomplish something important to us improve our self-confidence. When we perceive ourselves as capable in some areas of competence, we begin to trust ourselves in different life situations. For example, learning something new is important to get feedback on progress. To strengthen a child's and young person's favorable self-esteem and thus self-confidence, it is important to give space for natural curiosity and finding the joy of learning. (Liukkonen 2017, 25.)

According to Kaltiala (2022) we already have significant evidence on the associations between nutrition and mental well-being, and there is also preliminary evidence showing that some people with depression will have fewer symptoms when they improve the quality of their diet. Studies show that diets which comply with nutrition recommendations, including those designed to protect against cardiac diseases and cancer, are also good for one's mood, mental health, and brain health. A diet that supports mental well-being is rich in vegetables, berries, and fruit of different colors, whole grain products, legumes, and nuts, fatty fish, and unsaturated fats, like plant oils. This kind of diet can

protect against many changes that are associated with mental health disorders, such as low-grade inflammation and oxidative stress. (Kaltiala 2022.)

Appelqvist-Schmidlechner et al. (2017, 1) states that from previous studies exercise has a mental health-promoting effect and physical performance and lifestyles that maintain somatic health, often go hand in hand with mental health. Research on depression, anxiety and exercise shows that the psychological and physical benefits of exercising can also help improve mood and reduce anxiety. The links between depression, anxiety and exercising aren't entirely clear — but working out and other forms of physical activity can ease symptoms of depression or anxiety and make one feel better. Exercising may also help keep depression and anxiety from coming back when feeling better. The mental health benefits of exercising and physical activity may last only if you stick with it over the long term — another good reason to focus on finding activities that you enjoy. (Mayoclinic 2017.)

The research results have shown that physical activity at the age of 12 was connected to better mental health as a young adult. The connection was positive when examining the connection from the perspective of both positive mental health and mental health symptoms. The positive connection between childhood physical activity and adult mental health remained even when age, education and current physical activity were considered in the analysis. The more intense the exercise hobby had been in childhood, the less the men had negative psychological symptoms as young adults. (Appelqvist-Schmidlechner et al. 2017, 1.) The study of University of Oulu followed the hobby activities and perceived psychological symptoms of slightly more than 6,700 people born in 1986 when they were 15–16 years old. The subjects were followed until their early adulthood when they were 33 years old. The result was that, psychological symptoms experienced by young people and a low number of social leisure time activities was connected to a greater occurrence of psychiatric disorders in early adulthood. Correspondingly, in young people who are socially active in their hobbies, and even though suffering from anxiety symptoms, fewer psychiatric illnesses were observed. (Holopainen 2023.)

Social relationships and meaningful belonging to a community have strong effects on an individual's physical and psychological health (Fadjukoff 2022, 328). Communities have a significant impact on the well-being and mental health of individuals (Mieli 2022b). Timonen sums up (2023) that the social support offered by the community seems to play an important preventive role in the development of psychological symptoms into psychiatric disorders (Holopainen 2023). Both physical activity and participation in sports clubs had a positive connection with self-assessed mental well-being. The proportion of those who felt that their mental well-being was beneficial increased regularly as physical activity increased. (Valtion liikuntaneuvosto 2023, 136.)

## **2.5 Social wellbeing**

Defining the social dimension of health is complex because it can be thought to be both a process and a result. Social health can be thought to consist of aspects of social health related to both the individual and society. Individual-related aspects of social health include identity, independence, social skills, social relationships, and social networks and responsibilities, such as social support and helping others. (Mäki-Opas 2022.) Vesa et al. (2020, 9) states that the components of individual social well-being can be social relationships, self-actualization, happiness, inclusion, and social capital. Community-level social wellbeing can consist of living conditions, such as housing conditions and the environment. According to Fadjukoff et al. (2022, 328), social well-being is built in an individual's interaction with family, community, and society. It is affected by the characteristics and activities of both the individual and his/her environment, so it acts as an indicator of the surrounding community or the opportunities that the individual perceives around him/her. It can rightly be considered a central part of an individual's wellbeing.

Community spirit can be defined by means of social capital (Fadjukoff et al. 2022, 329). Social capital means the cohesion of persons belonging to a specific population or ethnic group, which manifests itself as participation in common



activities, active association, hobby and cultural activities, and mutual trust (Hyypä 2011, 15). Community spirit, among other things, increases social capital, improves the conditions for good health effects, increases happiness, reduces loneliness, and prevents marginalization. In addition, community spirit has been found to make everyday life easier, enrich social life, create security, and increase the activity of people of all ages. (Kittilä 2021.)

Social well-being is increased by participation, which means being in relationships, belonging, togetherness, compatibility, inclusion, participation, and influence (Vesa et al. 2020, 9). Doing things together and experiencing inclusion strengthen the community. Learning also emphasizes learning together and the importance of community in encouraging the individual. Interaction, cooperation, and versatile working are factors that promote the learning and well-being of all members of the community. (Opetushallitus 2023.)

In the best case, physical activity offers children inclusion and a sense of belonging to a group, as well as the opportunity to form friendships and practice social skills. Coaches and instructors are for children mostly important people. The children get one extra, reliable, and safe adult relationship from them. (Appelqvist-Schmidlechner et al. 2017, 3.) According to the Ministry of Education and Culture (2016b, 50) perceived autonomy, perceived competence and social cohesion in physical activity motivate the child to engage in the hobby.

The health and wellbeing experiences of children and young people who participate in sports club activities were consistently more positive than those who were outside of sports clubs. Exercising, and participating in sports club activities, among other things, were connected to less loneliness. We could cautiously conclude that children and young people find important friendships and peer groups in sports, which reduce the experience of loneliness. In addition, the health and well-being of children and young people are built in peer relationships in various everyday environments. Being together, doing things and moving around may have decreased due to the corona pandemic. (Valtion liikuntaneuvosto 2023, 142.)

### **3 PHYSICAL EXERCISING OF CHILDREN AND YOUNG PEOPLE**

In this second theory chapter, the importance of daily exercising for children and young people is discussed. The theory points out the impact of exercising on the physical and mental health, but also the impact on social wellbeing. The first subchapter discusses the reasons why exercising is important to the overall wellbeing. The second subchapter goes through the importance of daily exercising and the recommendations for daily exercising. The last two subchapters discuss the relationship between children and young people to exercising and the recommendations for physical activity for children and young people. Also, there is comparison between the recommendations and the recent studies of children's and young people's physical activity in Finland.

#### **3.1 The importance of exercising**

Physical activity refers to all muscle work that increases energy consumption from the resting level. In turn, physical exercising refers to intentional, regular physical activity, which aims, for example, to improve physical fitness, improve health, or merely to bring joy and pleasure in exercising. (Vanttaja 2015, 131.) Exercising promotes health and improves fitness. Those who engage in varied, regular exercising strengthen their heart, lungs, muscles, bones, and joints. At the same time, the basic condition and the whole condition of self improves. Exercising has a beneficial effect on blood pressure, blood fat, and sugar metabolism, and helps keep weight under control. (Ruokavirasto s.a.) Physical inactivity has been found to be linked, for example, to the generalization of cardiovascular diseases, musculoskeletal disorders, and diabetes, and to the increase in obesity, which is at the root of many other diseases and health problems (Vanttaja 2015, 131).

Sufficient physical activity is a prerequisite for the healthy growth and development and well-being of children and young people (Opetus- ja kulttuuriministeriö 2021a). Also, it is known to promote children's cognitive skills, improve school-aged children's success at school, and develop motoric skills. In

addition to supporting comprehensive development, physical activity also affects the health and daily well-being of a child. (Sääkslahti 2021.) When exercising with other children, the child learns interaction skills, the spirit of fair play, and taking others into consideration. (Liikunnan terveyshyödyt s.a.). However, any physical activity that increases daily energy consumption, such as housework and other everyday chores, is also beneficial to health (Liikunta s.a.).

According to the Health and well-being department (2022), regular exercising reduces the risk of depression and eases the symptoms of depression.

In addition to health and well-being, exercise involves many other meanings, such as meaningful entertainment, pleasure, and experiences. For some, physical exercising and fitness provide more and more social and cultural or even self-esteem-building materials than physical well-being. (Vanttaja 2015, 132.)

Children's exercising should be child-oriented and meaningful so that it brings about the joy of exercising and thus creates the basis for an active lifestyle.

Exercising and training should support and promote versatile growth and development. (Nummela et al. 2022, 17.)

Physical activity is positively related to self-assessed health. Almost 90 percent of children and young people who exercise according to the recommendations felt that their health was at least good. In addition, the amount of those who rated their health as excellent increased regularly according to physical activity.

Participation in sports club activities was connected to a positive experience of one's own health in both boys and girls. One in three boys (35%) and one in four girls (25%) participating in a sports club rated their health as excellent. The corresponding figures for those not participating in sports club activities were one in five (20%) for boys and one in ten (9%) for girls. (Valtion liikuntaneuvosto 2023, 133.) For children and young people, organized exercising is an important part of their physical education. It supports the overall development of the child and the adoption of healthy lifestyles and, at best, strengthens the formation of a positive self-image. (Opetus- ja kulttuuriministeriö 2016b, 49.)

### 3.2 Daily exercising

Daily exercising is important for the healthy growth and development of a child. Among other things, exercising supports the development of the child's bones and improves the condition of the respiratory and circulatory systems. It also promotes the learning of children and supports the development of motor skills. (Liikunnan terveystyö s.a.) The amount of vigorous and strenuous exercising accumulated during the guided exercising is often not enough to cover the amount of movement recommended for the whole day. Therefore, in addition to instructed physical activity, children's and young people's day should include other forms of exercising. (Opetus- ja kulttuuriministeriö 2021a, 36.)

The mobility of everyday life has decreased, and the number of sittings and other stationary movements have clearly increased. Exercising is no longer inherently included in the everyday life of children and young people, but it is often organized and a separate hobby. (Aktiivinen arki s.a.) The number of children and young people as athletes have also decreased, which is reflected in the weakening of physical test results and the characteristics have become more one-sided. Young people exercise more than before, but the number of everyday activities has fallen significantly over the last decades. Daily exercising should be seen as part of a training set that could easily increase the total amount of weekly exercising. (Aktiivinen arki s.a.)

The purpose of the mobility recommendations is to describe, based on the best scientific evidence, how much and what kind of physical activity children and young people need to safeguard their well-being. (Opetus- ja kulttuuriministeriö 2021a, 7.) According to the recommendation, it would be good to move every day of the week and most of the mobility should be endurance-type of movement. Strenuous endurance-type movement and exercising that strengthens muscles and bones should be done at least three days a week. Mobility should be diverse so that different sports skills develop. Also, attention should be paid to mobility. The recommended amount of movement can accumulate from several moments of movement during the day. Even a lesser amount of mobility is useful if the

recommendation is not fulfilled every day of the week. (Opetus- ja kulttuuriministeriö 2021a, 11.)

Movement skills, mobility, and movement control develop mainly during the first ten years of life. The most critical time for the development of sports skills is in a kindergarten and in an elementary school. In that case, it is important that a child moves in a variety of ways and accumulates daily physical activities that challenge the child in different ways. Climbing, ball games, and games that require running and jumping are excellent developers of physical skills. There should be physical activities throughout the day, both from the child's own play and under guidance in a kindergarten, school, or sports clubs. (Liikuntataidot s.a.) Since exercise habits are adopted in childhood, it is important to support the emergence of a physical activity way of life early in life. There are many ways in which habits are influenced, in different administrative sectors and operating environments, such as an example of a family and friends, schools and educational institutions, health care and hobbies, and the structures and services of the living environment. (Opetus- ja kulttuuriministeriö 2021a, 8.)

### **3.3 Children and exercising**

Children under the school age should exercise at least three hours every day (Liikuntasuosituksset 2021). About three hours of daily exercise should include daily exercise, trips to the school e.g. by walking or cycling, recess exercise, school exercise, physical play and games, and hobby training. (Nummela et al. 2022, 177.) The recommended amount of physical activity does not mean a continuous exercise period of at least three hours, but the total physical activity during the day is accumulated from several short periods of activity. It is also recommended to avoid prolonged sitting periods for children. According to the recommendation, when children are awake, the continuous amount of sitting still should not exceed 60 minutes. (Sääkslahti 2018.) Children's days should also include bustling moments of ordinary everyday life, such as playing and dressing, which at best also break up long periods of sitting (Liikuntasuosituksset 2021). Exercising should be varied in intensity and form: there should be one hour of

fast-paced physical activity per day, for example, tag play, swimming, or jumping, and two hours of vigorous outdoor activity or lighter exercise, such as walking or swinging. (Liikuntasuosituksset 2021.) Figure 4 presents the recommendations of movement is refreshing which presents different types of daily exercise.



Figure 4. Movement is refreshing (Peda.net s.a.)

According to the Ministry of Education and Culture (2016b, 60), a child needs at least two hours of brisk exercise every day. Children's daily physical activity has decreased, and children spend more and more time in front of various screens. According to various studies, Finnish children aged 3–8 are physically active from an hour to several hours a day, of which 1–2 hours of brisk exercising is on average. (Opetus- ja kulttuuriministeriö 2016b, 12.) In Finland, children aged 5–8 have also been found to spend 6–9 hours of their waking hours being physically inactive. In the Taitavat tenavat survey covering the entire country, about 9% of children aged 3–6 went outside for at least one hour after the time spent in kindergarten, and 30% went outside for at least two hours a day on weekends. It was noteworthy that 10% of the children no longer go outside after the kindergarten day. (Opetus- ja kulttuuriministeriö 2016b, 13.)

The amount of vigorous movement of children in the early childhood education could be higher on average. More important than the average, however, is the large variation in the amount of movement between children and groups. The children in the least mobile kindergarten group did vigorous movement only one percent of the time between 8:00 and 16:00. In such a group, only 4.8 minutes per day were vigorously spent moving per child. On the other hand, in the most active group, vigorous movement was 34%, in other words, 163 minutes per day. (Opetus- ja kulttuuriministeriö 2016b, 56.)

Based on studies, the physical activity of children of early age, i.e. children under school age, is insufficient both in Finland and in other countries. Based on a national exercise research just under a third of early-age children practice physical activity or sports in a sports club, and it is children under school age who have seen the greatest increase in physical activity. Three quarters of 3–6-year-olds train in a club once a week and 21% twice a week. In previous studies, it has been found that the hobby of sports clubs during childhood and adolescence, especially participation in competitive activities, has a positive connection with physical activity in adulthood. (Opetus- ja kulttuuriministeriö 2016b, 49.)

