

CAREER AFTER RETIREMENT OF THE PROFESSIONAL ATHLETES IN HO CHI MINH CITY, VIET NAM

Nguyen Hoang Minh Thuan*

Ho Chi Minh City University of Sport

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Daniel V.
Department: Medical

ABSTRACT

The article focuses on a thorough description of the career after retiring of former athletes currently living and working in Ho Chi Minh City. The results showed that the rate work in sports in the former athletes is not high. Employee, Self-employed, Physical education teachers are the top 3 most chosen professions. Some strenuous and unstable jobs such as mason, motorbike taxi are also selected. The author hopes that this result will be a useful reference source in building support programs for athletes in general and athletes who have retired in particular.

* Corresponding author.
Email: thuantt2@gmail.com.

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INTRODUCTION

The career of athletes after retirement was a matter of particular interest in society and began to be widely studied by scientists after the 1970s. According to Chamalidis (1995) the transition into work life is easier and less stressful if the athlete has even a little experience from nonathletic activities. In addition to working or learning through internships it could be for example participating into student union activities or some school clubs. The ability to see

himself as something else than an athlete helps in the transition out of athletics (Vickers, 2013).

In fact, to succeed in the sports career, athletes was forced to sacrifice many things. For example, relay the development of cultural learning to spend time for sports. Also, after that, athletes often suffer from inferiority psychology that they may lack or think they lack some skills that are important in work life (Wiant, 1977).

Moreover when forced to retire at the age of 34 - this age is half a person's life, It also means that the athletes are more than 10 years behind with the job development of a non-athlete (Schreiner, 2012). At this stage, if you can't continue to work in sports (such as training), it is really a difficult period. 34 years old with some people, it's not the time to be ready to risk starting a whole new job.

In Vietnam, career, the life of athletes after retirement is a hidden corner of sports. Many cases of athletes competing to achieve high achievements for the country, when retiring struggling to make a living. Typical example such as athletes like Le Thi Hue (wrestling) or Vu Bich Huong (athletics) are the cases that generations of athletes continue as well as sports do not want to repeat.

In this article, the author presents the results of the actual survey of current career of former athletes currently living and working in HCMC. Hopefully, this result will be a source of resources to help functional agencies and social organizations consult. Through which there is more attention and investment to the athletes' job and life after retirement is better in the future.

METHOD

The questionnaire of the study is referenced mainly from of Zhijian Huang's research in 2002. Due to the time gap and cultural differences between the two countries, the author has adjusted accordingly better suited to the current time and Vietnamese culture.

Questionnaire include both qualitative and quantitative questions. The quantitative answers are often more simple to answer and analyse but in the other hand the qualitative answers provide more detailed information and allow the athletic to present their opinions.

Through the help of more than 80 volunteers who have been thoroughly trained, The interview was done by face to face, it includes 2 part: talking to former athletes (about health, life, spirit) .. and help them complete the interview form.

The total number of form we prepared was 600. However, there are still many cases of refuse this interview or fails to comply ((ineligible) and we respect them.

According to Saunders, et al., (2012), the active response rate can be calculated by reducing ineligible and unreachable individuals from the total number of sample and then dividing the total number of responses with the difference, therefore:

$$\begin{aligned} \text{Active response rate} \\ &= (\text{Total number of responses}) / (\text{Total number} \\ &\text{in sample} - (\text{ineligible} + \text{unreachable})) \\ &= 183 / (600 - (152 + 210)) = 88.2\% \end{aligned}$$

The actual sample of the research was 220 and the number of responses was 183. Therefore the active response rate was 83.2% percent. So, 183 answers represented 10 percent of all the 220 athletes who have taken part into this interview. This response rate is higher than that of Else Suutarinen's research in 2014. This difference is very large and is explained by this study selected face-to-face interviews instead of sending mail (Else Suutarinen, 2014).

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RESULTS

2.1 Career of the professional athletes after retirement

Causes of sport career end

Proactively ending the sports career is also a way to avoid negative impacts on the psychology of former athletes themselves. Survey results showed that in 80.3% of former athletes actively retired. Inside, active retirement because worries about future careers is the reason for the most impact with 30.1%. Forced to leave because injury reasoning accounted for 7.7% - the highest in the passive retirement group.

Tab 2.1 Main reasons for competitive sport career end.

