



Exploring the relationship between the level of involvement with recreational sports in an urban environment and the perceived well-being

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Abstract

Perceived well-being is an important concept today, since it is associated with quality of life at a personal level. The current paper aimed to explore the relationship between perceived well-being and involvement in recreational sports, with the use of the PERMA model. The data were collected from a quantitative survey from citizens of Thessaloniki, Greece, before the covid19 pandemic. For the measurement of well-being the PERMA model was used with the nine dimensions (Pezirkianidis, Stalikas, Lakioti, & Yotsidi, 2019), while the for the measurement of involvement the three-dimensional model was used (centrality, attraction, self-expression) (Kyle, Graefe, Manning, & Bacon, 2004a). The cluster analysis revealed three groups with high, medium and low levels of involvement. Further analysis indicated statistically significant differences among the three groups in all the well-being dimensions.

Key words: well-being, sport involvement, recreational sports