### **3.4 Young people and exercising**

Children and young people of age 7–18 years, should engage in a wide range of sports suitable for their own age for at least 1-2 hours a day. The physical growth and development of a child of primary school age are constant, so physical activity should be diverse and include a lot of repetitions to develop motor skills. This kind of exercise supports the child's neurological development and provides the conditions for learning new things and basic skills. At a later age, more emphasis should be placed on the combinations of different basic skills and movements and the basic skills of different sports. (Liikuntasuositukset 2021.) A good third of children and young people (36%) met the physical activity recommendation. The recommendation was most achieved by 7-year-olds, almost half of whom moved according to the recommendation, about two out of five of the 9- and 11-year-olds reached the recommendation, slightly less than a

third of 13-year-olds, and about one in five of 15-year-olds. (Valtion liikuntaneuvosto 2023, 16.) Boys achieved the physical activity recommendation more often than girls in all age groups. The physical activity of girls decreased steadily from the age of 7 until the age of 15. The physical activity of boys decreasing with age was gentle, about half of the 7–11-year-olds reached the recommendation and 13- and about a third of 15-year-olds. The difference between girls and boys who reach the physical activity recommendation, increased in every age group, being at its highest among 15-year-olds. (Valtion liikuntaneuvosto 2023, 17.)

According to Näveri and Jäkälä (2021) during the corona period, an estimated more than 20,000 children and young people dropped out of sports. In the UKK institute's survey, it was already observed in the distance school period of spring 2020 how the corona period significantly reduced the number of children's daily steps. According to Vasankar, the effects of childhood exercise and everyday exercise are reflected long into life. The effect of passivity of exercise also goes a long way. (Näveri & Jäkälä 2021.) Based on the LIITU study in 2022, the movement, which decreased on average during the corona period, has started to recover, but the movement has not returned to the pre-corona level in all cases. Especially, voluntary movement and social activities have decreased.

Particularly the concern is the increasing gap between girls and boys: For example, girls' exercise activity decreases earlier than boys' with age, girls' appreciation of the importance of exercise has decreased more than boys' appreciation, and girls report more obstacles to exercise than boys. (Jyväskylän yliopisto 2023.) It is important to monitor the movement, sitting still and sleep of children and young people at regular intervals using comparable measurement and analysis methods. With the help of the time series of the research results that are gradually formed, it is possible to monitor the changes in the exercise behavior of children and young people. (Valtion liikuntaneuvosto 2023, 44.)



#### **4 COMMISSIONING PARTY**

The commissioning party is Porrassalmen Urheilijat -62 ry (PU-62) and it was founded in 1962. PU-62 is one of the largest sports clubs specializing in women and girls' football in the Eastern area of the Finnish Football Association. In the Eastern region of the regional organization of the current union, the PU-62 is one of the few clubs focusing only on women and girls' football. (Porrassalmen Urheilijat -62 ry.)

PU-62 is targeted at girls and young women of aged 5 to 18 years. Currently they have seven girls' junior teams and a women's representative team and in the representative team, there are women over 18 years old. They also offer recreational football for women. In addition to football, the club offers futsal, which is similar to football, but it is played on a smaller field and usually indoors.

Currently, the PU-62 focuses on developing junior activities and thereby securing female football and futsal in the local area. The club has more than 200 girls from 3 to 18 years of age who attend training all year round. (Porrassalmen Urheilijat - 62 ry.)

PU-62 has defined its values as community, individuality, and reliability. Their mission is to offer the possibility for girls and women to access quality hobbies, competition, and development as football players and as a member of the community at their own level. The objective of the female football club is to be known for its professional coaching and youth work in the Eastern Finland region. The logo of PU-62 is illustrated in Figure 5.



Figure 5. PU-62 logo (PU-62 s.a.)

The background of the topic of this thesis is that there was a need for guidelines to create more focus on football players' health such as sleep, rest, nutrition along with exercising. Also, the need to increase the role of the mental aspect in coaching. The football players focus on their health independently and the sports club focuses more on the things relating to the actual sport. They are missing more focus on the health aspects from the sports club's side or along with coaching.

## **5 RESEARCH METHOD AND DATA COLLECTION**

In this chapter, the definition of the quantitative research method is discussed. This chapter discusses the data collection method which is a survey and explains why it was used in this research. At the end of this chapter, there is a discussion of the theory of data analysis, and what methods are used in this research to analyze the data.

### **5.1 Quantitative research method**

Quantitative method is a research method in which information is examined numerically. This means that the matters to be investigated and their characteristics are discussed in a general description with the help of numbers. Quantitative research method answers the questions of how many, how much, and how often. (Vilkkä 2007, 14.) For each thing to be investigated, or in other words for a variable, is given a value. The value is expressed as symbols, such as letters or numbers. In quantitative research, we can also talk about the

breakdown of content. (Vilkka 2007, 15.) In general, it is not possible to include the entire study population (base group), but only a certain proportion of the statistical units are selected as the study sample. However, based on statistical reasoning, conclusions can be drawn from this sample about the entire population at a certain (generally 5% or 1%) risk level. One of the basic goals of statistical research is to analyze and evaluate how likely it is that the phenomenon observed in the sample also occurs in the entire population. (Tähtinen 2020, 16.)

With a measurement scale, a researcher creates groups, organizes or classifies variables to be studied (e.g. gender, age, professional status, height, weight). In quantitative research, measurement is everything where distinctions are made between perception units and where the difference is defined with symbols. (Vilkka 2007, 16.) Quantitative research is characterized by the search for causal relationships from the material and their explanation. Causality means that cause-and-effect relationships are sought in the research material. The study assumes that some underlying factor generally leads to certain kinds of consequences. In other words, something is caused by something. (Vilkka 2007, 23.)

The goal of a quantitative research is to present the discovered regularities as theories that transcend everyday life. With the help of quantitative research is often constructed, explained, reformed, dismantled, or specified previous theories and theoretical concepts. In the quantitative research process, the importance of theory can also be seen in the fact that the research proceeds first from theory to practice, in other words, to survey, interview, or observation. After this, it goes back from practice to theory with the help of analysis, results, and interpretation. (Vilkka 2007, 25.) This is also related to a critical examination and judgement of the interpretations. It gives possibility to analyze the similarities and differences between different factors in a broad area. (Tähtinen 2020, 14.)

## Survey

In survey research, a measure refers to a collection of questions and statements that aim to measure various multidimensional phenomena such as attitudes or values (Vehkalahti 2014, 12). The cornerstone of a quantitative research is measurement because studying things statistically requires that data can be measured with different metrics. In a survey, the metrics consist of questions and claims, and the preparation of those involves both substantive and statistical challenges. The measurement takes place with a survey, which is a collection of metrics and individual questions. (Vehkalahti 2014, 17.) Survey research is mostly quantitative research that applies statistical methods. The survey material mainly consists of measured figures and numbers, because even though the questions are asked verbally, the answers are expressed numerically. Supplementary information or answers to the questions are given verbally because presenting them as numbers would be impractical. (Vehkalahti 2014,13.)

In a survey, the researcher asks the respondent questions via a questionnaire. A questionnaire is a measurement tool the application range of which extends from social and behavioral science research to opinion polls, street surveys, aptitude tests and feedback measurements. (Vehkalahti 2014, 11.) A survey is a way of collecting data in which the format of the questions is standardized: all survey respondents are asked the same things, in the same order, and in the same way (Vilkka 2007, 27).

When a respondent fills in the form, it is too late to make changes, so it is worth planning the form carefully. The success of the entire study depends to the greatest extent on the form. The decisive thing is whether the content is right in the questions and are the questions asked in a statistically meaningful way. (Vehkalahti 2014, 20.) A survey is a suitable method for collecting data when there are many subjects to be investigated and they are scattered. It is also used for researching very personal things. Personal things are, for example, a person's

perceived health, health behavior, self-care, food habits, earned income, and matters related to consumption. (Vilkka 2007, 28.)

In this research quantitative research will be used and a survey will be used as a measurement tool. Survey will be used because it seems to be the easiest way to reach a large amount of people. The survey will be made with Google forms, so that people can answer from anywhere with their electronic devices. A survey will be the most suitable for this kind of research because that way all the respondents get the same questions and the same response options. This will make it easier afterwards to analyze the data. A survey will be suitable when the research is about respondents' opinions and how they perceive their lifestyle habits and how do they feel about the different aspects of their health. In survey research, interests are usually abstract, such as attitudes or values, but their measurement requires concrete questions or claims (Vehkalahti 2014, 18).

## **5.2 Data collection**

Before starting to conduct survey research, a clear research question should have been defined to know what to find out. Based on this question, it is to determine exactly who to target to participate in the survey. (McCombes 2022.) In survey research, the researcher selects a sample of respondents from a population and administers a standardized questionnaire to them. The questionnaire, or survey, can be a written document that is completed by the person being surveyed, an online questionnaire, a face-to-face interview, or a telephone interview. Using surveys, it is possible to collect data from large or small populations. (Conducting survey research s.a.)

According to McCombes (2022) it is rarely possible to study the entire population of your research. The sample is made up of respondents selected for the study. The idea of sampling is that the results got from the sample are significantly smaller than the results from the entire population. (Vehkalahti 2014, 43.) The functionality of the sampling is guaranteed by the randomness in the selection of respondents. Everyone in the population must have the same

probability of being selected for the sample. Otherwise, the sample does not represent the population. (Vehkalahti 2014, 43.)

Decide on the type of the survey. A questionnaire, where a list of questions is distributed by mail, online or in person, and respondents fill it out themselves. Closed-ended questions are best for quantitative research. They provide you with numerical data that can be statistically analyzed to find patterns, trends, and correlations. To ensure the validity and reliability of your results, you need to carefully consider each question in the survey. All questions should be narrowly focused with enough context for the respondent to answer accurately. Avoid questions that are not directly relevant to the survey's purpose. (McCombes 2022.) McCombes (2022) states that when you are satisfied that you have created a strong research design suitable for answering your research questions, you can conduct the survey through your method of choice – by mail, online, or in person.

The survey draft was written to a word document, and when it was sent for first review, there was only half of the questions. The commissioning party gave feedback that there could be less questions about sleep and some questions could be directed to a specific age group. A few questions about sleep were deleted and the questions about exercising were modified, so that there were questions specified for two specific age group. The second survey draft had all the questions that were planned to be there at this point. This was sent to the supervisor of this thesis and to the commissioning party for comment. Based on the second feedback questions were added, such as, question about what health aspects the football players perceive important and from what health related topics they would like to know more information. Also, two questions about football players' feelings of success in football practices and how they feel about set goals together in football practice.

Once the questions were ready, they were transferred to the Webropol survey tool which is a platform on the internet to create online surveys. The link to the survey was created from Webropol and added to the cover letter (Appendix 1) of

the research. The survey was open between 13 April 2023 and 20 April 2023. The survey was sent through MyClub platform to 166 people to their emails. The survey was directed to people from ages 5 to 18 which meant that the respondents needed to get permission from their parents or a caretaker. In addition to the survey, a research consent (Appendix 2), a research permit, (Appendix 3) and a privacy statement (Appendix 4) were sent, so that underage children could answer with a permission from their parents or a caretaker, or to do the survey with them. Also, a cover letter (Appendix 1) about the purpose of the research was sent with the survey link attached.

On 13 April 2023 when the survey was opened, some people of the commissioning party informed that the link is not working on the mobile phone. The Webropol survey works on all electronic devices, so the link was double checked that the correct link was sent, and the survey was open. Regardless, the link did not work for some people on the mobile phone. All people who received the email about the survey, were informed that the survey might not work on the mobile phone, and it is recommended to do on computer or with a laptop. On 14 April 2023 an email was received from one of the members of the study group saying that the link didn't work, also there were no answers on Webropol survey. At this point, the same survey was made on Google Forms which is an online survey tool, and the link was sent again. All the people who received the email were informed that because of technical issues, the survey is being transferred to Google forms. On the same day when the link to Google forms was sent, responses started coming and the link worked without any issues. The reminder of the survey was sent on 18 April 2023, two days before closing the survey. The reminder was sent via email like the first survey and via WhatsApp communication channel for football players' own WhatsApp group.

### **5. 3 Analyzing data**

A quantitative data analysis can be defined as the process of analyzing data that is number-based or data that can easily be converted into numbers. It is based on describing and interpreting objects statistically and with numbers as it aims to

interpret the data collected through numeric variables and statistics. Quantitative data analysis techniques typically work with algorithms, mathematical analysis tools, and software to gain insights from the data, answering questions such as how many, how often, and how much. Data for quantitative data analysis is usually gotten from avenues like surveys, questionnaires, and polls. (Eteng 2022.)

The processing of the material begins when the material collected by survey, interview or observation has been compiled. Data processing means that the material received on the forms is checked, the information is entered and saved to a computer in such a form that it can be studied numerically using table or statistical programs as a help. (Vilkka, H. 2007, 106.) Graphic patterns are an important part of describing research material. With these, research results can be presented efficiently, visually, and comprehensibly (Tähtinen 2020, 93). A good figure, or statistical graph, is an independent presentation as much as possible, in other words, its content can be understood without the reader having to search for additional information in the text of the research report. (Tähtinen 2020, 94.)

Cross-tabulation is one of the most used and simplest methods. Its simplicity makes it a clear, efficient, and therefore a recommended analysis method, which makes it easy to understand the relationships and the nature of the variables and the needs for further analysis in the research material (Tähtinen 2020, 165–166.) In a typical cross-tabulation analysis, there are only two variables under consideration, the relationship between which one wants to find out. The analysis can also be expanded so that a third factor is also considered. (Tähtinen 2020, 166.) Cross-tabulation is particularly suitable for analyzing questions and variables with two or three categorical categories (Tähtinen 2020, 175).

For analyzing the results, Google forms automatically created a pie chart or a bar chart for each question with numbers and percentages of the different answers. To get a certain kind of bar chart, the results were transferred to Excel and with Excel all the bar charts were created. The charts made it easier to see the



division of the answers and to see in what section most of the answers were and whether there were divergent answers. To compare different factors between each other, a cross-tabulation analysis was used, and the chart was done in Excel.

## 6 RESULTS

There are about 200 football players in Porrassalmen Urheilijat -62, but the survey reached 166 people. The survey was sent for 166 people and the research received answers from 30 people. The survey was open eight days from 13 April 2023 to 20 April 2023. All the respondents answered to all the mandatory questions. There were two optional questions at the end and the other one received answers from 27 respondents, and the other question received answers from all 30 respondents. In addition to these, there were two other optional questions that were open questions in which the respondents could write in free words.

### Age, duration of hobby time at the sports club

The first question (Figure 6) was about the respondents' age. Half ( $n = 15$ ) of the respondents were between aged 7–11 years old. Ten respondents were 12–15 years old, and five respondents were 16–18 years old. None of the respondents were 5–6 years old.

