Basketball retirement: process and outcomes

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BASKETBALL RETIREMENT: PROCESS AND OUTCOMES

KEY WORDS: Sport transition, Athletic retirement, Basketball.

ABSTRACT: Retirement from a sport career represents a turning point in the life of a sportsman. The aim of this study was to determine how the process of withdrawal of professional basketball players and the factors that influence it. Using a qualitative methodology, semi-structured interviews were conducted with 6 professional players focusing on their experiences during the process. Analysis of the interviews revealed the need to treat this process from a multidimensional perspective, as several factors interact. The results obtained show that the players assign great importance to the economic, academic and adjustment difficulties. Consequently, we discuss the need for specific assistance programs for these athletes, regardless of their previous professional level.

The preparation of the retirement could include a retirement plan (Alfermann et al., 2004) to provide control sense in view of new situations, even after an involuntary retirement (Brewer et al., 1993). One element of the plan would be academic, despite the great sacrifice of combine studies and career (Javerlhiac, Pardo, Bodin and Fernandez Cuevas, 2010). For example, Pallares et al. (2011) researched on the retired process with water polo players, distinguishing three sorts of experience as combine or not, their studies with career and the results indicated that players who were combining found easier employment.

Therefore, our aim was to study the process of sports retirement and interacting factors in it, besides the aid needs and professional basketball players demand when faced with the retirement.

Method

The methodology for this research was qualitative (Côté, Salmela, Baria and Russell, 1993), so the use of the interpretive paradigm allowed us to know the unique experience of each individual.

Participants

Players interviewed were six males (n = 6). The necessary criteria for the selection of the sample were: a) to have competed at least 5 years professional level. The players had been part of the national teams, achieve medals in Continental Championships, World and Olympic Games.
Retired players \((n = 3)\), lead maximum of 5 years out of competition (e.g., Lally and Kerr, 2008). The middle age was 34.3 ± 4.22 years, 32.3 ± 0.66 years at the time of retirement, 3 years retired and 13.3 years competing.

Active players \((n = 3)\) were selected from 30 years (Du et al., 2007) and 34 years (North and Lavallee, 2004), average retirement age of athletes. In this case the middle age was 33 ± 2.6 years (Park and Lavalle, 2012) and 13.3 years competing.

All players participated voluntarily, knew the approach of the study and they be agreeable to the research.

**Material**

The instrument used was a semi-structured interview (e.g., Torregrosa et al., 2004), designed according to the following points: a) similar studies (e.g., Stambulova, Stephan and Jāphag, 2007), b) there were taken into account cultural differences between countries that make the articles reviewed (e.g., Alfermann et al., 2004), c) there was prepared an interview, d) it was validated by 9 experts, e) then there were two pilot interviews, and f) there was established the final interview.

All players were interviewed in private by a single investigator, and the average duration was 35 minutes and was audio taped.

**Data analysis**

Interviews were transcribed immediately and literally ensuring their complete and accurate record (Charmaz, 2002; Poland, 1999). The players received a copy of the interview for review with the possibility of changing (Gratton and Jones, 2004). Upon receipt of the modifications, this information was analyzed and categorized.

The reliability of the analysis was established by three independent coders, familiarize in qualitative methodology. The validity for this study was 97% inter-observer, with the coding system is made of mixed inductive and deductive (e.g., Edwards, Kingston, Hardy and Gould, 2002).

**Results**

The total meaning units for “sport transition: retirement” were 202, divided into two subcategories: active and retired. Thus, the scoreboard was:

<table>
<thead>
<tr>
<th>Retired players</th>
<th>Active players</th>
</tr>
</thead>
<tbody>
<tr>
<td>History of life</td>
<td>Sport beggining 3</td>
</tr>
<tr>
<td></td>
<td>Influence 4</td>
</tr>
<tr>
<td></td>
<td>Opportunity 3</td>
</tr>
<tr>
<td>Withdrawal and process</td>
<td>Academic background 14</td>
</tr>
<tr>
<td>Begginig</td>
<td>8</td>
</tr>
<tr>
<td>Support</td>
<td>6</td>
</tr>
<tr>
<td>Preparation</td>
<td>7</td>
</tr>
<tr>
<td>Feelings</td>
<td>10</td>
</tr>
<tr>
<td>Assitance program</td>
<td>5</td>
</tr>
<tr>
<td>Adaptation</td>
<td>Difficulties 9</td>
</tr>
<tr>
<td></td>
<td>Needs 6</td>
</tr>
<tr>
<td></td>
<td>Skills 12</td>
</tr>
<tr>
<td></td>
<td>Identity 7</td>
</tr>
<tr>
<td>Recommendations</td>
<td>8</td>
</tr>
<tr>
<td>Total</td>
<td>104</td>
</tr>
</tbody>
</table>

*Table 1. Retired players.*

*Table 2. Active players.*
LA RETIRADA DEPORTIVA EN BALONCESTO: PROCESO Y FACTORES

PALABRAS CLAVE: Transición deportiva, Retirada, Baloncesto.

RESUMEN: La retirada deportiva representa un momento crucial en la vida del deportista. El objetivo de este estudio es conocer cómo es el proceso de retirada de los jugadores de baloncesto profesional y los factores que influyen en él. Utilizando una metodología cualitativa, se han realizado entrevistas semiestructuradas a 6 jugadores profesionales sobre sus vivencias durante el proceso. El análisis de las entrevistas revela la necesidad de tratar dicho proceso desde una perspectiva multidimensional, ya que son varios los factores que interactúan entre sí. Los resultados obtenidos demuestran que los jugadores consideran como prioritarios los aspectos económicos, la formación académica y las dificultades de adaptación. Consecuencia de ello, se discute sobre la necesidad de crear programas de ayuda específicos para jugadores profesionales, independientemente del nivel alcanzado.

A RETIRADA DESPORTIVA NO BASQUETEBOL: PROCESO E FACTORES

PALAVRAS-CHAVE: Transição desportiva, Retirada, Basquetebol.

RESUMO: A retirada desportiva representa um momento crucial na vida de um atleta. O objetivo deste estudo foi conhecer como é o processo de retirada dos jogadores profissionais de basquetebol e os fatores que a influenciam. Utilizando uma metodologia qualitativa, foram realizadas entrevistas semiestruturadas a 6 jogadores profissionais sobre as suas experiências durante o processo. A análise das entrevistas revelou a necessidade de tratar este processo a partir de uma perspectiva multidimensional, já que são vários os fatores interagem entre si. Os resultados obtidos mostram que os jogadores consideram como prioritários os aspectos económicos, a formação académica e as dificultades de adaptação. Consequentemente, discute-se a necessidade de criar programas de ajuda específicos para jogadores profissionais, independentemente do nível alcançado.
References


