



REVIEW ARTICLE

Section: *Visual & Performing Arts***Reasons for sports retirement among football and athletics players in Jordan: A comparative study**Rawa'ah Adnan Sukkarieh^{1*} & Hazem Nouri Al-Nahar²¹Department of Physical Education, Faculty of Arts and Humanities, Applied Science Private University, Amman, Jordan²Department of Physical Education, School of Sport Science, the University of Jordan, Amman, Jordan*Correspondence: r_sukkaria@asu.edu.jo**ABSTRACT**

The study aimed to identify the differences in the reasons for retirement between football players and athletes. The descriptive method was used, and the survey method. The sample consisted of (113) retired players in Jordan, (59) football players, and (54) athletics players. A questionnaire was built for the reasons for retirement consisting of (27) items, using (arithmetic mean, standard deviation, internal consistency, and T-test). The most important results were: the reasons for retirement among football and athletics players “My income from practicing sports is not enough for me”, the reasons leading to retirement among football players “I retired while I was at the top of my giving to stay in a beautiful shape”, and the reasons leading to retirement among athletics players were “the lack of interest of sports institutions in the country in the type of competitive sport”. The most important conclusions were: There were no differences in the reasons for retirement between football and athletics players, and they were the most critical. The study recommends establishing a fund to help retired players similar to Social Security, and the federation should allocate a sum of money as an end-of-service bonus.

KEYWORDS: reasons, sports retirement, players, football, athletics**Research Journal in Advanced Humanities**

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Introduction

According to the American Professional League Players Association, the annual retirement rate reaches 20%. The retirement rate of athletes reaches 40%. According to statistics from the Jordanian International Players Association, approximately 100 players retire each season for various reasons.

Retirement is the player's distance from the stadiums and from the continuous interaction with his sports team. Retired players face many problems after the end of their sports career, and the reasons for retirement vary between physical, psychological, financial, and social factors, with some differences between football and athletics. In terms of psychological and health problems, many retired players experience symptoms of depression, anxiety, loss of athletic identity, and feelings of isolation, especially if the retirement is involuntary due to injury or reduced performance (Zhao, 2024 & Voorheis et al., 2023, & Jewett et al., 2019 & Haslam et al., 2021 & Mannes, 2019 & Kim & Won, 2022). In terms of financial problems: Retired players face financial difficulties after retirement due to a lack of financial planning or a lack of income after stopping playing, especially in the absence of institutional support or retirement funds (Zhao, 2024, & Haslam et al., 2021; & Kim & Won, 2022). Social and identity problems: loss of social ties associated with the team or sports community, and difficulty building a new identity outside of sports (Voorheis et al., 2023; Haslam et al., 2021; Zhang et al., 2025; Kim & Won, 2022).

Regarding physical problems: Persistence of chronic pain or injuries accumulated during the sporting career, which affects the quality of life after retirement (Sanders et al., 2017, & Zhao, 2024). When sports participation reaches competitive levels, it can be intertwined with stresses such as injuries, performance pressures, high internal and external expectations, and difficult retirement transitions. Retirement can also leave individuals vulnerable to mental health challenges, especially when an athlete has developed a strong athletic identity (Jewett et al., 2019).

When a player chooses to retire, he plans it in a big way; however, if it is unexpected, such as an injury that ended his career, it negatively affects his biological, psychological, and social health (Kossmann et al., 2022). Retirement, whether it is forced (due to serious injuries, old age, low level, or for any reason) or if it is pre-planned by the player, remains bitter or angry, as the player will miss the spotlight, the money, the stadium teammates to whom he is accustomed, and the votes of the fans. Thus, he will somehow lose his status as a sports star in his city, his country, and the world.

The retirement process of professional footballers represents a significant life shift, often involving diverse challenges, including financial instability, mental health issues, limited financial literacy and career planning, football-related injuries, and identity rebuilding (Zhao, 2024). About 16% of the samples showed depressive symptoms with chronic pain and an injury-related ending (Sanders et al., 2017). Zhao (2024) points out that by addressing these challenges and applying advanced financial planning strategies, retired footballers can better manage their retirements and secure a prosperous, sustainable future beyond their careers. As noted by Hong et al. (2022), a lack of pre-retirement planning and a sense of identity loss are significant post-retirement challenges. One of the most important reasons for athletes' retirement is that club owners demand high results without considering the physical and psychological loads they incur, which increases injury rates and psychological exhaustion (Bergeron et al., 2015 & Hum et al., 2014).

In Jordan, we note that the player's retirement takes him many steps back, as he did not earn much from practicing competitive sports, especially individual sports. No sports legislation helps players live a decent life after retirement, leading to social isolation and, eventually, social death, which will be more severe in the case of forced retirement. Previous studies in the Jordanian sports context indicate that psychological stress, burnout, nutritional habits, and performance-related demands significantly influence athletes' well-being and continuity in sport. These factors—shaped by competitive pressure, social influences, and physical load—are commonly associated with early sports retirement among individual and team-sport athletes (A'mir et al., 2024; Ahmed et al., 2023; Al-Qahwaji et al., 2023; Al-Taieb et al., 2023; Amir et al., 2023; El-Kailani et al., 2025; El Kailani, Alzughailat, et al., 2023; El Kailani, Fattah, et al., 2023; Hussein & Al-Yasen, 2024; Radwan et al., 2024;

Zureigat et al., 2023).