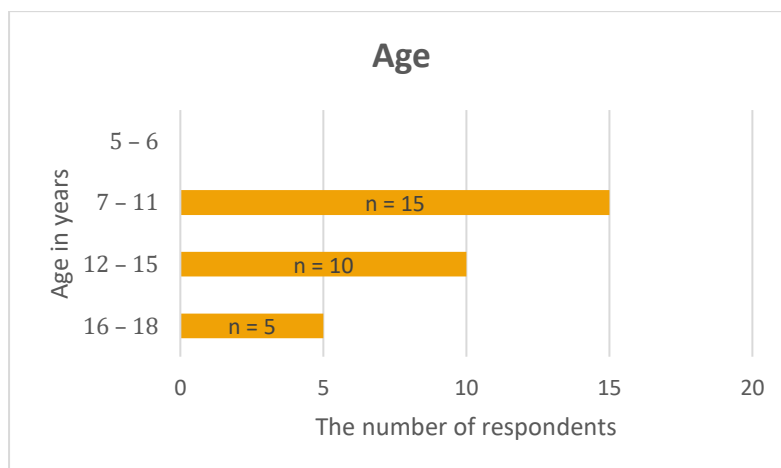


Figure 6. Age of respondents

The football players were asked how many years they had been playing football in Porrassalmen Urheilijat -62 sports club (Figure 7). Five responded less than 1 year and one responded 1–2 years. Seven answered 3–4 years and the majority of 17 people answered 5 years or more.

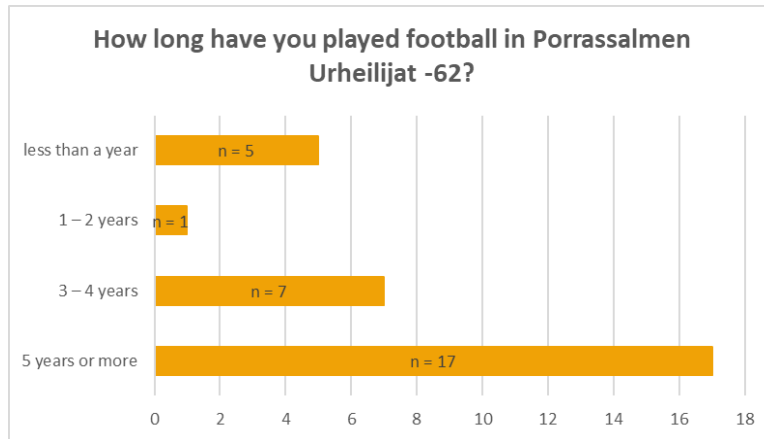


Figure 7. Duration of years played in the sports club

Most respondents have played football at least five years which is a good thing for the sport club to have football players committed already for some time, also, it is beneficial to the football players that they have found a hobby sport enjoy long-term.

Figure 8 shows how many times in a week the respondents went to guided football practices. None responded occasionally but one answered 1 time a week. Nine responded 2 times a week. The majority of 16 answered 3 times a week and four replied 4 times a week or more.



Figure 8. Number of times how often respondents go to football practices

In the open questions there was a question of what kind of goals do you have as an athlete, and it got quite many responses. The football players responded that they wanted to improve themselves as football players and some mentioned they had long-term goals regarding playing football. These responses were such as:

*“I would like to be a professional football player when I grow up”*

*“To become a professional athlete”*

*“I would like a job in sports”*

*“I want to develop as a player personally and play at a higher league level”*

*“Maybe develop to the national team level”*

*“I want to develop as a soccer player, shooting directly from the feed”*

*“My goal is to develop so well that I could play futsal for the representative team as an adult”*

*“Develop as a goalkeeper”.*

Two respondents replied that their goals are to enjoy playing football: *“To play football with good heart”*, *“The actual playing”*.

## Exercising

After the background questions about age and the number of attending to football practices the next category was about exercising. The respondents were asked what the total amount of exercising per day is, including useful exercising, e.g. walking and cycling trips, as well as other hobbies. The question (Figure 9) was directed to the respondents aged 7–18 based on the recommendations of

exercising for people in that age range. None of the respondents responded less than 1 hour. 13 responded for the total amount to be 1–2 hours in a day, and 17 responded more than 2 per day.

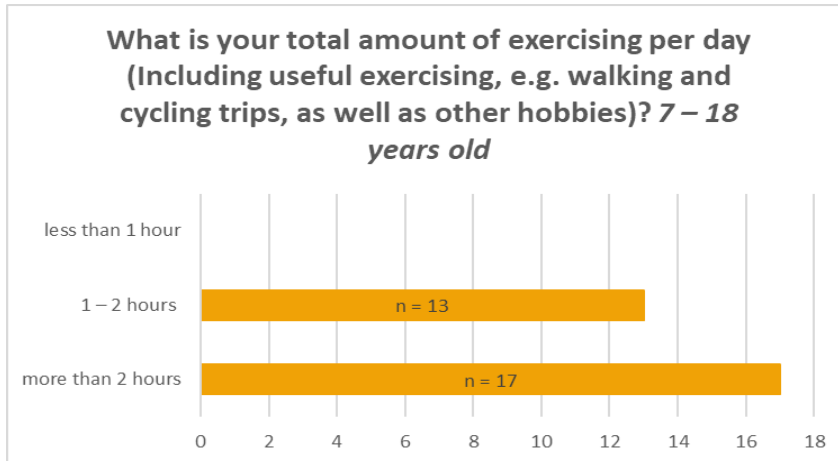


Figure 9. The total amount of exercising per day of respondents aged 7–18 years

In Figure 10 respondents of aged 7–18 were asked how many times a week they do brisk or strenuous exercising at least one hour a day. No one answered less than once a week and two answered 1–2 times a week. Over half ( $n = 17$ ) answered 3–4 times a week, nine answered 5–6 times a week, and two answered every day.

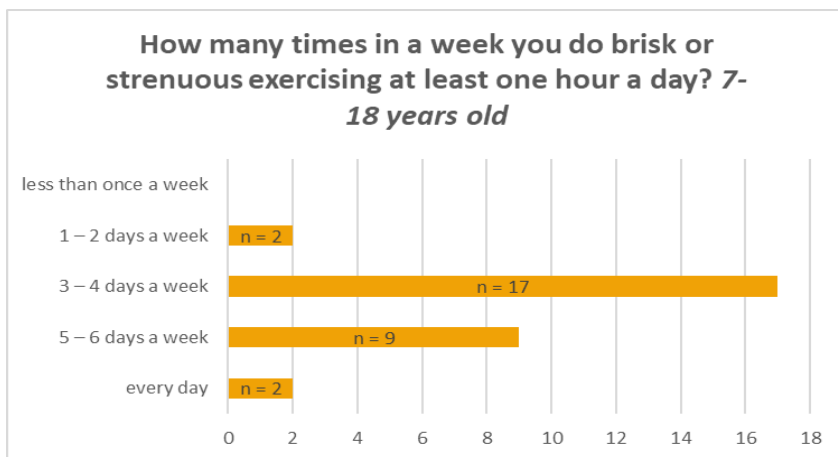


Figure 10. The amount of brisk or strenuous exercising of respondents aged 7–18 years

Football players aged 5–6 years old were asked how many times a week they are doing vigorous exercising for at least an hour a day (for example, tag play,

trampoline jumping, climbing, swimming, ball games). This question (Figure 11) did not get any answers because this survey did not reach any respondents aged 5–6 years old.

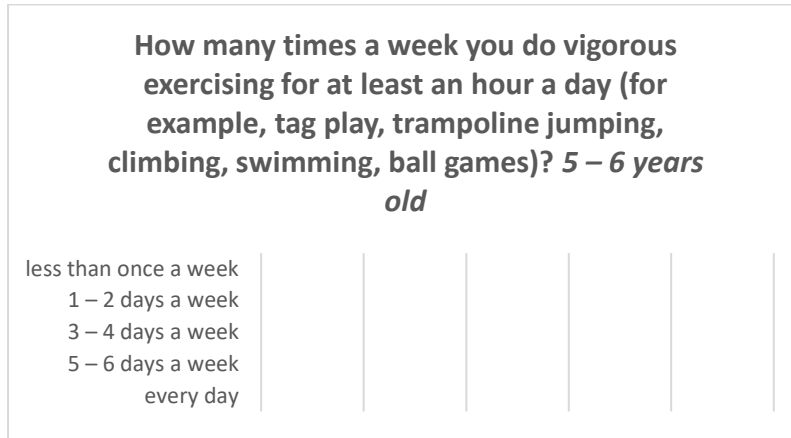


Figure 11. The amount of fast-paced exercising of respondents aged 5–6 years

Football players aged 5–6 years were asked how many times a week they are doing light exercising or brisk outdoor activities for at least 2 hours a day (for example, walking, cycling, skating, ball throwing, swinging, balancing). This question (Figure 12) did not get any responses because as mentioned previously, this survey did not reach any respondents aged 5–6 years.

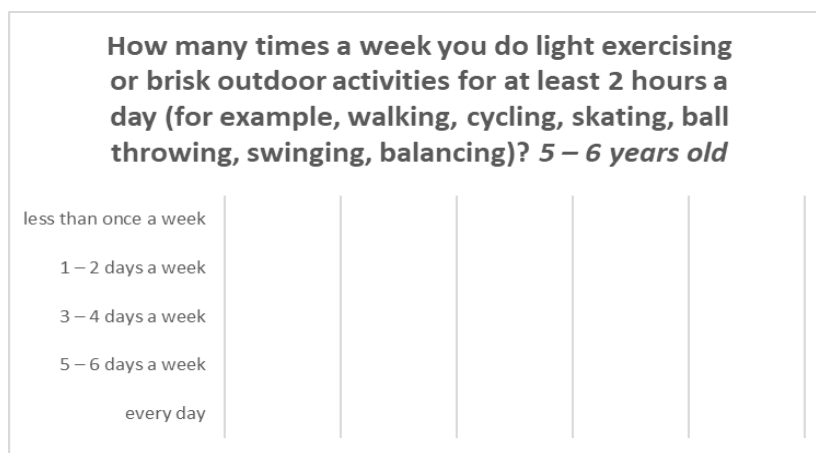


Figure 12. The amount of light exercise or brisk outdoor activities of respondents aged 5–6 years

The football players were given a statement if they usually had fun playing football or doing other sports (Figure 13).

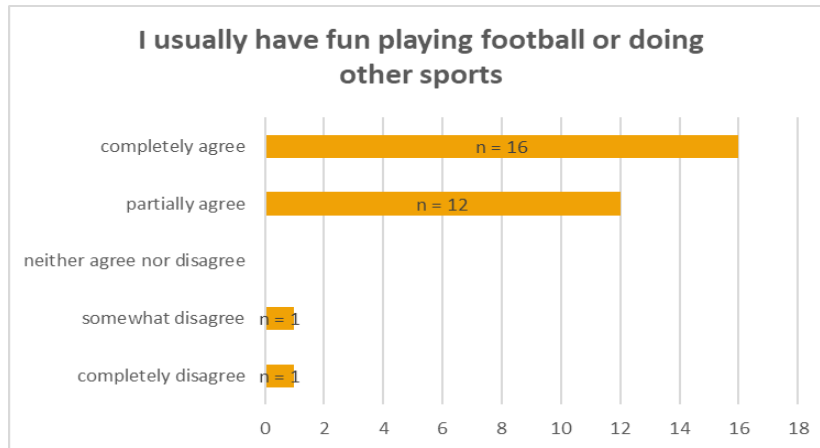


Figure 13. The feeling of fun whilst playing football or doing other sports

The majority of 16 responded that they completely agreed with this statement. 12 responded that they partially agreed. No one responded neither agree nor disagree. One answered to somewhat disagree and completely disagree got one response.

COVID-19 pandemic had some impact on the amount of exercising of children and young people, so the football players were asked how COVID-19 pandemic effect on their amount of exercising in their free time. Figure 14 shows that no one replied it decreased a lot, but one replied that the amount of exercising decreased a little after the pandemic. 14 replied it remained about the same and 11 responded that it had increased a little. Four respondents replied that it had increased a lot.

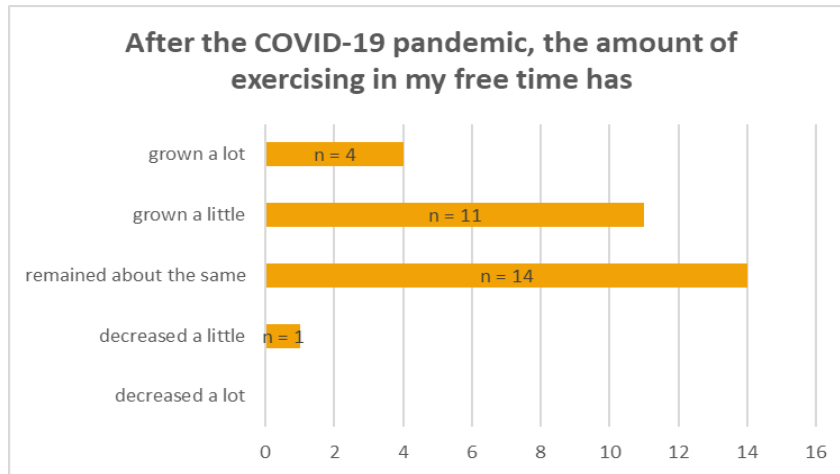


Figure 14. Increased and decreased amount of exercising after COVID-19

There was an open and optional question: *“Which aspect of well-being (exercise; sleep, rest, and recovery; nutrition; mental well-being; social well-being) would you like to improve or what are you particularly satisfied with?”*. The respondents replied as: *“I am very satisfied with my exercising”, “I am satisfied with my exercising”, “More exercising and it could be more versatile”, “I am satisfied with my physical activity”*.

### **Sleep, rest, energy level**

The football players were asked about how they perceive their sleeping habits, the feeling of rest and energy level on average. In Figure 15 the division of the answers to the question of how many hours one’s sleep at night can be seen. One replied sleep fewer than 5 hours at night which is way too little for a 7–18 year old. One replied to sleep over 10 hours at night. Five answered sleep 5–7 hours at night and the clear majority of 23 answered 8–10 hours at night. Most of the respondents seemed sleep according to the recommendation of their age.

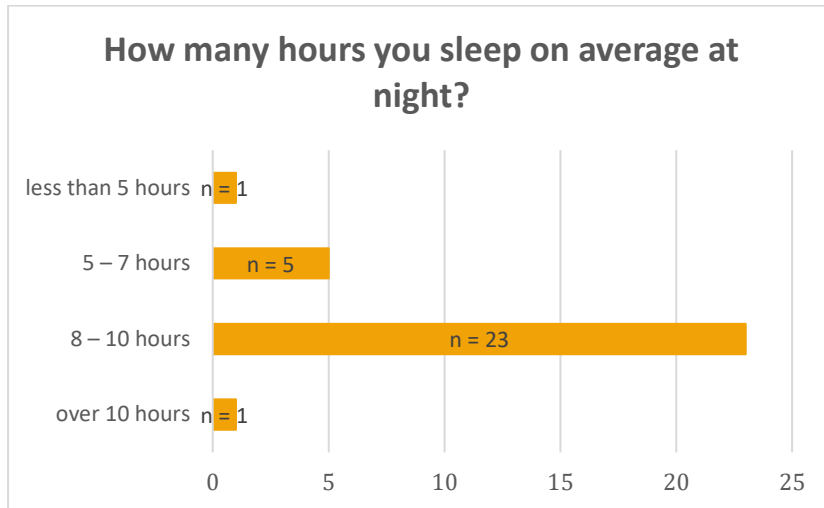


Figure 15. Hours of sleep of the respondents

Figure 16 shows that children aged 7–11 years old sleeps according to the recommendations, also nine persons of 12–15 years old and one person of 16–18 years old. On the other hand, four people age 16–18 years old not sleep according to the recommendations similarly as one person aged 12–15.