Reason		Frequency	Percent	
1	Injury	Proactive	14	7.7
		Passive	6	3.3
2	Personal life	Proactive	46	25.1
		Passive	12	6.6
3	worries about future careers	Proactive	55	30.1
		Passive	13	7.1
4	Achievements are not as expected	Proactive	21	11.5
		Passive	4	2.2
5	Other	Proactive	11	6.0
		Passive	1	0.5
Total			183	100

After retirement, 37.2% of former athletes did not work for a while. 30% choose to continue studying to prepare for future careers. 27.9% of former athletes must spend time later to treat injuries. Only 4.9% of former athletes can soon return to their previous careers.

Career of the athletes after retirement

The results showed that the career of the athletes after retirement is divided into 25 different professions. The highest is the Employee group (including Gym staff, sales staff, sales staff), the number of former athletes currently working in this occupation

group accounts for 29%. Self-employed (clothing, cosmetics, footwear ...) is the second group with 15.3%. Physical education teachers are chosen in the 3rd position with 10.4%. Some strenuous and unstable jobs such as Mason, motorbike taxi are also selected by former athletes (totaling 5.5%). Detailed results are presented in Table 2.2 below.

Table 2.2 Career of the athletes after retirement

Job/group job	Frequency	Percent
1 Employee	53	29.0
2 Self-employed	28	15.3
3 Physical education teachers	19	10.4
4 Coach	13	7.1
5 Worker	9	4.9
6 Office	9	4.9
7 Manage	7	3.8
8 Athletes	7	3.8
9 Not fixed work	6	3.3
10 Student	5	2.7
11 Sports officer	3	1.6
12 Lecturers	3	1.6
13 Tour guide	2	1.1
14 Accountant	2	1.1
15 Marketing	2	1.1
16 Managing coaches	2	1.1
17 Motorbike taxi	2	1.1
18 Advertising, design	2	1.1
19 Mason	2	1.1
20 Tailors	2	1.1
21 Police	1	.5
22 Chef	1	.5
23 Nursing	1	.5
24 Photography	1	.5
25 housewife	1	.5
Total	183	100

Characteristics for former athletes to choose current jobs

Reasons to choose current jobs (as shown in Table 2.2), the former athletes were interested in

characteristics such as ensuring the desired income (27.3%), passion of yourself (26.3%). The characteristics of the working environment are interested in the 3rd position accounting for

21.9%, suitable for the sports industry (13.1%). Advancement opportunities (6%) and other characteristics are 4.9%

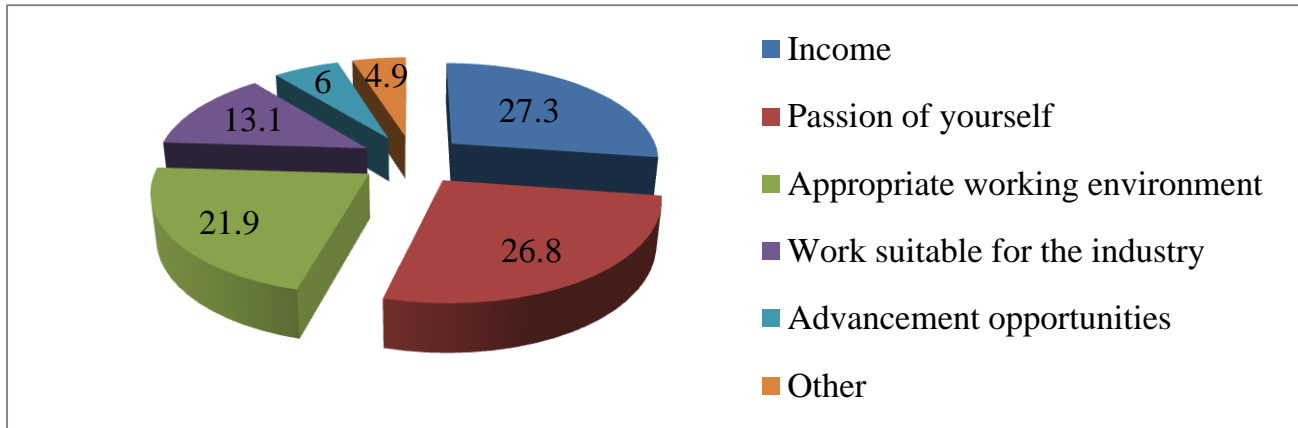


Fig 2.1: Characteristics for former athletes to choose current jobs

Current monthly income of athletes

36.1% of athletes earn more than 10 million VND a month. 30.6% of income ranges from 5

to less than 8 million VND a month. Under VND 5 million ranked 3rd with 14.8%. followed by income from 8 to less than 10 million accounting for 13.7%. At other levels (not specify), 4.9%.