Although there are many studies on the reasons for sports retirement, there is a dearth of studies that have dealt with the differences in the reasons for retirement in football and athletics players, as in recent years, efforts have been made to identify the reasons for retirement better and they were primarily related to the individual, a point that has not been adequately addressed in studies. Hence, this study seeks to find out the reasons for sports retirement Football and athletics players in Jordan may provide the officials with facts that will help them remedy these reasons, as well as to put the conditions of the players before the officials, perhaps it will be possible to find legislation that will help the retired players to start a new life that will suffice some of what they need.

This study is important for two reasons: its theoretical (scientific) importance and its practical importance. The importance of this study lies in the concept that sports retirement is an important variable for competitive sports players in general, and football and athletics players in particular. Also, the conditions of a large segment of retired athletes are studied, as there is a dearth of research on this stage. The study has developed a special questionnaire to identify the reasons for players' retirement in football and athletics. This opens new horizons for researchers to explore sports retirement and its relationship to various issues in team and individual sports. This study shines a light on sports officials taking action to improve the conditions of sports retirees. The importance of the problem addressed in the study is that the sample aims to end their careers without a decrease in their standard of living. However, their ambitions are soon lost, and some of them lose goals as soon as they retire, in addition to the lack of attention to the psychological state of the retired players. It is based on identifying the reasons for retirement among football and athletics players in Jordan; therefore, the results of the study will contribute to developing better policies to improve the conditions of the study sample and provide practical solutions, such as strengthening institutional support for football and athletics.

The problem in the study was that the two researchers were retired athletes and specialists in athletics. They are interested in football and those who follow it. Through reviewing previous studies and scientific research, they found that there are few studies like this one, and through discussions with colleagues, athletics and football coaches, and players, and through their financial struggles. Note that most of the retired Jordanian players face challenges after retirement, as their financial situation deteriorates. They are exposed to a decrease in the standard of living they used to enjoy while practicing the sport, while seeking to maintain this level during retirement, and by referring to the theoretical literature that emphasizes that retirement decisions are multi-causal and specific to the individual. However, studies have rarely systematically taken this into account, as the reasons for retirement are the starting point of the process and ultimately reflect the adjustment at the end of the career (Eggleston et al., 2020). By assuming that the reasons for sports retirement may differ between team and individual sports, the researchers have developed a more comprehensive approach that considers each cause, with the most important being the varying levels of support provided to athletes, as well as disparities in opportunities and financial income (Kuettel et al., 2017; Torregrossa et al., 2016)

Some studies have used an open-ended question asking athletes to list the reasons for retirement and the end of their athletic careers, such as those by Conzelmann et al. (2021) and Moesch et al. (2012). Some have analyzed the various reasons for retirement and developed questionnaires on retirement, such as those by Fernandez et al. (2006). Drawer (2002) focused on retired players' views on the provision of support services in English professional football before and after retirement. In the same context, a study by Haslam et al. (2018) focused on the dynamic relationship between changing social identity and adapting to retirement. Hatamleh (2013) that focused on knowing the reasons for retirement, the difficulties faced by players, and the strategies used to deal with retirement, and the study by Raymond (2014) found out the reasons for retirement of retired players in Hong Kong, and the study by Jhalakepreya (2016) sought to know the impact of organizational support on retirement planning and financial management of professional football players in South Africa, studies indicate that there are problems with adjustment and mental health during the early years after Retirement, while psychological problems seem to have decreased after about a decade to two after retirement

and according to a study by Barth et al. (2021), about half of players reported being forced to retire, often associated with reduced performance and/or injuries. A clear plan must be developed and adapted to routines and new opportunities (Voorheis et al., 2023).

Based on the above, the researchers concluded that there is an urgent need to clarify the reasons for retirement among Jordanian team and individual sports players. The study aimed to identify the reasons for sports retirement among football and athletics players in Jordan. Hence, the questions of the study:

1. What are the reasons for sports retirement among football players in Jordan?
2. What are the reasons for sports retirement among athletes in Jordan?
3. Are there any statistically significant differences in the reasons for sports retirement between football players and athletes in Jordan?

Literature Review

This study aims to build on a body of previous research on sports retirement and retired players in football and athletics to identify research gaps and highlight the scientific contribution of the current study.

Drawer (2002) aimed to determine the views of retired players on the provision of support services in English professional football before and after retirement, and to evaluate the impact of a career injury on these opinions. The descriptive survey method was used. A questionnaire was distributed to 500 former players registered with the Professional Footballers' Association, and 185 questionnaires were returned. The data were analyzed using percentages, relative importance, and the Pearson correlation coefficient. The most important results were that respondents showed some satisfaction with medical support but were less satisfied with support for education and care. However, respondents who had retired due to injury were more dissatisfied with the provision of all services. More participants agreed that injuries would reduce income opportunities, contribute to medical problems, and limit the duration of their playing careers.