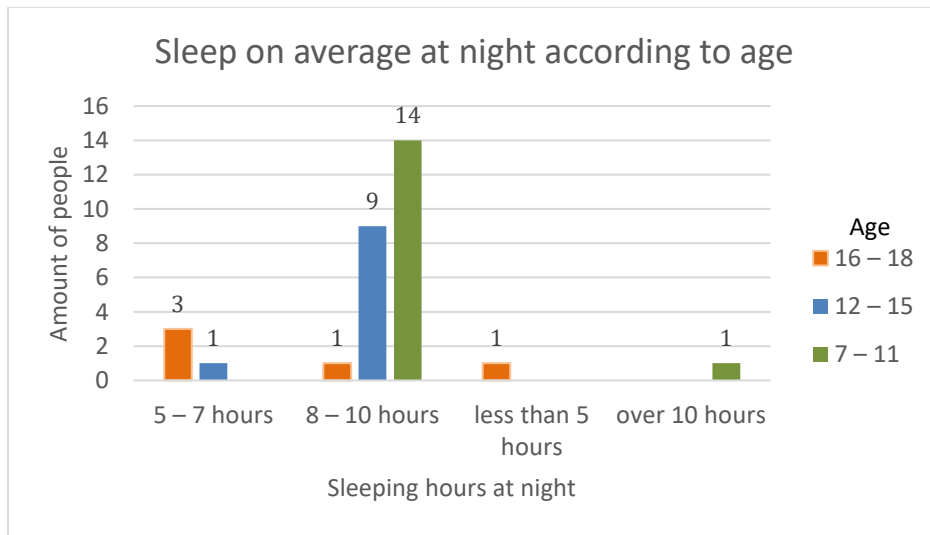


Figure 16. Hours of sleep according to age

Among other factors, the amount of sleep at night impacts on the energy level and how rested one feels. Figure 17 shows how often respondents have felt energized and rested. Two responded they are energized or rested rarely or hardly ever, which is concerning because it could mean they feel tired and not



rested after a night of sleep. Eight responded sometimes but the good majority of 11 responded often. Nice amount of nine responded always or almost always.

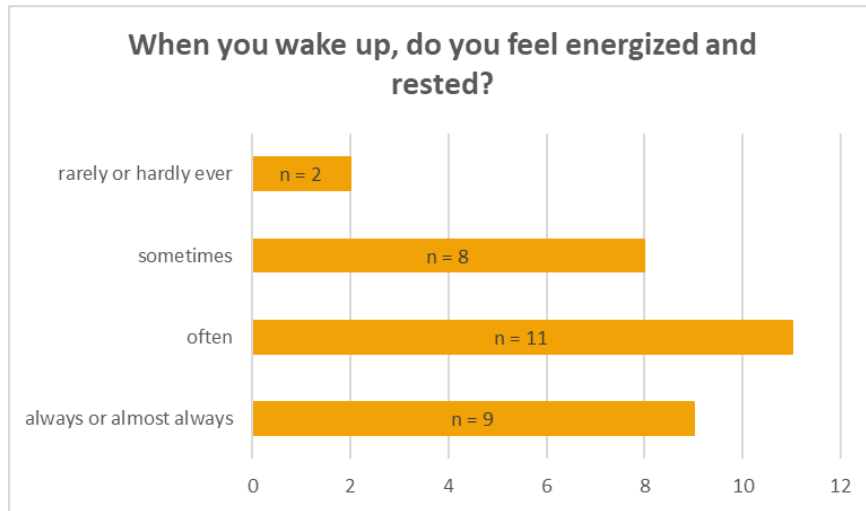


Figure 17. The feeling of energy and rest after waking up

The football players were asked about their energy level which can be result for example, of the amount of sleep and nutrition intake. The question (Figure 18) was whether the respondent have enough energy for the whole day. No one responded rarely or hardly ever. Only three answered that sometimes but still, it would be better if these respondents would have enough energy for the whole day more often than sometimes. 10 responded often and 17 responded always or almost always.

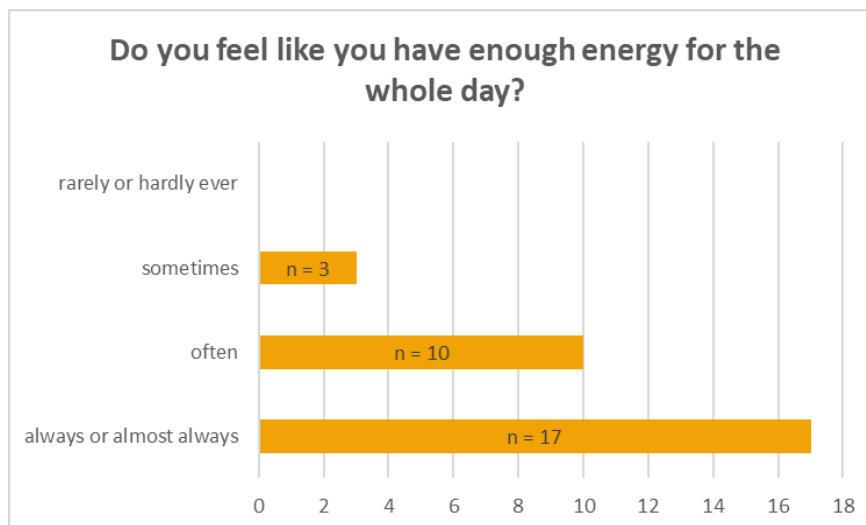


Figure 18. Energy level on average

Football players were asked if they are tired during football practice (Figure 19). 12 responded that they feel rarely or hardly ever tired during football practice. 15 responded sometimes. No one responded often but three responded always and almost always. It is a good sign that the majority said to feel tired rarely or hardly ever, or sometimes. That means they have their energy levels stable during the football practice. This can be because of, for example, enough sleep and rest, or enough good nutrition intake or even both. It is not a good sign that some people (n=3) replied to feel tired always or almost always. This might be because lack of good night sleep, lack of rest or poor nutrition.

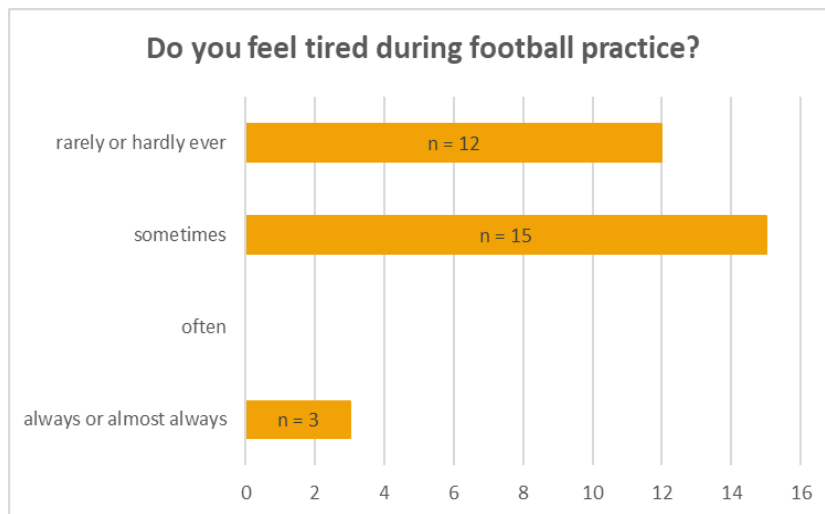


Figure 19. The feeling of tiredness during football practice

Getting enough rest between football practices or between any kind of exercising is important for the body and the mind in the aspect of growth, development, and recovery of the body. Figure 20 shows the division of the responses. Football players were asked if they had enough rest after exercising or football practice, especially before the next exercise or football practice. No one answered rarely or hardly ever but seven answered sometimes. Eight replied to get often enough rest and most of the respondents (n=15) replied to get enough rest always or almost always. It is good that most of the respondents were more on the positive side of the answers.

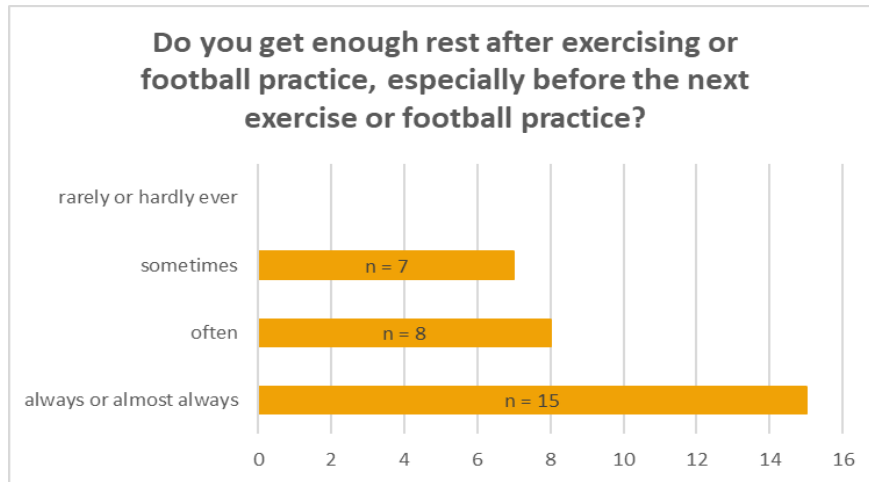


Figure 20. Rest after exercising or between football practice

For the open question in which the respondents were asked what health factors they were satisfied with or what would they want to improve, there were some answers relating to sleep and rest: *“I get enough rest”*, *“I could improve my recovery”*, *“I would want to improve my sleep”*, *“The amount of sleep I am satisfied with”*.

### **Nutrition, dietary habits**

The fourth section of questions was about nutrition and dietary habits. The football players were asked which meals they ate daily or at least on several day, and they needed to choose from several options (Figure 21). The response was divided quite even between all the meals, but breakfast was differing most from the other answers but only slightly. Breakfast got 25 answers and lunch was chosen by all the respondents' (n = 30). Afternoon snack got 28 responses, dinner got 27, and evening snack got 29.

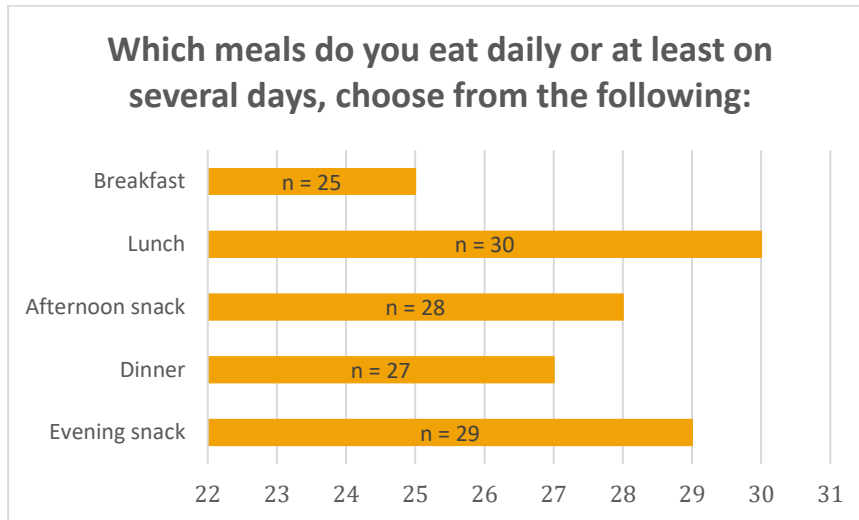


Figure 21. Daily meals intake

The football players were asked how often they ate according to the plate model (Figure 22). The picture of the plate model (Figure 2) was attached to the question. Two answered they ate according to the plate model less than once a week, also two answered 1–2 days a week. The majority 14 answered 3–4 days a week and 10 replied to 5–6 days a week. Only two people replied to eat according to the plate model every day.

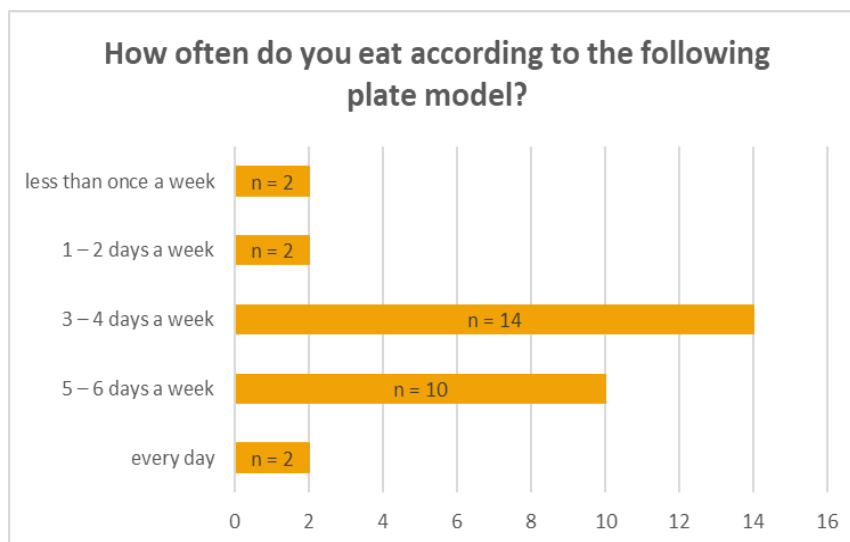


Figure 22. Respondents' weekly intake of the plate model

The next question (Figure 23) was about how many days in a week the respondent ate vegetables, fruits, or berries. One answered to have vegetables,

fruits, or berries less than once a week. This is not a good thing because the nutrients from these foods are beneficial to the energy levels of the body and beneficial to the mind too. No one replied 1–2 days a week. The answers 3–4 days a week got seven replies and 5–6 days a week got six replies. At least these respondents were more on the positive side of the answers. Clear majority (n =16) replied to have those foods every day which is good since those foods are recommended to take each day.

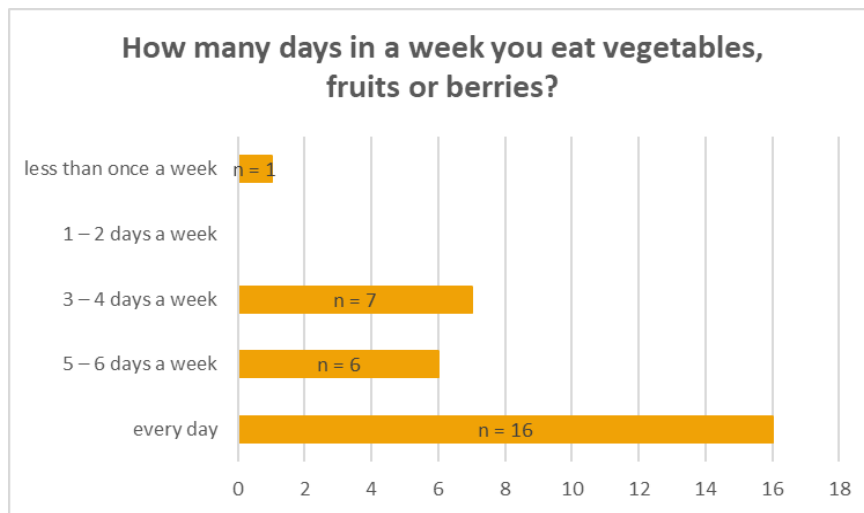


Figure 23. Weekly intake of vegetables, fruits, or berries

The next question (Figure 24) about food was how many days in a week one ate grain products like bread, rice, potatoes, or pasta. Less than once a week did not reach any answers. Both answers 1–2 days a week and 3–4 days a week got one reply. Six responses went to 5–6 days a week and the clear majority of 22 responded every day.

