# Article information:

Life Well-Being and Reasons for the Termination of Sport Careers among Croatian Elite Athletes - Sport Mont
[http://www.sportmont.ucg.ac.me/?sekcija=article=1481](http://www.sportmont.ucg.ac.me/?sekcija=article&artid=1481)

# Article summary:

1. The termination of a sports career can be traumatic for elite athletes.

2. Life well-being is related to the reasons for ending a sport career.

3. The relationship between life well-being and reasons for ending one's sport career could be explained by sport identity and deliberate or involuntary retirement.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article Life Well-Being and Reasons for the Termination of Sport Careers among Croatian Elite Athletes explores the relationship between life well-being and reasons for ending sport careers. The study was conducted on a sample of 170 elite Croatian male and female athletes who terminated their active sport career. Three scales measuring life well-being were employed, and the eight most common reasons for ending a sport career were offered.

The article provides a detailed analysis of the results obtained from canonical and quasi-canonical correlation analysis. The analyses show two different relationships between the current life well-being of retired athletes and the reasons for their career ending; they could be explained by sport identity and deliberate or involuntary sport retirement.

The article is well-written, with clear objectives, methods, results, and conclusions. However, there are some potential biases in the study that need to be considered. Firstly, the sample size is relatively small, which may limit the generalizability of the findings to other populations. Secondly, only elite Croatian athletes were included in the study, which may not represent other cultures or countries' experiences.

Additionally, while three scales measuring life well-being were employed in this study, there are many other factors that could impact an athlete's adjustment to retirement from sports. For example, social support networks or financial stability could play a significant role in an athlete's ability to adjust to post-sport life.

Furthermore, while this study identified two different relationships between life well-being and reasons for ending one's sport career based on canonical and quasi-canonical correlation analysis, it did not explore any counterarguments or alternative explanations for these findings.

Overall, this article provides valuable insights into how an athlete's reason for retiring from sports can impact their current life well-being. However, it is essential to consider potential biases in the study's design and limitations when interpreting its findings fully.

# Topics for further research:

* Factors affecting an athlete's adjustment to retirement from sports
* Social support networks and post-sport life for athletes
* Financial stability and retirement from sports
* Cross-cultural experiences of retired athletes
* Alternative explanations for the relationship between life well-being and reasons for ending sport careers
* Long-term effects of sport retirement on mental health and well-being

# Report location:

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