Tsai et al (2007) conducted a study that aimed to find out the reasons for retirement and its impact on the perceptions of retired players in Hong Kong, the quality of life satisfaction and adaptation to retirement, using the descriptive method in the survey method, on a sample of 75 retired players, and the percentage was used when analyzing the data statistically, and the most important results were: The most important reasons for retirement were: difficulties in coordinating sports and study or work, physiological reasons (such as injury and age), financial reasons, in addition to their less sense of satisfaction towards Their current lives.

Natalia et al (2007) conducted a study that aimed to compare the elite French and Swedish athletes in sports retirement in terms of its causes, the impact of planning, the difficulties of coping and the long-term results of the retirement process, they used the descriptive method on a sample of 157 former athletes at an international level between France and Sweden, male and female, representing different sports. The following statistical treatments were used: percentages, relative importance and Pearson correlation coefficient, and the most important results were: The French sample showed the perceived difficulty of starting a new professional career, and using emotion-focused coping strategies, the Swedish sample was more positive in planning and adapting to retirement and emotional reactions upon retirement, and the current sports identity, job satisfaction, and life after retirement were higher in the Swedish sample.

Hatamleh (2013) conducted a study to identify the reasons for retirement, the difficulties athletes face during the transition, and the strategies used to cope with retirement. The study was conducted on fifty-three athletes representing Jordanian teams in various sports. The descriptive method was used in the survey, and data were collected using the Athlete Retirement Questionnaire (ARQ) developed by Sinclair & Orlick (1993). Standard deviation, percentage, and t-tests were used to analyze the data statistically. The most important results were that the reasons for retirement included athletes' conflicts with coaches, problems with the sports federation, difficulties during retirement, loss of the social aspect of sports, low self-esteem, and retention of negative feelings towards themselves.

Raymond (2014) conducted a study aimed at finding out the reasons for retirement and post-retirement

career development of elite retired players in Hong Kong, the descriptive method was used in the survey method on a sample of 7 players (5 males, two females) 3 years after their retirement, and the data was analyzed using percentages, relative importance and Pearson correlation coefficient. The most important results were support from family and friends, a sense of professional independence, determining the appropriate time for post-retirement career development, and integrating the skills learned in the sports profession.

Following a similar approach, Jhalukpreya (2016) conducted a study to examine the impact of organizational support on retirement planning and economic management among professional footballers. The descriptive method was used on a sample of professional footballers in the South African Premier Football League, and the survey data were analyzed using percentages, relative importance, and Pearson correlation coefficient. The most important result was that organizational support strongly influences retirement planning and economic management. Football clubs, therefore, need systems in place to help professional footballers plan their retirements.

Rens (2017) also conducted a study that aimed to find out the changes (fame and fortune) of retired professional athletes. The descriptive method was used in the survey, which sampled retired professional players in Minnesota. The data were analyzed using percentages, relative importance, and the Pearson correlation coefficient. The most important results were: The condition of the players planning to retire is better than that of the non-planners, the lives of 6 of the participating players ended through injuries, there are three ways to end the career of sports life: Injury, forced abandonment of sports, and age, players lost fame after retirement, and lack of financial returns after retirement.

In another context, Knights et al (2019) conducted a study that aimed to find out the transition experience and life after sports among a group of retired professional athletes, the descriptive approach was used through interviews with (45) retired athletes from three national football leagues, and through data analysis the subject of the study: (a) readiness for the transition and planning for retirement, and (b) a supportive environment, the most important results were: The nature of this transition has directly impacted athletes' experience of retiring from sport and, consequently, their experience of thriving in life after sport. Most respondents reported a lack of support from their sports club and governing bodies during both their transition and retirement. Planning for retirement and preparing for the future has a positive impact on their ability to thrive in retirement.

Hong et al (2022) conducted a study that aimed to discover the experiences of high-performing athletes in the transition from sports, the support provided to them, and the reasons for retirement, and the descriptive approach was used on a sample of (20) retired athletes, (10) males, (10) females from six different countries representing Olympic sports, and the data was collected through interviews, and the data was analyzed using percentages, relative importance. Pearson's correlation coefficient, and the most important results concerned the reasons for retirement: Feeling saturated, shifts in priorities, low self-awareness of performance, changes in coaching staff, critical losses, and reduced funding.

In the same way, Kim & Won (2022) conducted a study that aimed to explore the reasons for the retirement of athletes with disabilities, their retirement process, and their life after retirement due to the difficulties they may face after retirement, the descriptive method was used through a group interview and an individual interview over four stages, on a sample of 10 retired parallel athletes from the Korean national teams, and the data were analyzed using percentages, relative importance, and Pearson correlation coefficient, and the most important results were: First, athletes with disabilities retired for four reasons: declining physical strength and performance, neglecting injuries, and difficulties sustaining their livelihoods. Second, the retirement process for athletes with disabilities consisted of three stages: a temporary retirement phase, an incomplete retirement phase, and a complete retirement phase. Third, after athletes with disabilities retire, their lives change. Although participants enjoyed the positive aspects of retirement, including a break, they also felt absurdity, regret, and alienation from the social adjustment processes.