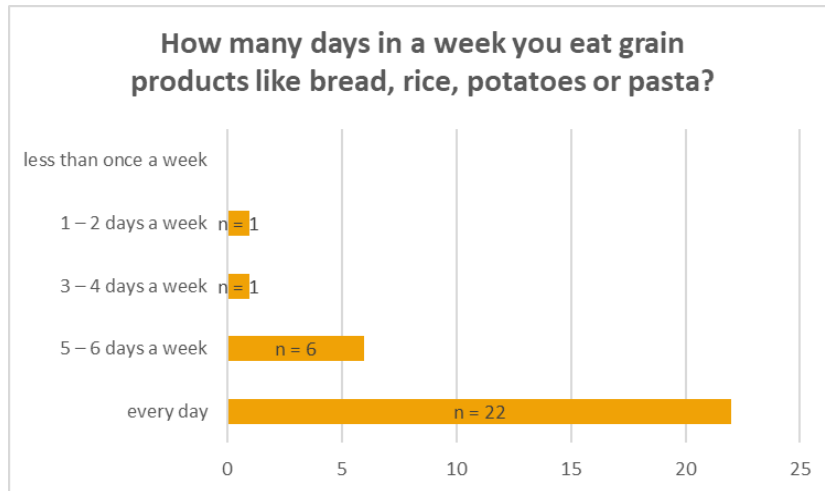


Figure 24. Weekly intake of grain products

The last question (Figure 25) about food was how many days in a week you ate protein-based foods such as poultry, meat, fish, or other sources of protein such as legumes, nuts or seeds, or other vegetable protein products, for example tofu. Less than once a week and 1–2 days a week both options got no responses. Four responded to 3–4 days a week and nine responded 5–6 days a week. 17 responded to have some of those foods mentioned every day.

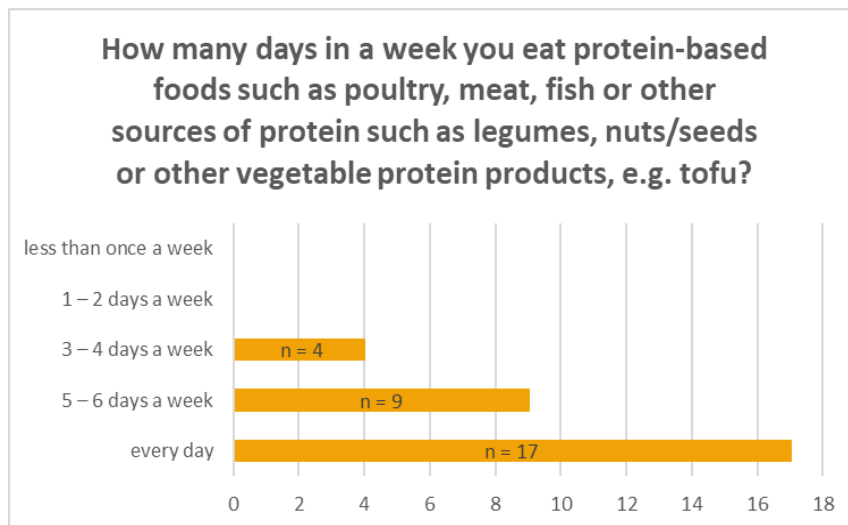


Figure 25. Weekly intake of protein-based foods

It is good that at least all the respondents were spread more on the positive side of the answers. Protein is beneficial nutrient to have daily and especially when one exercises or does any kind of movement and sports during the day. One

respondent mentioned wanting to improve own nutrition on one of the open questions: *“I would want to improve my nutrition”*.

## Health

Next, there was a question about how the football players perceive their general health (Figure 26). This question got responses divided in two. 15 replied that they perceived their health as good and other 15 perceived their health as excellent. This is great to see that only the best two options got responses. It is great to see that based on this question of health there were not even a single response on moderate or bad.

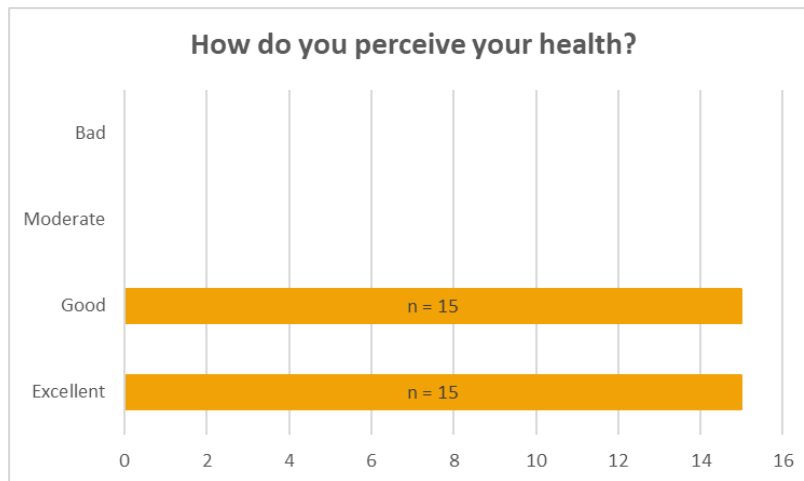


Figure 26. Perceived health

On the open question about whether the respondents were satisfied with some health factors or in need of improvement. It got answers like: *“I am satisfied with the amount of exercise I do, and I could improve the quality of my nutrition”*, *“I would want to improve my sleep and I am satisfied with exercising, social wellbeing, rest and regression”*, *“I would want to improve especially sleep, rest, and recovery. Those do not implement well enough in my everyday life”*, *“Mental wellbeing and social wellbeing”*. One mentioned that decreasing the usage of cell phone could be something good for health: *“Less phone usage”*.

## Support from team-mates and coaches, feeling of success, goals in football practice

The respondents were asked do they feel that they get support or encouragement from their team-mates or coaches when they need it (Figure 27). No one replied rarely or hardly ever, two responded sometimes, 10 people responded often and majority of 18 people responded always or almost always.

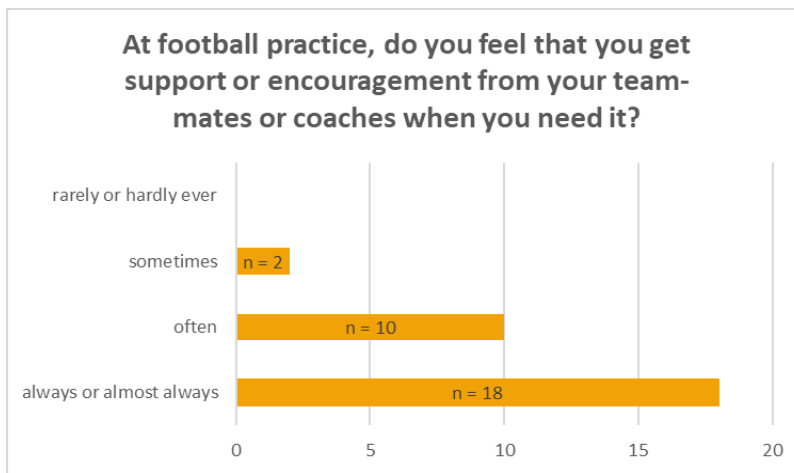


Figure 27. Support from team-mates or coaches

The football players were asked if they experience any feeling of success in football practices (Figure 28). No one replied completely disagree or neither agree nor disagree. Two responded to somewhat disagree. 17 responded partially agree and 11 responded to completely agree.

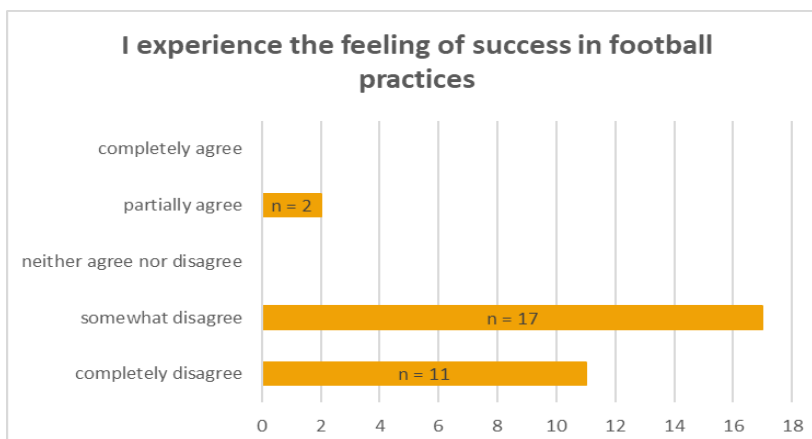


Figure 28. Feeling of success in football practice



Football players were asked are they ready to work towards goals set together in football practice (Figure 29). No one responded completely disagree nor somewhat disagree. Three responded neither agree nor disagree. Partially agree got 10 responses and completely agree got 17 responses.



Figure 29. Readiness to work towards the set goals together

On the open question there was one answer relating to football practice: *“It would be nice if I would not need to be tense about how others would react if I would fail”*.

### **Health factors that were perceived as important and willingness to know more information**

The next question is an optional question and it reached responses from all 30 respondents (Figure 30). The respondents were asked which of the following factors they find important. Exercising got 26 responses, sleep got 24, and nutrition got 22. Support and encouragement from team-mates got 21 responses and the same but from coaches got 17. 17 respondents found feeling of success important and 13 found goals set together in football practice important and 14 found it important to achieve the goals set together.

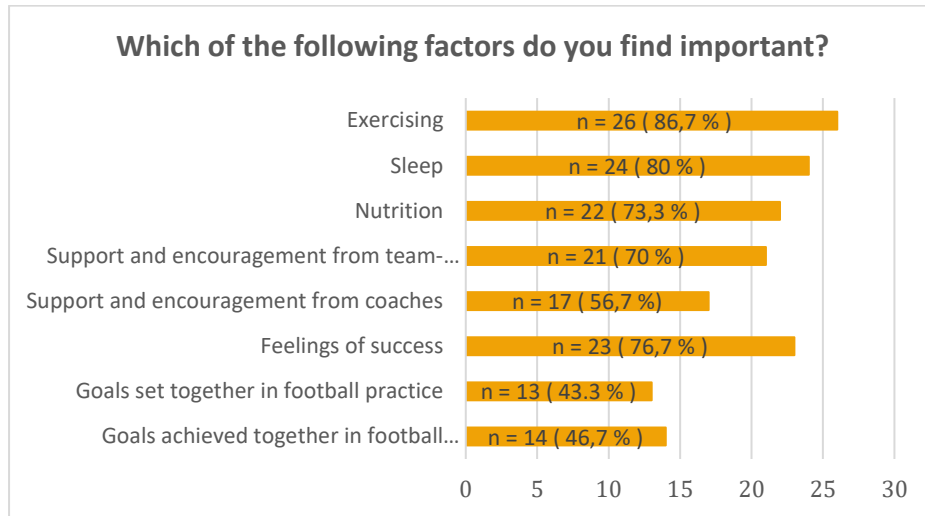


Figure 30. Health factors seen as important

The next question (Figure 31) was optional too and the respondents were asked to choose which of the following factors you would like more information about. This question reached 27 respondents of all 30 respondents. Exercising got 7 responses, sleep got 5, coping with energy levels, nutrition got 7 responses and mental wellbeing got most responses of 14 and social wellbeing got 13 responses. One person replied “other” and specified this answer as “Mental and physical wellbeing” which goes to the same categories as mentioned on the other options.

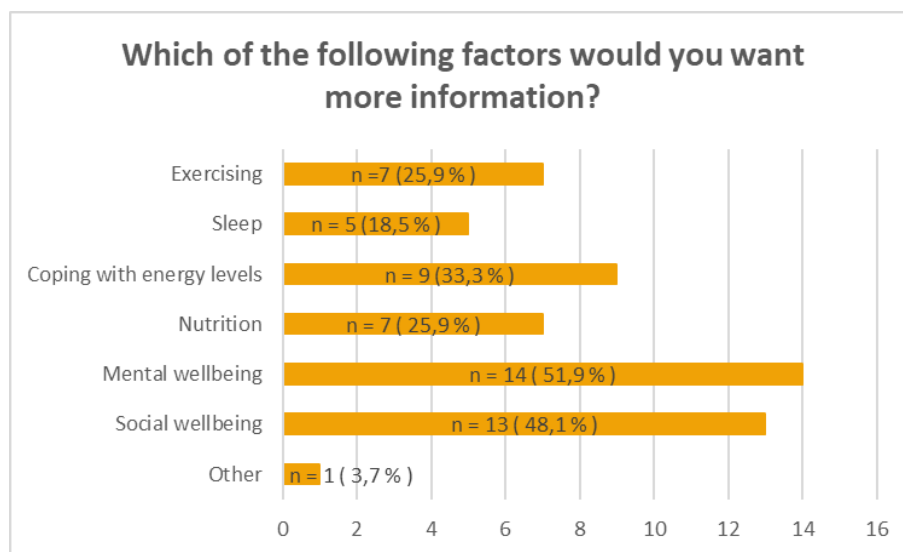


Figure 31. Factors to know more information about

Most responses got mental and social wellbeing, and this might be because those are topics that are not talked as much as, for example, the importance of exercising, sleep, and nutrition.

### **Summary of the results**

When looking at the questions about exercising, sleep, rest, energy level, and nutrition the answers are more on positive side, meaning that most of the respondents have habits that are corresponding to the recommendations that have been defined based on scientific studies. Almost in each question there was one or more answers that differed from the others. Most of the answers were on the positive side of the chart and the abnormal answer was more on the negative side of the chart. For example, the question about feeling of tiredness at football practice (Figure 19), 50 % responded that they sometimes feel tired at football practices, and 40% responded that rarely or hardly ever, but 10% responded that they are always or almost always tired at football practices. This kind of division of answers was seen in every category and almost in every question. It is good that most answers showed positive outcome of the respondents' habits, but it should be taken into consideration that some people need some improvement in some aspects of health.

