

THE AWARENESS ABOUT CAREER TRANSITION OF PROFESSIONAL FOOTBALLERS

Horino, H. 1)

1) School of Sport Sciences, Waseda Univ., Japan

Keywords: career transition, professional footballer, the J.league

Introduction

Eighteen years has passed since Japan Professional Football League(the J.league) founded. Now more than 100 professional footballers have fired a year in Japan. Transition out of a career in sports is a difficult and disruptive process for many professionals. Their career transition becomes an important proposition. The aim of the present study was to research the awareness of professional footballers about their career transition qualitatively.

Methods

After obtained their informed consent, interviews were conducted with 11 professional footballers. They participated in a semi-structured interview (one-to-one, open-ended, and in-depth) about their career transition. Their interviews were recorded and transcribed verbatim. Transcripts were analyzed phenomenologically and important meaning units were extracted. Collected data of were also analyzed according to the method of previous research (Côté et al., 1993).

Results & Discussion

Our results indicated that the awareness of their career termination were different according to the academic background. The footballer who became a professional immediately after the high school graduation fostered strong athletic identities. As they desired to devote them to continue to be higher athletes, they tended to avoid thinking seriously about their career transition. But their narratives revealed their vague and strong worry about their retirement. On the other hand, college-educated professionals strongly considered the career transition while they tried to keep themselves being higher athletes. Most of them had career planning after retirement. They cited the opportunity to consider their own next career as the reason for seeing job-hunting process of their friends.

Conclusion

The study concluded that career education and support to the professional footballers is very important, especially to the young professional footballers.

References

1. Côté, J., Salmela, J., L., & Russell, S. (1993) *The Sport Psychologist*, 7: 127-137.
2. Lally, P. (2007) *Psychology of Sport and Exercise*, 8: 85-99.