Haslam et al. (2018) also conducted a study to examine the dynamic relationship between social identity change and adjustment to retirement. The descriptive approach was used through interviews for the first group

(within 3 months of retirement). The second group (within one year), on a sample of (16) Chinese retired players, and the data were collected through a scale for the following axes: loss of identity that affects adaptation to new roles, strengthening the attachment to the previous identity (identity continuity that is achieved from during identity retransfer), services and benefits for identity acquisition, and the most important outcomes were: while athletes experienced distress in the first group, social support mitigated these effects by re-migrating identity to the second group.

Through the review of previous studies, the researchers found the following: Previous studies have shown the reasons for sports retirement and its negative impact on retired players, as a study (Tsai, 2007) found the most important reasons for retirement among retired athletes in Hong Kong, which are physiological, such as injury and age, financial reasons, and difficulties in coordinating between sports and study or work. Rens (2017) found that injury, coercion, age, and the lack of a financial return after retirement are among the reasons for retirement. A study by Raymond (2014) indicated that retirement positively affected retired players in Hong Kong in terms of support from family and friends, and a sense of professional independence.

Regarding the impact of planning on retirement, the study found that organizational support positively affected retirement planning and financial management, as Rens (2017) also confirmed. The situation of players planning to retire was better than that of non-planners. The study by Natalia (2007) found that the Swedish sample was more positive about planning and adapting to retirement, as did Knights et al. (2019). The study by Drawer (2002) indicated that some retired players were satisfied with the provision of medical support and care, which agreed with the study by Natalia (2007) on job satisfaction and life after retirement in the Swedish sample. The study by Tsai (2007) found that satisfaction with life after retirement was not high. The study by Drawer (2002) confirmed that some other retired players were dissatisfied with the provision of all services. The study (Natalia, 2007) found that the French sample reported perceived difficulty after retirement. The studies by Hong et al. (2022) and Kim & Won (2022) agreed with this, as the difficulty of living, neglect of injuries, decline in physical strength, and reduced funding are among the reasons for retirement.

Despite confirming these studies and their agreement on the reasons for retirement, they did not address differences in the reasons for retirement among retired players in football and athletics, which is the focus of this study.

Study Methodology

The researchers used the descriptive survey method, which suited the nature and purposes of the study.

Study Population

The study population consisted of all retired football and athletics players in Jordan from 2000 to 2020. The study sample consisted of (113) retired players in football and athletics. The available sample was drawn from the study population, which is (59) retired players in football and (54) retired players in athletics, and Table 1 shows this:

Table (1): Demographic characteristics of the study sample members

Category	Situation	Football players		Athletics		Total	
		Issue	Per-centage	Issue	Per-centage	Issue	Percent-age
Marital Status	Single	3	5.1	6	11.1	9	8.0
	Married	55	93.2	44	81.5	99	87.6
	Widow	0	0.0	1	1.9	1	.9
	Divorced	1	1.7	3	5.6	4	3.5
	Total	59	100	54	100	113	100.0

Academic level before retirement	Without high school	2	3.4	8	14.8	10	8.8
	High school	25	42.4	11	20.4	36	31.9
	Diploma	12	20.3	4	7.4	16	14.2
	Bachelor	19	30.5	20	37.0	38	33.6
	Master	2	3.4	11	20.4	13	11.5
	PhD	0	0.0	0	0.0	0	0.0
	Total	59	100	54	100	113	100.0
Academic level after retirement	Without high school	3	5.1	2	3.7	5	4.4
	High school	14	23.7	15	27.8	29	25.7
	Diploma	8	13.6	8	14.8	16	14.2
	Bachelor	16	27.1	26	48.1	42	37.2
	Master	16	27.1	3	5.6	19	16.8
	PhD	2	3.4	0	0.0	2	1.8
	Total	59	100	54	100	113	100
Monthly income from sports	Less than five hundred dinars	37	62.7	45	83.3	82	72.6
	500 - 1000 JD	16	27.1	7	13.0	23	20.4
	1000 - 3000 JD	5	8.5	2	9.3	7	6.2
	More than three thousand dinars	1	1.7	0	0.0	1	.9
	Total	59	100	54	100	113	100.0
Monthly income after retirement	Less than five hundred dinars	30	50.8	31	57.4	61	54.0
	500 - 1000 JD	18	30.5	11	20.4	29	25.7
	1000 - 3000 JD	10	16.9	5	9.3	15	13.3
	More than three thousand dinars	1	1.7	7	13.0	8	7.1
	Total	59	100	54	100	113	100.0
Source of income before retirement	Entrepreneurship	5	8.5	5	9.3	10	8.8
	From the parents	10	16.9	12	22.2	22	19.5
	From exercising	9	15.3	10	18.5	19	16.8
	Employee of the security services	6	10.2	10	18.5	16	14.2
	Private Sector Employee	6	10.2	9	16.7	15	13.3
	Government Sector Employee	23	39.0	8	14.8	31	27.4
	Total	59	100	54	100	113	100.0
Source of income after retirement	Entrepreneurship	9	15.3	13	24.1	22	19.5
	Pension	6	10.2	6	11.1	12	10.6
	What has been saved in the income from exercise	6	10.2	3	5.6	9	8.0
	Employee of the security services	3	5.1	3	5.6	6	5.3
	Private Sector Employee	11	18.6	13	24.1	24	21.2
	Government Sector Employee	24	40.7	16	29.6	40	35.4
	Total	59	100	54	100	113	100.0
Family Type Before Retirement	Extended	31	52.5	25	46.3	56	49.6
	Nucleus	28	47.5	29	53.7	57	50.4
	Total	59	100	54	100	113	100.0
Type of family after retirement	Extended	26	44.1	23	42.6	49	43.4
	Nucleus	33	55.9	31	57.4	64	56.6
	Total	59	100	54	100	113	100.0