The amount of exercising of the football players seemed quite good because all of them are exercising daily according to the recommended amount, which is at least one hour of exercising. 56.7 % (n = 17) of the respondents are exercising more than two hour a day and 43.3 % (n = 13) are exercising daily 1–2 hours a day. On the other hand, when it comes to brisk or strenuous exercising, the recommended amount is to have that kind of exercising at least one hour a day. 6.7% (n = 2) of people responded 1–2 days a week which could be more, the majority of 56.7% (n = 17) responded 3–4 days a week which is not quite the recommended but at least it is every other day. 30 % (n = 9) of people responded to do that for 5–6 days a week which is quite good, and 6.7 % (n = 2) people replied every day.

Most respondents (76.67 %) sleep based on the recommendations, which is about 8–10 hours, and one (3.33 %) responded to sleep over 10 hours. 16.67 % responded to sleep 5–7 hours which in a long-run can be too little because 8 hours a sleep at night is the minimum of recommended for teenagers and for young school aged children 9 hours is the minimum. One (3.33 %) responded to sleep less than 5 hours a night which is way too little for anyone aged 7–18 years old. The most of respondents are rested after a night sleep and rarely or sometimes are tired in football practices. There were a few respondents who answered to be tired at football practice always or almost always and that they are rarely rested when they wake up in the morning. This is something to give attention to because it is not good if some people do not have enough energy for the practice.

The category of nutrition seemed quite good overall because enough meals were taken during the day and various foods like proteins, vegetables, berries, and grain products. Nutrition is very much connected to the energy levels during the day and 56.7 % (n= 17) said to have energy for the whole day always or almost always, 3.33 % (n= 10) said to have often and only 10 % (n = 3) said sometimes. The overall energy levels seemed to be at a good level.

Most of the respondents enjoyed practicing football and they experienced feelings of success at football practices. Most respondents were also ready to work towards the goals that had been set together at football practices. There were three respondents that neither agreed nor disagreed to set goals together at football practices. Two people slightly disagreed that they experienced the feelings of success at football practices. This could be seen as a negative thing but on the other hand, it might not necessarily be a negative thing. It is still possible to enjoy practicing sports without setting certain goals.

Over half of the respondents (56.7 %) answered that they had been practicing football in the sports club for 5 years or more, and 23.3% chose 3–4 years. When this is reflected to the open questions about the goals as an athlete, many responded they had goals to become a professional athlete or to become player

of the national team of Finland, or to improve themselves as a player. Some replied that their goal was to enjoy playing football with a happy mind which is a great reason too because that is the essence of it.

## **7 CONCLUSIONS AND DEVELOPMENT PROPOSALS**

In this chapter, the answers to the research questions are defined and the conclusion of the research is discussed. This chapter goes through the development proposals of some parts of the football players wellbeing based on the results and analysis of the research. The validity and reliability of the research are discussed since they are essential aspects of the research. In addition, the critical review of the research is discussed. At the end, some proposals for the future research are proposed.

### **7.1 Answers to research questions**

The objective of the research was to find out the football players' habits regarding to exercising, the amount of sleep and rest, nutrition, and dietary habits, also, how do they perceive their own health. In addition to those, to find out how they perceive their own mental health and social wellbeing. The idea was to find out if there were any specific aspects of health that needs more attention, and what factors they could need improvement. Based on these, three research questions were defined to find answers to them.

The first research question was to find out what areas in children's and young football players' overall health needs improvement. Based on the results there was a minority in every category that would need some improvement in their habits to get their habits to the same level as the recommendations are. Overall, the results showed that the habits of the majority are somewhat similar compared to the recommendations. Still, there were some football players who could improve their amount of sleep, healthy and various nutrition intake, and to increase the daily energy level and to feel rested more often.

The social wellbeing seemed overall quite good as a conclusion of the answers about support from team-mates and coaches. Most of the football players said they got support when needed always or often, also most of them said to experience the feelings of success in football trainings, and to be ready to work on goals set together. These show that there is a positive team spirit which is a part of social wellbeing.

The one aspect that come out in several sections was regarding sleep, tiredness, and energy levels. Some of the respondents did not sleep according to the recommendations even though, according to Hämäläinen (2015, 95) the importance of sleep for a child's growth and development is self-evident. Some respondents do not sleep based on the recommendations (Figure 16), also in the open questions there was mentioned the need to improve sleep. In the open questions someone mentioned that reducing the usage of cell phone could be good for improving health. Children spend more and more time in front of various screens (Opetus- ja kulttuuriministeriö 2016b, 12). Poor sleep quality of athletes has been found to be connected to the use of smart devices in bed before going to sleep (Hämäläinen2015, 287). This could be a factor affecting short night's sleep.

On the open questions the football players were asked what factors they would want to improve in their own health and several respondents answered that their sleep and regression ort the amount of rest could be improved. Also, when looking at the question about rest (Figure 17) and tiredness (Figure 19), some felt they are hardly ever rested after a night sleep, and some are almost always tired in football practice. This is something that is taken into consideration on the development proposals.

The second research question aimed to discover what concrete methods are needed to improve the overall well-being of children and young people. When improving the overall wellbeing the change needs to be started somewhere even if it is just one category because factors like sleep exercising and nutrition are still in connection with each other. One way to start improving children's and young

people's overall wellbeing is to start improving the one factor that came out most clearly which was sleep, rest, and energy level. Improving sleep can be done by practicing ways to relax the body and the mind, especially if there are any distractions when preparing to sleep. Imagery exercises that promote dreaming are based on thoughts that promote a sense of security and pleasant experiences of a state of calm. Imaginary travelling has proven to be effective to promote falling asleep and to promote the quality of sleep. (Liukkonen 2020, 98.)

The same kind of visualization techniques used for relaxing the body and mind to get better sleep can be used also for recovering after exercising. There are numerous relaxation methods, and most of them use imagination, for example by imagining the warmth of body parts and heaviness, relaxation caused by the air flow of the breath, imaginary travel or moving to safe places or experiences in mental images. (Liukkonen 2020, 54.)

Relaxation practice has several benefits for the overall wellbeing. Relaxation exercises can increase recovery from physical and mental stress. Several studies show that more favorable physiological changes occur in groups participating in relaxation, such as reductions in heart rate, blood pressure, and muscle tension, compared to groups that lie down and read a magazine or listen to music. (Liukkonen 2020, 53.)

Another way to improve overall wellbeing is to practice the feeling of gratitude. Gratitude has positive effects in combating stress and healing from it. After the participants practiced mindfulness for 10 weeks, they became clearly more optimistic about their lives, for example in terms of health and exercise. (Mäntylä s.a.) There are several benefits of deep breathing too such as it can help for anxiety, depression, managing stress and to improve focus (Blanchfield 2020).

It is important to try different methods until you find the one that feels best for you. It is often good to start with active methods and gradually move to imagery-based suggestion methods. (Liukkonen 2017, 153.) To practice techniques that football players could take home can be at least in the beginning short and

simple. The performance-enhancing effects of mental exercises have been reported in numerous studies (Liukkonen 2017, 88).

The third research question was to find out in what ways the amount of physical exercising can be increased. The results regarding exercising were overall quite good, especially the daily amount of exercising because all the respondents reached the recommendations when the results were compared to the recommendations. On the other hand, brisk and strenuous type of movement could be done more often according to the results (Figure 10) because only few people reached the recommended amount.

The ways to increase the amount of physical exercising is not only to add more exercising hours but to find factors that could make exercising feel more joyful, or to add there something that makes it more exciting. The motivation factors for participation are joy and the positive experiences that the activity produces. Internally motivated athlete manages to train, even when facing adversity, such as failures or injuries. Internal motivation has been found to have only positive effects on an athlete's experiences, performance, and wellbeing. Internal motivation also increases commitment to the activity and directs the choices made by the athlete to promote their development in sports. (Hämäläinen 2015, 111.) Many studies have shown that the biggest reasons for dropping out of junior sports are that it is too competitive, compulsive, truthful, adult-oriented and lack of fun. In the model of coaching competence, joy, enthusiasm, and passion are also strongly visible in the goals of a sense of belonging. Love of the sport, commitment and sense of community are factors that promote the inner motivation of young athletes. (Hämäläinen 2015, 109.)

In the open questions many football players responded that their goal is to become a professional athlete in football or to play in representative team in the future, or to develop as a football player. This is something that could be used to increase motivation towards the sport. Anchoring an optimal emotional state in the future performances to increase self-confidence and improve concentration. In imagination the emotional states of a successful performance are sought and



transferred to the future performance event. (Liukkonen 2020, 148.) This means that mental practices, for example, visualising a certain event in mind can be good way to prepare for upcoming situation. Many professional athletes have told how they have used their imaginations for the upcoming competitions months before the event in a way that the practices have given them strength to complete the exercises one hundred percent (Liukkonen 2020, 147). Self-development skills that promote motivation are goal setting and self-evaluation skills. The skills in question promote internal sports motivation, because through them the young athlete can experience competence and feel that the activity is under her/his own control. (Hämäläinen 2015, 109.)

## **7.2 Development proposals**

As a development proposal I have created a five-page guide (Appendix 5) that consist of five different practices that can be used to improve the overall wellbeing of the football players. The guide is an easy way to get to know and to learn more about mental practices that can be used along with physical training. On the first page of the guide there is a letter for football players, and it introduces what this guide consists of. Also, to explain more detailed about the practices like what are the benefits of them, what they are used for and other things to consider.

The first practice is a 10-minute relaxation practice that can be done when person needs to take time off, for example, when feeling stressed or overwhelmed, or it can be done before going to sleep to get better night's sleep. This relaxation practice can be done for yourself but first to read it through to know what to do. It can be done for another person or for a group. This practice gives an idea of what is a relaxation practice, and this kind of practice can be modified to be longer or shorter and the images used in the practice can be modified to fit how the practitioner wants.

On the third page of the guide there are two different breathing exercises. The first one is a little bit longer and the 4-7-8 breathing technique is created by

Doctor Andrew Weil, and it is based on an ancient technique called pranayama. This technique helps the body to activate the relaxation response and that is why it is good for quick reset or before going to sleep. The practice goes through all the steps that needs to be done during the breathing practice. The other breathing practice is a short one meant for a quick break, and it is easy to do anytime and anywhere. Breathing exercises have several health benefits in a long run as well as to get a quick benefit, for example, to relax mind from stress and overwhelming feeling and to get more focus. Also, to get better night's sleep and that way to get more energy for the next day.

The fourth practice is a mental practice a practice where imaginary, and relaxation is being used to prepare for upcoming performance. This kind of mental preparation for any kind of performance will ease stress or anxiety towards the upcoming situation. Athletes have known for using mental practices in addition to their physical training. This practice is perfect to be done as a group before a match or even before football practice.

On the last page there is a gratitude practice that is easy to do, for example, in the morning after waking up to set good feeling for the day, or in the evening to reflect the good things of the day, or anytime during the day as a reminder of things to be grateful for. This practice can be short as one minute or person can use more time on it, for example, writing or journaling about the things to be grateful for. This practice is beneficial after a football practice to highlight the good things that happened.

All the practices in the guide (Appendix 5) can be practiced and done alone, or they can be done as a group practice. If they are done as a group practice, there needs to be one person who will instruct the practice to others. These practices can be done before football training or after. The relaxation practice could be excellent after football training and the preparing to a performance before football training. Breathing exercises are good after football training but the shorter one with six second breathings could be nice before football training because it gives a sense of focus. The gratitude practice can be done either before or after

because the idea of it is to feel a piece of joy and the feel of gratitude can be felt anytime.

All of the practices can be modified, for example, in case if there is a time limit some steps can be leaved out. It is good to even try out and observe how they feel rather than not trying at all. Understanding more of the benefits might come later because these kinds of practices need time before seeing practical changes or changes in the mind especially when they are done first time. When it comes to breathing practices, they can be modified too because it is important to listen yourself if something does not feel right, so one should not force anything.

Football teams could start by adding on practice once a week to try how it feels. Later if it feels good and the football players feel the benefits of them or they like them, those kinds of practices could be done more often. Even though these practices are specific they are still beneficial for overall wellbeing in a long run because after practicing consistently one understand how those can be modified suitable for her/him.

### **7.3 Research trustworthiness**

The reliability of the research means the accuracy of the results, in other words, the ability of the measurement to give non-random results and the repeatability of the measurement results. This means that when repeating the measurement on the same person, the exact same measurement result will be obtained, regardless of the researcher. (Vilkka 2021, chapter 7.) The validity of the study means the ability of the study to measure what the study was intended to measure. In other words, how the researcher has succeeded to operationalize the theoretical concepts to the level of everyday language. (Vilkka2007, 150.) The reliability and validity of the research together make up the research overall reliability. The overall reliability of the conducted research is good, when the sample represents the basic population and there are as few random errors as possible in the measurement. (Vilkka 2007, 152.)

The reliability of the research examines, above all, issues related to measurement and accuracy in the implementation of the research. Research accuracy means that the research does not include random errors. (Vilkka2007, 149.) According to Vehkalahti 2014, 41) the reliability of the measurement is the better, the less measurement error it contains. Systematic errors lead the results astray and weaken both the reliability and validity of the research. Systematic error may result of non-respondents, or the respondents are lying, embellishing, or belittling the matter. (Vilkka 2007, 153.) The impact of errors in terms of the research objectives is not necessarily very large. The most important thing is that the researcher takes a stand on the obvious random errors in his research. (Vilkka 2021, chapter 7.) In a quantitative study, handling, measurement, ceiling, and sampling errors cannot be avoided. The researcher must be honest, reveal the errors in his research, evaluate the impact of the errors on the results and the utilization and application of the results. (Vilkka 2007, 154.)

The measurement method of the research was reliable because it measured what it was supposed to. All the research permits were made, and all the respondents were informed about them which was important part of the research because all the respondents were under 18 years old, so they needed permit to answer to the survey. All the research permits can be found in the appendices.

The questions of the research gave a shallow view of the respondents' overall wellbeing. The questions did give valid data on respondents' habits regarding, for example, exercising, sleep, and nutrition, also, to how the respondents perceived the questions relating to the social aspect of football practices. However, the questions were not leading enough to get a more detailed and clear vision or understanding of the respondents' overall health. The aspects as mentioned before, exercising, sleep and nutrition, were well asked from the respondents in the survey, but the aspect of mental wellbeing and social wellbeing were not asked as well as could. There could have been more questions specially about mental and social wellbeing.

However, there were some questions relating to a social wellbeing that can be connected to the aspect of social health at some level. The answers on how the football players perceived the support in practices, the feeling of success and the goals set together showed that the community spirit is there but only based on those questions. It needs to be mentioned that those three questions give only some kind of idea of how the football players perceive their social wellbeing and it cannot be directly linked that the social wellbeing is on the positive scale of the line. The questions about social wellbeing could have defined better to get more information about how the football players perceive their social wellbeing.

The topic of the research was quite familiar to me since I have been studying wellbeing management for some years and some of the health aspects are at some level familiar to me. I could have done more research on the topic of overall wellbeing and to discover more different research and publications on that topic, and to utilize on my research, especially because this was the first research I have ever done. When analysing the data, it was somewhat difficult to find clear answers to the research questions mentioned previously.