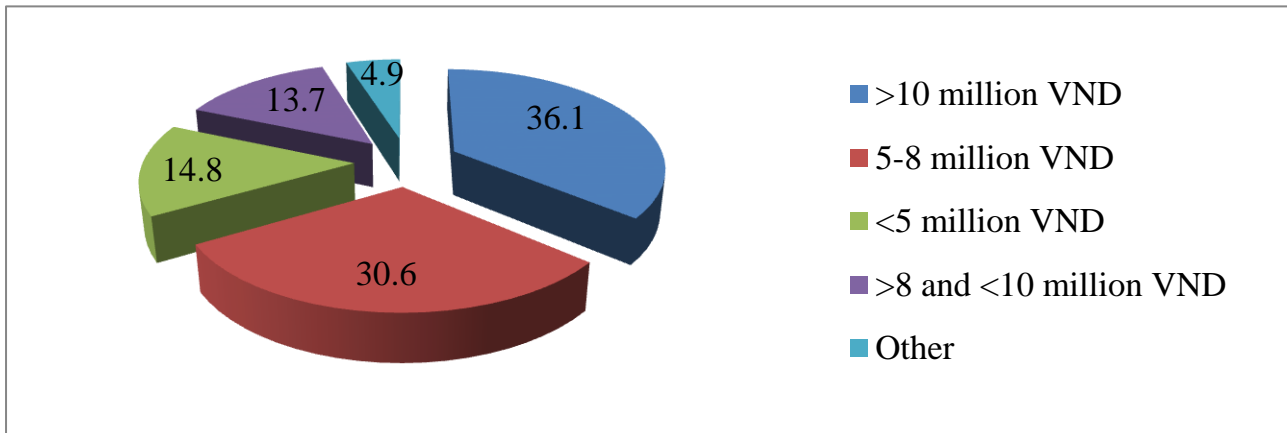


Fig 2.2. Current monthly income of athletes

According to statistics from VietnamWorks website, in 2017 the average monthly minimum wage of a person in HCMC is 456 USD, about 10.3 million VND. This average minimum wage is about 38% higher than the average salary of the national labor (according to the General Statistics Office, the average salary of Vietnamese workers in 2017 is 6.5 million VND / person / month). Thus, at the present time, in general, the income of former athletes is on average compared to the average national

income and much lower than the average salary of the people living in the HCM city (at the time of 2017). This income makes 44.3% of former athletes unhappy.

2.2. The relationship of current career with sports career

The relationship between current career with sports

The survey results on the relationship of current occupation to sports show that 54.1% is irrelevant. 23.8% of former athletes said they

had a close relationship. They are related or complementary in turn at positions 3 and 4 (respectively 11.6%, 9.9%).

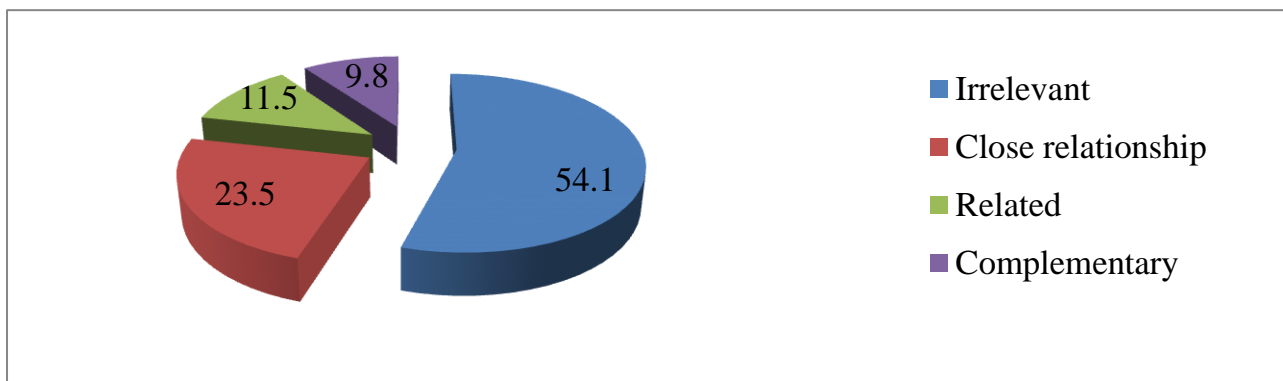


Fig 2.3 The relationship of current career with sports career

Personal perspective of the influence of athletic career on health

The influence of high-level competitive sport on personal health during the athletic career is shown in Table 39. In general, the effects of competition on health of former athletes are negligible. Specifically, 57.9% of former athletes were completely unaffected. Very light level is 29.5%. However, up to 10.4% of former athletes were severely affected and the severity was 2.2%.