Type of pre-retirement accommodation	Other	5	8.5	3	5.6	8	7.1
	Apartment for Rent	28	47.5	30	55.6	58	51.3
	King's Apartment	25	42.4	18	33.3	43	38.1
	Villa	1	1.7	3	5.6	4	3.5
	Total	59	100	54	100	113	100.0
Type of Housing After Retirement	Other	5	8.5	2	3.7	7	6.2
	Apartment for Rent	29	49.2	34	63.0	63	55.8
	King's Apartment	23	39.0	14	25.9	37	32.7
	Villa	2	3.4	4	7.4	6	5.3
	Total	59	100	54	100	113	100.0
Getting an Education Scholarship	Yes	3	5.1	1	1.9	4	3.5
	No	56	94.9	53	98.1	109	96.5
	Total	59	100	54	100	113	100

Study Tool

To achieve the study's objectives, the researchers developed a questionnaire to collect the required information. The researchers built a special questionnaire for this purpose by following the following steps:

Review the theoretical literature related to the subject of the study. Review previous studies and research published in scientific journals. Review the tools used in data collection in previous scientific studies and research. Constructing a questionnaire in its initial form, as it consists of (26) paragraphs concerned with the reasons for retirement, and it was presented to a group of experts and arbitrators with experience and competence. The number of arbitrators amounted to (10). The questionnaires were retrieved from the ten questionnaires. After reviewing the referees' observations and adding a paragraph, the questionnaire was constructed in its final form, consisting of (27) paragraphs.

The researchers used the five-point Likert scale to answer the questionnaire items as follows: extremely high (5) points, very (4) degrees, moderate (3) degrees, slightly agree (2) degrees, and minimal (1) degree. The researchers then classified these answers into five levels of equal scope through the following equation:

$$\begin{aligned} \text{Class length} &= (\text{Largest value} - \text{smallest value}) \div \text{Number of instrument alternatives} \\ &= (5-1) \div 5 = 0.8. \end{aligned}$$

Content Authenticity

The authenticity of the content of the study tool was confirmed by presenting it to (10) referees from the faculties of physical education in Jordanian universities with experience and specialization in the subject of the study, for: Determining the accuracy and integrity of the language formulation. Know that the paragraphs belong to the field under which they fall. Add or modify paragraphs for each domain. Determine the validity of the tool's paragraphs and their representation of the purpose for which they were built.

The researchers asked the reviewers to express their opinion on the appropriateness of the questionnaire paragraphs to measure the purposes for which they were developed in terms of the clarity of the phrases, in terms of content, wording, language, and the appropriateness of the paragraphs, as well as the addition or deletion of any other phrases or suggestions that they deem appropriate that may enrich this study.

Validity

To verify the stability of the study tool, the tool was applied to a sample of (10) retired players from the study population, who were not included in the study sample, and the stability coefficients were using two methods: the first was by the Cronbach alpha method for internal consistency, and the second method was by estimating the ratio of saturation squares to (the sum of squares and residuals) which is known as compound stability or

the McDonald's (Omega) method, and Table 2 shows this.

Table (2): Stability coefficients for the study axis and the tool, N = 10

Variable	Axis	Number of paragraphs	Stability Value	
			Kro-Bach (α)	McDonald's (ω)
Reasons for retirement	Reasons for retirement	27	0.850	0.852

* Statistically significant at the significance level ($\alpha \geq 0.05$).

Table 2 shows that the stability coefficient of the study tool's axis has a high internal consistency (0.850). It also shows the results of the stability in the McDonald's (Omega) method, which is a method that relies on estimating stability through the values of the squares of the standard saturations and the residues associated with them, and the stability value reached (0.852) for the reasons of retirement, which is a high stability coefficient that can be relied on and relied on.

Procedures for the implementation of the study:

The study tool was distributed to a sample of (59) retired players in football, and (54) retired players in athletics, where the necessary instructions were attached to the tool, explaining the purpose and importance of the study, and answering any query that could be raised to reach credible data by the respondents, as the researchers distributed the tool through (Google Drive) to the sample from 10/10/2025 to 16/10/2025.