A factor effecting the validity of this research is that the number of responses was 18,07 % of all the people the survey was sent. Problems with the first link that did not work might have weakened the interest to the survey. Also, the number of research permits might have created lack of interest because of so many papers to be read. The survey could have been available for the answers for longer period and maybe this way it would have get more responses, but due to time management issues it was not possible to extend it.

### **Future research proposals**

In addition to the development proposals is that by adding these practices of different mental techniques to football practices, there could be a way of measuring the effects. The practices of breathwork or visualization are most beneficial when done in long-term and consistently. Practices of relaxation, visual exercises to prepare for upcoming competition or other occasion could be

measured to see the benefits of them. For future proposal more mental practices could be created and proposed, for example different kind of relaxation practices, so that people can find practice that suits for her/him and different visualization practices such as setting a goal or improving self-confidence or a better team-spirit.

## **8 CONCLUDING REMARKS**

The topic of the thesis came as my proposal based on the different needs the commissioning party proposed to me initially. From different ideas I proposed that I could focus on the overall health because it seemed quite an interesting topic to take different aspects of health into consideration. In a way it turned out to be a little bit difficult on the theory part because overall wellbeing is quite a wide topic, so it made it more challenging to choose what to write on the theory part to make it compact and still have enough information to cover the topics. I am glad that I found recent studies and statistics about children's and young peoples' exercising.

The timetable could have been planned and followed better since I managed to put the survey out there quite in the last minute. I did start planning the survey early beforehand but to finally finish it and put it out there was postponed too much. The survey was available for eight days and during this time I was suspicious whether I would manage to write the results and analysis on time. After all, I was pleased that I managed to do everything on time.

This learning experience was quite nice because I learned a lot since this was my first time wiring a research-based thesis. The questionnaire was interesting to do and specially to see the results. The wellbeing of children and young people is important and the promotion of it should be increased since those early years of childhood and youth are important for their future. People attending football practices or doing any kind of sports have other beneficial aspects in addition to individual's health, like being part of a community and belonging to a group.

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## The cover letter to the football players

Hei,

Tämä kysely on osana Kaakkois-Suomen ammattikorkeakoulussa tekemääni opinnäytetyötä, jonka aiheena on tyttö- ja naisjalkapalloilijoiden kokonaisvaltaisen hyvinvoinnin edistäminen. Kysely on kohdistettu Porrassalmen Urheilijat -62 ry:n 5-18 vuotiaille pelaajille.

Kyselyn tarkoituksena on selvittää harrastajien nykyistä tilannetta kokonaisvaltaisen hyvinvoinnin näkökulmasta. Tavoitteena on selvittää harrastajien liikuntatottumuksia, unen ja levon määrää, ruokailutottumuksia sekä yleistä hyvinvointia liittyen henkiseen ja sosiaaliseen hyvinvointiin. Opinnäytetyön tavoitteena on esittää harrastajille kehitysehdotuksia oman hyvinvoinnin edistämiseen. Ehdotuksissa näkyvät hyvinvoinnin osa-alueet, joihin harrastajien olisi hyvä kiinnittää enemmän huomiota. Tavoitteena on hyödyntää tuloksia valmennuksessa ja tuoda hyvinvoinnin merkitys esiin jalkapallon harrastajille.

Kysely toteutetaan Webropol-kyselyohjelmalla. Kyselyyn vastaaminen tapahtuu anonyymina ja vastauksia ei yhdistetä vastaajan tietoihin. Tuloksia käsitellään luottamuksellisesti ja niitä käytetään ainoastaan opinnäytetyön tarkoitukseen. Kyselytiedot tullaan poistamaan kokonaan järjestelmästä tietoturvallisesti kuukausi opinnäytetyön valmistumisen jälkeen. Alaikäisen harrastajan tulisi saada suostumus vanhemmalta kyselyn vastaamiseen tai hän voi vastata yhdessä vanhemman kanssa. Kysely on auki 14.04.2023 – 20.04.2023.

**Alhaalta löytyy linkki kyselyyn.** Kyselyyn vastaaminen vie 15 minuuttia.

<https://link.webpolsurveys.com/S/9A182EEC7F3222D1>

Kiitos avusta!

Ystävällisin terveisin

Henrietta Klemola

Minuun voi olla yhteydessä tarpeen mukaan puhelimitse +358 505169948 tai sähköpostitse [bhek1003@edu.xamk.fi](mailto:bhek1003@edu.xamk.fi)



Kaakkois-Suomen  
ammattikorkeakoulu

## The research consent



Kaakkois-Suomen  
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### Tutkimustiedote

Kerromme tässä tutkimustiedotteessa tutkimuksesta, sen tavoitteista, toteutuksesta ja tulosten raportoinnista.

#### Tutkimuksen tekijät

Henrietta Klemola, opiskelija

Xamk - Kaakkois-Suomen ammattikorkeakoulu, Patteristonkatu 3 D 50101 Mikkeli

Yhteyshenkilö tutkimukseen liittyvissä kysymyksissä:

Henrietta Klemola, opiskelija, Puh. +358 505169948, [bheki003@edu.xamk.fi](mailto:bheki003@edu.xamk.fi)

#### Tutkimuksen nimi ja kesto

Porrassalmen Urheilijat -82 ry:n pelaajien kokonaisvaltaisen hyvinvoinnin edistäminen,  
12.04.2023 – 19.04.2023

#### Pyyntö osallistua tutkimukseen

Pyydämme sinua osallistumaan Porrassalmen Urheilijat -82 ry:n pelaajien kokonaisvaltaisen hyvinvoinnin edistäminen – tutkimukseen. Tutkimuksen tarkoituksena on selvittää harrastajien nykyistä tilannetta kokonaisvaltaisen hyvinvoinnin näkökulmasta. Tavoitteena on selvittää harrastajien liikuntatottumuksia, unen ja levon määrää, ruokailutottumuksia sekä yleistä hyvinvointia liittyen henkiseen ja sosiaaliseen hyvinvointiin. Tavoitteena on esittää harrastajille kehitysehdotuksia oman hyvinvoinnin edistämiseen. Ehdotuksissa näkyvät hyvinvoinnin osaluokat, joihin harrastajien olisi hyvä kiinnittää enemmän huomiota. Tavoitteena on hyödyntää tuloksia valmennuksessa ja tuoda hyvinvoinnin merkitys esiin jalkapallon harrastajille.

#### Vapaaehtoisuus

Tutkimukseen osallistuminen on täysin vapaaehtoista. Tutkimukseen osallistuminen on täysin vapaaehtoista, vaikka huoltajalta olisi suostumus. Voit kieltäytyä osallistumasta tutkimukseen, keskeyttää tutkimukseen osallistumisesi tai peruuttaa jo antamasi suostumuksen syytä ilmoittamatta milloin tahansa tutkimuksen aikana eikä siitä koidu sinulle kielteisiä seurauksia.

Sinulla on oikeus saada pääsy tietoihin, oikeus oikaista tietoja, oikeus tietojen poistamiseen (tietosuojasetus sisältää tutkimustarkoitukseen liittyvän erityisen poikkeuksen tähän liittyen), oikeus rajoittaa tietojen käsittelyä ja oikeus siirtää tiedot järjestelmästä toiseen (ei koske täysin manuaalista henkilötietojen käsittelyä). Keskeyttäessäsi tutkimuksen, keskeyttämiseen asti sinusta kerättyjä tutkimusaineistoja voidaan edelleen hyödyntää tutkimuksessa. Peruuttaessasi suostumuksesi henkilötietojesi käsittelyyn, sinusta siihen mennessä kerättyjä henkilötietoja, näytteitä ja muita tietoja ei voida käsitellä osana tutkimusta, vaan ne tuhoetaan, mikäli niiden poistaminen aineistosta on mahdollistatai tiedot anonymisoidaan välittömästi peruuttamisen jälkeen, jolloin jo kerättyjä tutkimusaineistoja voidaan edelleen hyödyntää tutkimuksessa. Anonymisoidut henkilötiedoteivät ole kohtuullisin keinoin tunnistettavissa annettujen tietojen perusteella tai tietoja muihin tietoihin yhdistämällä.

#### Tutkimuksen kulku

Tutkimus on kyselytutkimus mikä toteutetaan Webropol –kyselyohjelmalla internetissä. Tutkimuksen



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vastaamisaika on viikko ja tutkimukseen vastataan vain yhden kerran. Kyselyyn vastaaminen tapahtuu anonyymina ja vastauksia ei yhdistetä vastaajan tietoihin.

#### **Tutkimuksen mahdolliset hyödyt sekä haitat/riskit ja niihin varautuminen**

Tutkimuksen tuloksia voidaan hyödyntää lasten ja nuorten harrastajien hyvinvoinnin edistämiseksi. Tutkimuksesta on mahdollista hyötyä jalkapalloseuralle, koska kyselyn avulla heillä on näkemystä siitä, miten harrastajat kokevat omaa hyvinvointia ja sen perusteella luoda toimintatapoja parempaan harrastetoimintaan. Tutkimus ei aiheuta mahdollista haittaa eikä riskiä.

#### **Tutkimusaineiston käsittely**

Tutkimusaineistoa käsitellään luottamuksellisesti ja sitä käytetään ainoastaan opinnäytetyön tarkoitukseen. Kyselytiedot tullaan poistamaan kokonaan järjestelmästä tietoturvallisesti kuukausi opinnäytetyön valmistumisen jälkeen.

#### **Tutkimustulokset ja niistä tiedottaminen**

Tuloksista raportoidaan vain tutkimuksen tekijän opinnäytetyössä. Tutkimuksen tulokset ovat saatavilla tutkittaville valmiissa opinnäytetyössä. Tutkittavaa ei voida tunnistaa tuloksista.

#### **Tutkimuksen korvaukset tutkittavalle**

Tutkimukseen osallistumisesta ei makseta palkkiota.

**Tutkittavan oikeudet on kuvattu tässä tiedotteessa.**

## The research permit



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### Suostumus henkilötietojen käsittelyyn ja tutkimukseen osallistumiseen

Kyselytutkimus: Porrassalmen Urheilijat -62 ry:n pelaajien kokonaisvaltaisen hyvinvoinnin edistäminen  
 Tutkimus toteutetaan Webropol- kyselyohjelmalla ja tutkimuksen toteuttaja on Henrietta Klemola  
 Mikäli haluat peruuttaa suostumuksesi, voit olla kyselyn toteuttajaan yhteydessä joko puhelimitse +358 505169948 tai sähköpostilla bhekl003@xamk.edu.fi

Olen saanut tutkimustiedotteen ja tietosuojaselosteen. Tutkimustiedotteesta olen saanut riittävän selvityksen tutkimuksesta ja tietosuojailmoituksesta tarkemman kuvauksen tutkimuksen yhteydessä suoritettavasta henkilötietojen käsittelystä.

Minulla on ollut mahdollisuus esittää kysymyksiä ja olen saanut riittävän vastauksen kaikkiin tutkimusta koskeviin kysymyksiini. Minulla on ollut riittävästi aikaa harkita osallistumistani tutkimukseen. Olen saanut riittävät tiedot oikeuksistani, tutkimuksen tarkoituksesta ja sen toteutuksesta sekä tutkimuksen mahdollisista hyödyistä ja riskeistä. Minua ei ole painostettu eikä houkuteltu osallistumaan tutkimukseen.

Ymmärrän, että osallistumiseni tutkimukseen on vapaaehtoista. Ymmärrän, että voin keskeyttää osallistumiseni tai peruuttaa suostumukseni henkilötietojeni käsittelyyn koska tahansa syytä ilmoittamatta eikä siitä koidu minulle kielteisiä seurauksia. Olen tietoinen, että mikäli keskeytän tutkimuksen, keskeyttämiseen asti minusta kerättyjä tutkimusaineistoja voidaan edelleen hyödyntää tutkimuksessa. Mikäli peruutan suostumukseni, minusta peruuttamiseen mennessä kerättyjä henkilötietoja, näytteitä ja muita tietoja ei voida käsitellä osana tutkimusta, vaan ne tuhoataan, mikäli niiden poistaminen aineistosta on mahdollistatavaksi tiedot anonymisoidaan, välittömästi peruuttamisen jälkeen, jolloin jo kerättyä tutkimusaineistoa voidaan edelleen hyödyntää tutkimuksessa. Anonymisoidut henkilötiedot eivät ole kohtuullisin keinoin tunnistettavissa annettujen tietojen perusteella tai tietoja muihin tietoihin yhdistämällä.

Olen lukenut ja ymmärtänyt saamani tutkimustiedotteen, tietosuojaselosteen ja tämän suostumuksen tiedot, ja haluan osallistua tutkimukseen ja antaa suostumukseni henkilötietojeni käsittelyyn tietosuojaselosteessa kuvatulla tavalla.

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 Päiväys ja paikka Tutkittavan allekirjoitus

Tutkittavan nimenselvennös

## The privacy statement



1

### Tietosuojailmoitus sovellettavaksi opiskelijoiden opinnäytetöihin

(Tietosuojalaki 2018/1050, EU:n yleinen tietosuoja-asetus 2016/679)

Pyydämme sinua osallistumaan Kaakkois-Suomen ammattikorkeakoulun (Xamk) opintoihin sisältyvään opinnäytetyöhön liittyvään tutkimukseen/selvitykseen tms.

Opinnäytetyöhön osallistuminen on täysin vapaaehtoista ja voit keskeyttää osallistumisesi koska tahansa. Mikäli keskeytät tutkimuksen tai peruutat suostumuksen, keskeyttämiseen ja suostumuksen peruuttamiseen mennessä kerättyjä tietoja voidaan käyttää osana tutkimusaineistoa.

Tässä tietosuojaselosteessa kuvataan, miten henkilötietojasi käsitellään opinnäytetyössä, mitä oikeuksia sinulla on ja miten voit vaikuttaa tietojesi käsittelyyn.

#### 1. Opinnäytetyön rekisterinpitäjä

*Rekisterinpitäjä on ihminen (esim. opinnäytetyöntekijä) tai organisaatio, joka määrittelee henkilötietojen käsittelyn tarkoitukset ja keinot.*

Tämän opinnäytetyön rekisterinpitäjä on

Henrietta Klemola

+358 505169948

Bhekl003@edu.xamk.fi

#### 2. Opinnäytetyön suorittajat

Henrietta Klemola

#### 3. Mihin tarkoitukseen henkilötietojani kerätään ja käsitellään?

Henkilötietoja kerätään ja käsitellään opinnäytetyön hyvinvointitutkimusta varten.

#### 4. Millä perusteella henkilötietojani käsitellään opinnäytetyössä?

Henkilötietoja käsitellään seuraavalla yleisen tietosuoja-asetuksen (EU 679/2016 6.1 a) mukaisella perusteella:

- tutkittavan suostumus
- rekisterinpitäjän lakisääteisen veloitteen noudattaminen





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- yleistä etua koskevan tehtävän suorittaminen (tieteellinen tai historiallinen tutkimus tai tilastointi tai aineiston arkistointi) rekisterinpitäjälle kuuluvan julkisen vallan käyttäminen
- rekisterinpitäjän tai kolmannen osapuolen oikeutettujen etujen toteuttaminen.