Self-feel about the meaning of the sports career

Up to 44.8% of former athletes are very happy with their sport career, even when it has a negative impact on some other aspects of life. Similarly, 37.2% of former athletes are also happy with their career in sports and especially this career has a positive influence on life. Besides, there are also many former athletes who have experienced bad experiences in their playing career. 9.3% said that if they could choose again, they would never take part in the sports competition and 8.7% regretted participating in the sport because they had to give up some other things.

Table 2.3. Self-feel about the meaning of the sports career

Opinion	Frequency	Percentage
1 Very happy with their sport career, even when it has a negative impact on some other aspects of life.	82	44.8
2 Happy with sports career and especially this career has a positive influence on life.	68	37.2
3 Too bad, never participate in the sports competition.	17	9.3
4 Regret when I participated in sports, because I had to give up some other things.	16	8.7
Total	183	100

The current relationship of former athletes with sports activities

Regarding the current relationship with sports activities, 59% of former athletes said they did not participate in sports activities anymore. 26.2% Continue to participate in sports activities but do not play. Up to 18.8% continue to attend sports competitions at a lower level.

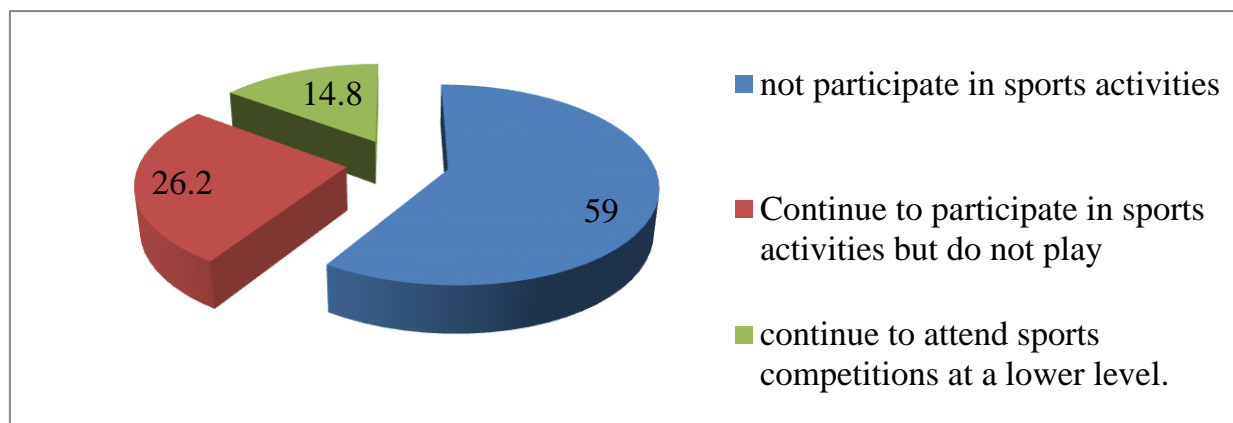


Fig 2.4. *The current relationship of former athletes with sports activities*

Besides, 40.4% of athletes also said that they are still very close to their former teammates and only 5.5% cut ties with their teammates.

CONCLUSION

The most common reasons for the athletic retirement are vocational career and health issues. The injuries and other health issues cannot be planned unlike the decision to choose work life over sports. Although retired initiative majority, however, the ratio of the sports sector of the former athletes is not high. Employee, Self-employed, Physical education teachers are the top 3 most chosen professions. Some strenuous and unstable jobs such as mason, motorbike taxi are also selected. The average monthly income is largely below the average compared to the average of the city. Most athletes always want a better income, so, income is a characteristic they care when choosing a career ..

Due to certain limitations, the study has not really go deeper on the other part relating to life of athletes after retirement. The study proposes that in the future, there should be further researches on psychology as well as changes in life in the retirement process of athletes.

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