After distributing and collecting the questionnaires, the researchers unloaded the data and entered it into the Statistical Packages Program (SPSS)

Statistical Treatments

To achieve the objectives of the study and to answer its questions, the data collected were analyzed using several appropriate statistical methods using the statistical package program (SPSS) as follows:

Frequencies and percentages. Arithmetic averages and standard deviations. Cronbach's Alpha coefficient for measuring internal consistency. McDonald's style (Omega). Independent Samples T-Test.

Findings

Presentation and discussion of the results

Given the study's objectives and questions, the researchers collected statistical data by administering a questionnaire on the reasons for sports retirement among football and athletics players in Jordan. The following presents the results related to answering and discussing the study's questions.

To answer the first question, which states: "What are the reasons for the retirement of football players in Jordan?" Table 3 shows this:

Table (3): Mathematical Averages and Standard Deviations of the Reasons for Sporting Retirement among Football Players in Jordan (n=59)

Para-graph Number	Reasons for retirement	Arith-metic Average	Stan-dard devia-tion	The rel-ative im-portance of the average	The level of sig-nificance of the Mediterranean	Average Order
8	My income from exercising is not enough for me.	3.22	1.69	64.4	Medium	1
*27	I retired while I was at the top of my game to stay in a beautiful picture	3.19	1.55	63.8	Medium	2
11	I had problems with my game federation.	3.17	1.50	63.4	Medium	3

5	I disagreed with the technical staff.	3.05	1.48	61.0	Medium	4
9	Exercise limits my social activities	3.05	1.61	61.0	Medium	4
18	Aging.	3.00	1.49	60.0	Medium	6
25	Lack of interest in the type of competitive sports of the various state institutions	2.83	1.46	56.6	Medium	7
17	Fear of sports injury.	2.81	1.59	56.2	Medium	8
4	I am under psychological pressure while exercising.	2.76	1.42	55.2	Medium	9
*22	I desire to collaborate with the technical staff.	2.75	1.63	55.0	Medium	10
6	My athletic level decreased.	2.61	1.27	52.2	Medium	11
7	Inability to reconcile work with the demands of my competitive sport	2.61	1.56	52.2	Medium	11
3	Competitive sports made me less interested in family	2.59	1.34	51.8	Low	13
*15	My parents need my care.	2.59	1.42	51.8	Low	13
10	I had problems with the club management.	2.56	1.45	51.2	Low	15
13	I suffered from health problems.	2.54	1.47	50.8	Low	16
*2	I got a job opportunity outside of sports.	2.51	1.54	50.2	Low	17
20	Marriage.	2.51	1.48	50.2	Low	17
24	The government departments paid less attention to me when I reviewed them	2.46	1.58	49.2	Low	19
*1	I achieved most of my athletic goals.	2.32	1.33	46.4	Low	20
*23	I desire to work within the administrative system.	2.32	1.47	46.4	Low	20
26	Subjected to constant criticism from the media	2.32	1.47	46.4	Low	20
19	Inability to reconcile sport with study.	2.17	1.37	43.4	Low	23
14	Parents' dissatisfaction with exercise.	2.12	1.35	42.4	Low	24
16	The coach asks me what contradicts the principles of sport	2.12	1.47	42.4	Low	24
12	Lack of harmony with my teammates.	1.88	1.33	37.6	Low	26
21	Alcohol abuse.	1.76	1.34	35.2	Very low	27
	The Reasons for the Retirement of Football Players	2.76	0.57	55.2	Medium	

* A paragraph in the opposite direction to most of the axis paragraphs, as its results were reversed in the total of the axis.

Table 3 shows that the arithmetic averages of the reasons for sports retirement among football players in Jordan ranged between (1.76-3.22), and paragraph (8), which is “My income from practicing sports is not enough for me”, came in the first place with an average of (3.22), followed by paragraph No. (27), which is “I retired with my giving peak to stay in a beautiful image,” and my average account was (3.19), and paragraph (12), which is “lack of harmony with my teammates”, came in the penultimate rank and with an average of (1.88), and came Paragraph No. (21), which is “Alcohol Abuse”, is in the last place with an average value of (1.76), and the arithmetic average of the total score for the reasons for retirement among football players is (2.76).

It is clear from Table 3 that paragraph 8, which is “My income from exercising is not enough for me”, came in first place with a grade of (average). This result was in agreement with the study of Drawer, 2002 (whose result showed that injuries will reduce income opportunities), and the study of Tsai, 2007 (which showed that the most important reasons for retirement are financial reasons), and the study of (Rens, 2017) which showed

that there is a lack of financial returns after retirement, and the study of Hong et al. The study by Kim & Won (2022) highlighted the difficulties of retirement, and the study by Knights et al. (2019) found that most retired football players lack financial support from clubs and administrative bodies after retirement.

This result is logical, and the researchers attribute this to the fact that the amount that the player receives from practicing football is not enough to meet his needs, as (50.8%) of the sample reported that their income was less than 500 dinars per month, which of course is not enough due to the noticeable increase in the necessary life requirements, especially if he has a family or supports his parents. There is a frequent complaint from some players that they do not receive their allowances from their clubs.