### 5. Opinnäytetyönaihe ja kesto

Opinnäytetyönaihe: Nais- ja tyttöjalkapalloilijoiden kokonaisvaltainen hyvinvointi / Overall wellbeing of female football players

Opinnäytetyön kesto: 12/2022 – 05/2023. Kyselytiedot tullaan poistamaan kokonaan järjestelmästä tietoturvallisesti kuukausi opinnäytetyön valmistumisen jälkeen.

### 6. Mitä tietoja minusta käsitellään?

- A. Henkilötieto jota tullaan käsittelemään on vastaajan ikä.
  - B. Kerätäänkö ja käsitelläänkö opinnäytetyössä arkaluonteisia tietoja?
- Opinnäytetyössä ei kerätä ja käsitellä arkaluonteisia henkilötietoja.

### 7. Mistä lähteistä tietoni kerätään?

Henkilötiedot saadaan vastaajan vastauksesta kyselyssä.

### 8. Luovutetaanko henkilötietojani kolmansille osapuolille?

Ei.

### 9. Käsitelläänkö tietojani EU:n tai ETA:n ulkopuolella?

Ei käsitellä.

Xamkissa käytetään tallennustilana pilvipalveluita (Teams ja OneDrive). Microsoft saattaa siirtää näihin palveluihin tallennettua tietoa tai niiden varmuuskopioita EU:n tai ETA-alueen ulkopuolelle. Microsoftin tietosuojalauseke on luettavissa osoitteesta: <https://privacy.microsoft.com/fi-FI/privacystatement>

### 10. Kuinka kauan henkilötietojani säilytetään?

Henkilötietoja säilytetään opinnäytetyön julkaisemisesta yhden kuukauden verran eteenpäin. Tämän jälkeen henkilötiedot hävitetään. Tutkimusrekisteri arkistoidaan ilman tunnistetietoja.



### 11. Miten henkilötietoni säilytetään ja suojataan?

Henkilötiedot ovat sähköisessä muodossa. Tiedot ovat suojassa käyttäjätunnuksen ja salasanan takana.

### 12. Miten voin käyttää tietosuoja-asetuksen mukaisia oikeuksiani?

Yhteyshenkilö tutkittavan oikeuksiin liittyvissä asioissa, johon voi ottaa yhteyttä on:

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a) Suostumuksen peruuttaminen (tietosuoja-asetuksen 7 artikla)

Sinulla on oikeus peruuttaa antamasi suostumus, mikäli henkilötietojen käsittely perustuu suostumukseen. Suostumuksen peruuttaminen ei vaikuta suostumuksen perusteella ennen sen peruuttamista suoritetun käsittelyn lainmukaisuuteen.

b) Oikeus saada pääsy tietoihin (tietosuoja-asetuksen 15 artikla)

Sinulla on oikeus saada tieto siitä, käsitelläänkö henkilötietojasi ja mitä henkilötietojasi käsitellään. Voit myös halutessasi pyytää jäljennöksen käsiteltävistä henkilötiedoista.

c) Oikeus tietojen oikaisemiseen (tietosuoja-asetuksen 16 artikla)

Jos käsiteltävissä henkilötiedoissasi on epätarkkuuksia tai virheitä, sinulla on oikeus pyytää niiden oikaisua tai täydennystä.

d) Oikeus tietojen poistamiseen (tietosuoja-asetuksen 17 artikla)

Sinulla on oikeus vaatia henkilötietojesi poistamista tietyissä tapauksissa.

e) Oikeus käsittelyn rajoittamiseen (tietosuoja-asetuksen 18 artikla)

Sinulla on oikeus henkilötietojesi käsittelyn rajoittamiseen tietyissä tilanteissa kuten, jos kiistät henkilötietojesi paikkansapitävyyden.

f) Vastustamisoikeus (tietosuoja-asetuksen 21 artikla)

Sinulla on oikeus vastustaa henkilötietojesi käsittelyä, jos käsittely perustuu yleiseen etuun tai oikeutettuun etuun. Tällöin ammattikorkeakoulu ei voi käsitellä henkilötietojasi, paitsi jos se voi osoittaa, että käsittelyyn on olemassa huomattavan tärkeä ja perusteltu syy, joka syrjäyttää oikeutesi.

#### Oikeuksista poikkeaminen

Tässä kuvatuista oikeuksista saatetaan tietyissä yksittäistapauksissa poiketa tietosuoja-asetuksessa ja Suomen tietosuojalain säädettyillä perusteilla siltä osin, kuin oikeudet



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estävät tieteellisen tai historiallisen tutkimustarkoituksen tai tilastollisen tarkoituksen saavuttamisen tai vaikeuttavat sitä suuresti. Tarvetta poiketa oikeuksista arvioidaan aina tapauskohtaisesti.

#### Valitusoikeus

Sinulla on oikeus tehdä valitus erityisesti vakinaisen asuin- tai työpaikkasi sijainnin mukaiselle valvontaviranomaiselle, mikäli katsot, että henkilötietojen käsittelyssä rikotaan EU:n yleistä tietosuoja-asetusta (EU) 2016/679. Suomessa valvontaviranomainen on tietosuojavaltuutettu.

#### 13. Tietosuojavastaavan yhteystiedot

Xamkin tietosuojavastaava on Markus Häkkinen. Häneen saa yhteyden sähköpostiosoitteesta tietosuojavastaava@xamk.fi

## The guide of health practices for football players



Hei ihana!

Tämä opas tutustuttaa sinut henkisen hyvinvoinnin pariin. Henkisestä terveydestä on hyvä pitää huolta fyysisen hyvinvoinnin rinnalla. Tästä oppaasta löydät viisi erilaista harjoitusta, joita voit käyttää tilanteen mukaan.

Ensimmäisenä löydät 10 minuutin renotutusharjoituksen, joka auttaa sinua vapauttamaan fyysistä ja henkistä jännitystä, sekä rentouttaa kehoasi ja mieltäsi. Harjoitus sopii fyysisen harjoituksen jälkeen, kun kehoasi ja mielesi tarvitsee palautumista, sekä ennen nukkumaan menoa valmistautukseen mielen ja kehon hyville yö unille.

Oppaasta löydät kaksi erilaista hengitysharjoitusta, joita voit käyttää kun tunnet olosi stressaantuneeksi tai ylikuormittavaksi ja haluat nopean nollauksen ja rentoutua. Harjoitus sopii taukojen aikana ja ennen nukkumaanmenoa. Hengitysharjoituksia ei pidä pakottaa, jos tunnet olossasi pyörrytystä tai epämukavuutta, keskeytä tekniikka ja palaa normaaliin hengitykseen. On tärkeä kuunnella kehoa ja tehdä harjoitukset oman tarpeen mukaan.

Lisäksi löydät mielikuvaharjoituksen, jonka avulla voit valmistautua mihin tahansa suoritukseen. Mielikuvaharjoituksen ideana on tehostaa keskittymistä ja eläytymistä suorituksiin, sekä vahvistaa itseluottamusta ja suunnata toimintaa tavoitteiden mukaisesti.

Lopussa on kiitollisuusharjoitus. Kiitollisuuden säännöllinen harjoittaminen on todettu vaikuttavan positiivisesti hyvinvointiin ja onnellisuuteen. Se auttaa meitä näkemään elämän positiivisemmin silmin ja nauttimaan enemmän ihmissuhteista ja kokemuksista. Sen lisäksi, että on tärkeää asettaa tavoitteita ja mennä kohti unelmia, on tärkeää olla kiitollinen niistä asioista joita meillä jo on.





## Rentoutus harjoitus

Ota mukava asento maaten ja anna kehosi levätä.  
Sulje silmät ja hengitä muutaman kerran nenän kautta syvään sisään ja päästä suun kautta hitaasti ulos, jotta kehosi rauhoittuu.  
Sisään hengityksellä anna vatsasi nousta ja ulos hengityksellä laskeutua.

Hengitä sisään laskien neljään. Pidätä hengitystä 4 sekuntia. Hengitä suun kautta ulos neljän sekunnin ajan. Toista yhteensä 4 kertaa.  
Huomaa miten hengitys kulkee kehossasi ja hengityksen tuomat tuntemukset ympäri kehoa. Anna hengityksen palautua normaaliin tahtiin.

Tee kehon skannaus. Käy läpi kehon osat alkaen kasvojesi lihaksista, kun keskityt tiettyyn osaan kuvittele, että kehon osa sulaa rentoutukseen. Rentouta otsa, posket ja leuka, rentouta niska ja hartiat. Kuvittele lämmin tuntemus menevän käsiesi läpi sormiin ja keskivartaloon. Lämmin tuntemus jatkuu jalkoja pitkin varpasiin asti. Kuvittele, että jokaisella hengityksellä kehosi rentoutuu yhä enemmän ja kehon osat tuntuvat painavammalta.

Syventääkseen rentoutusta lähde mielikuvamatkalle sinulle mielekkääseen paikkaan. Se voi olla aurinkoinen ja lämmin ranta tai rauhallinen vihreä metsä tai ihana järven ranta tai jokin muu mieluisa paikka.  
Voit sanoa mielessä itsellesi "Annan kehoni rentoutua täysin ja päästän irti kehoni jännityksistä".

Nauti tästä rentouden tilasta muutaman minuutin ajan.  
Voit vaipua uneen ja sanoa itsellesi "Olen nyt valmis nukahtamaan" tai, jos päiväsi vielä jatkuu, kun olet valmis liikuttele sormia ja varpaita, käsiä ja jalkoja ja vähitellen avata silmät.  
Kiitä itseäsi harjoituksesta.





## Hengitys harjoitus

Ota mukava asento rauhallisessa ympäristössä.  
Aloita ottamalla muutama tasainen henigtys ja päästä ilma äänekkäästi ulos suun kautta. Kun olet valmis voit sulkea silmät.

Hengitä sisään 4 sekuntia. Pidätä hengitystä laskemalla seitsemään. Hengitä päästämällä ilman äänekkäästi suun kautta ulos kahdeksan sekunnin ajan. Sisään hengityksellä vatsa pullistuu ja ulos hengityksellä laskeutuu alas. Nyt olet tehnyt yhden hengitys kierroksen ja voit toistaa saman hengitys kierroksen vielä kolme kertaa eli yhteensä neljä kertaa.

Jatkaessa hengityskierroksia keskity laskemiseen ja hengityksen virtaavaan tunteeseen. Anna hengityksen olla lempeää ja tasaista koko harjoituksen ajan. Älä pakota hengitystäsi vaan anna sen mieluummin virrata luonnollisesti.

Neljän hengityskierroksen jälkeen palaa normaaliin hengitykseen. Tarkkaile miltä kehossasi ja mielessäsi tuntuu. Huomaa rentouden ja rauhallisuuden tunteet.

## Kun sinulla on vain hetki aikaa

Hengitä sisään 3 sekunnin ajan ja ulos laskien kuuteen.  
Hengitystahti on tasainen ja rauhallinen.  
Kun katseesi tarttuu kiintopisteeseen mitä alat tuijottaa tiedät,  
että hermostosi on rauhoittunut.



## Suoritukseen valmistautuminen

Voit käyttää harjoitusta mihin tahansa tulevaan suoritukseen missä haluat onnistua tai tilanteeseen mikä tuntuu jännittävältä. Harjoitus auttaa sinua valmistautumaan tilanteeseen missä haluat onnistua ja helpottamaan jännitystä ja vahvistamaan itsevarmuutta ja uskoa itseesi ja onnistumiseen. Tässä harjoituksessa mennään mielikuva matkalle jalkapallo kentälle ja valmistaudutaan pelaamaan.

Ota mukava asento istuen tai maaten ja sulje silmät.  
Hengitä nenän kautta syvään sisään ja ulos ja anna kehosi rentoutua.

Kuvittele itsesi jalkapallokentällä. Kuvittele ympäristö mahdollisimman yksityiskohtaisesti ja käytä eri aisteja tehdäkseksi mielikuvista mahdollisimman todellisen tuntuisia. Näe joukkueoverit ympärilläsi, kuule yleisön äänet, haista nurmikon tuoksu, tunne jalkapallon tuntuma jaloissasi ja veden maku suussasi taukojen aikana.

Mieti missä asioissa haluat onnistua, onko se hyvä syöttö oman joukkueen pelaajalle, ketterä pallon kuljettaminen kentällä vai saatko taktisesti pallon pois vastapuolen pelaajalta vai hieno pallon laukaisu maaliin. Kenties yhdistelmä kaikkia näitä tai jotain muuta minkä haluat tehdä hyvin tai missä haluat onnistua tai tehdä hyvin.

Käy tilanteita läpi ja kuvittele suoriutuvasi niistä onnistuneesti ja itsevarmuudella. Voit vielä hymyillä ja kiittää itseäsi, kuinka hienosti suoriudut. Keskity siihen ilon ja innostuksen tunteeseen mikä syntyy onnistumisista ja tavoitteiden saavuttamisesta.

Kun olet käynyt läpi ydintapahtumat ja tunnet varmuutta tulevasta suorituksesta voit vielä hengittää muutaman kerran nenän kautta sisään ja päästää suun kautta reilusti ulos. Kun tunnet olevasi valmis, avaa silmät.

## Kiitollisuus voimavarana

Ota mukava asento istuen tai maaten ja sulje silmät.

Ota muutama sisään hengitys nenän kautta ja hengitä nenän kautta ulos. Tuo keskittyminen tähän hetkeen. Keskittyminen oman hengityksen kulkuun voi auttaa.

Mieti kolme asiaa joista olet kiitollinen elämässäsi.

Asiat voivat liittyä perheeseen, ystäviin, harrastuksiin, luontoon tai johonkin mitä sinulle on tapahtunut tänään tai aikaisemmin.

Asiat voivat olla peiniä tai suuria, jotain erityistä elämästäsi tai jotain yleistä maailmasta. Yritä miettiä asioita, joista tunnet aidosti kiitollisuutta.

Tuo nyt yksi asia mieleen ja sano sitä kohtaan "Kiitos" tai hiljaa mielessä osoita kiitosta sitä kohtaan. Käy läpi kaksi muutakin asiaa ja uppoudu kiitollisuuden tunteeseen jokaisesta. Kun olet käynyt kaikki kolme asiaa läpi, käytä hetki aikaa arvostaaksesi yleistä kiitollisuuden tunnetta. Kun olet valmis, avaa silmät ja ota muutama syvä hengitys, tuo huomiosi takaisin tähän hetkeen.

Kiitollisuusharjoituksen voit muokata tilanteeseen sopivaksi; voit tehdä harjoituksen mielessäsi muutaman tai viiden minuutin ajan. Tai voit kirjoittaa paperille päivän tai viikon asiat mistä olet kiitollinen. Voit aloittaa kirjoittamalla esimerkiksi: "Olen tänään kiitollinen.." ja listata ihmisiä, asioita ja kokemuksia mistä olet kiitollinen.

Kiitollisuuden hyödyt kehittyvät kiitollisuuden säännöllisellä harjoittelulla.