Paragraph (27), “I retired while I am at the top of my giving to stay in a beautiful image,” came in second place and received the (average) grade. It is known that most players want to retire while they are at the peak of their giving so that they stay in the minds of their fans, and so that their level does not decline so that their fans forget them or their clubs dispense with them, and this is in line with the study of Hong et al. (2022), whose results showed the feeling of reaching the point of saturation and the player remaining at the peak of his giving in front of his fans.

Paragraph (12), which is “lack of harmony with my teammates”, came in the penultimate rank and a (low) grade. The researchers attribute this to the fact that football requires teamwork; without cooperation, the goals cannot be achieved. To achieve cooperation, harmony is necessary; without it, there will be no cooperation or teamwork, which affects both the player’s and the team’s performance.

Paragraph (21), which is “alcohol abuse, came in last place. A degree of (very low), which agrees with the researchers’ expectations, since the sample members are football players and their knowledge of the dangers of alcohol and its side effects on motor skills, as well as impaired ability to concentrate and attention. Hence, they avoid using it to maintain physical and mental health. Then the use of alcohol is contrary to religious and sports principles; moreover, professional sports such as football are subject to strict tests for prohibited substances, as this deterrence reduces the spread of the problem among professional athletes. For example, banned substances are subject to severe penalties of up to a lifetime suspension, making this option unfeasible for most aspiring athletes.

To answer the second question, which states: “What are the reasons for the retirement of athletics players in Jordan?” Table 4 shows this:

Table (4): Mathematical Averages and Standard Deviations of Reasons for Athletic Retirement among Athletics Athletes in Jordan (n=54)

Paragraph Number	Reasons for retirement	Arithmetic Average	Standard deviation	The relative importance of the average	The level of significance of the Mediterranean	Average Order
8	My income from exercising is not enough for me.	4.22	1.28	84.4	Very high	1
25	Lack of interest in the type of competitive sports of the various state institutions	3.87	1.37	77.4	High	2
9	Exercise limits my social activities	3.46	1.28	69.2	High	3
3	Competitive sports made me less interested in family	3.31	1.24	66.2	Medium	4
4	I am under psychological pressure while exercising.	3.28	1.35	65.6	Medium	5
*27	I retired while I was at the top of my game to stay in a beautiful picture	3.22	1.45	64.4	Medium	6
10	I had problems with the club management.	3.07	1.62	61.4	Medium	7
7	Inability to reconcile work with the demands of my competitive sport	2.98	1.51	59.6	Medium	8
18	Aging.	2.94	1.45	58.8	Medium	9

26	Subjected to constant criticism from the media	2.93	1.78	58.6	Medium	10
5	I disagreed with the technical staff.	2.89	1.51	57.8	Medium	11
17	Fear of sports injury.	2.89	1.45	57.8	Medium	12
24	The government departments paid less attention to me when I reviewed them	2.83	1.75	56.6	Medium	13
*22	I desire to collaborate with the technical staff.	2.81	1.33	56.2	Medium	14
14	Parents' dissatisfaction with exercise.	2.69	1.55	53.8	Medium	15
20	Marriage.	2.65	1.38	53.0	Medium	16
*15	My parents need my care.	2.59	1.46	51.8	Low	17
11	I had problems with my game federation.	2.57	1.54	51.4	Low	18
19	Inability to reconcile sport with study.	2.57	1.44	51.4	Low	18
*1	I achieved most of my athletic goals.	2.41	1.32	48.2	Low	20
13	I suffered from health problems.	2.33	1.53	46.6	Low	21
*23	I desire to work within the administrative system.	2.31	1.38	46.2	Low	22
6	My athletic level decreased.	2.28	1.34	45.6	Low	23
*2	I got a job opportunity outside of sports.	2.17	1.34	43.4	Low	24
12	Lack of harmony with my teammates.	1.93	1.29	38.6	Low	25
16	The coach asks me what contradicts the principles of sport	1.59	1.24	31.8	Very low	26
21	Alcohol abuse.	1.35	0.93	27.0	Very low	27
	All the reasons for the retirement of athletes and players	2.93	0.53	58.6	Medium	

* A paragraph in the opposite direction of most of the axis paragraphs, as its results were reversed in the total of the axis.

Table (4) shows that the values of the arithmetic averages of the reasons for sports retirement among athletics players in Jordan ranged between (1.35-4.22), where paragraph No. (8) which is “My income from practicing sports is not enough for me” came in the first place with an arithmetic average of (4.22), followed by paragraph (25) which is “the lack of interest of the various state institutions in the type of competitive sports”, with an arithmetic average of (3.87), and in the penultimate place was paragraph (16), which is “The coach asks me what contradicts the sports principles” With an arithmetic average of (1.59), paragraph No. (21), which is “alcohol use”, came in the last place, with an arithmetic average of (1.35), and the average of the total score for the reasons for retirement for athletics athletes was (2.93).

It is clear from Table (4) that paragraph (8), which is “My income from practicing sports is not enough for me”, came in first place and with a degree of (very high). The researchers attribute this to the fact that the athlete’s income from athletics is not enough to meet his needs, as (57.4%) of the sample reported that their income was less than 500 dinars per month. The fact that athletics is not a mass sport, that the clubs involved have a small budget and do not give the sport significant importance, and that its players do not receive enough money in the first place leads to retirement.

This result was consistent with the study of Drawer, 2002 (which showed that injuries would reduce income earnings), Tsai, 2007 (which showed that the most important reasons for retirement were financial reasons), Rens (2017) (which showed that there was a decrease in financial returns after retirement, Hong et al., 2022) which showed a lack of financing after retirement, and the study of (Kim & Won, 2022), which showed the difficulty of living after retirement.

Paragraph (25), which is “the lack of interest of the various state institutions in the type of competitive sports, came in second place and was marked as (high). This result is consistent with the researchers’ expectations, as athletics is one of the least popular and least followed sports. At the same time, Jordanian society, including individuals and institutions, is interested in football at the expense of other sports.

Paragraph (16), which is “the coach asks me for something that contradicts the principles of sports”, ranked penultimate, with a degree of (very low). The researchers attribute this to the fact that athletics is a frictionless sport and that monitoring all players during the competition is feasible, thereby preventing the coach from asking a player to do something contrary to the principles of sports.

Paragraph (21), which is “alcohol abuse”, came in the last place, with a degree of (very low), and this is in line with the expectations of the researchers, since the sample members are athletes. Their knowledge of the extent of its danger and its side effects on motor skills, and the impaired ability to concentrate and pay attention. Hence, they avoid using it to maintain physical and mental health, in addition to professional sports such as athletics, are subject to strict tests for prohibited substances, as this deterrence reduces the spread of the problem among professional athletes, including the exposure of the athlete who is proven to have used prohibited substances. Severe penalties of up to a lifetime suspension, making this option useless for most aspiring athletes, and this is the same as the sport of football.

To answer the third question: “Are there any statistically significant differences in the reasons for retirement between football and athletics players in Jordan?” Table (5) shows this:

Table (5): Results of the (T) test for the significance of the differences in the reasons for retirement according to the type of sport (football and athletics) (N = 113)

Reasons for retirement	Football		Athletics		T-value	Significance Level
	Arithmetic Average	Standard deviation	Arithmetic Average	Standard deviation		
I achieved most of my athletic goals.	2.32	1.33	2.41	1.32	.341	.734
I got a job opportunity outside of sports.	2.51	1.54	2.17	1.34	1.255	.212
Competitive sports made me less interested in family	2.59	1.34	3.31	1.24	2.961	.004*
I am under psychological pressure while exercising.	2.76	1.42	3.28	1.35	1.972	.051
I disagreed with the technical staff.	3.05	1.48	2.89	1.51	.575	.566
My athletic level decreased.	2.61	1.27	2.28	1.34	1.353	.179
Inability to reconcile work with the demands of my competitive sport	2.61	1.56	2.98	1.51	1.281	.203
My income from exercising is not enough for me.	3.22	1.69	4.22	1.28	3.520	.001*
Exercise limits my social activities	3.05	1.61	3.46	1.28	1.494	.138
I had problems with the club management.	2.56	1.45	3.07	1.62	1.778	.078
I had problems with my game federation.	3.17	1.50	2.57	1.54	2.084	.039*
Lack of harmony with my teammates.	1.88	1.33	1.93	1.29	.181	.857
I suffered from health problems.	2.54	1.47	2.33	1.53	.742	.460
Parents' dissatisfaction with exercise.	2.12	1.35	2.69	1.55	2.073	*.041
My parents need my care.	2.59	1.42	2.59	1.46	.002	.998
The coach asks me what contradicts the principles of sport	2.12	1.47	1.59	1.24	2.044	*.043
Fear of sports injury.	2.81	1.59	2.89	1.45	.262	.794
Aging.	3.00	1.49	2.94	1.45	.201	.841
Inability to reconcile sport with study.	2.17	1.37	2.57	1.44	1.535	.128
Marriage.	2.51	1.48	2.65	1.38	.519	.605
Alcohol and steroid abuse.	1.76	1.34	1.35	0.93	1.871	.064
I desire to collaborate with the technical staff.	2.75	1.63	2.81	1.33	.246	.806

I desire to work within the administrative system.	2.32	1.47	2.31	1.38	.027	.979
The government departments paid less attention to me when I reviewed them	2.46	1.58	2.83	1.75	1.201	.232
Lack of interest in the type of competitive sports of the various state institutions	2.83	1.46	3.87	1.37	3.883	*.000
Subjected to constant criticism from the media	2.32	1.47	2.93	1.78	1.975	.051
I retired while I was at the top of my game to stay in a beautiful picture	3.19	1.55	3.22	1.45	.127	.900
Total Reasons for Retirement	2.76	0.57	2.93	0.53	1.659	.100

Table 5 presents the results of the t-test for the significance of differences in the reasons for retirement across the two sports (football and athletics). The value of (t) was (1.659), and the significance level of the total score for the reasons for retirement was (0.100).

It is clear from the two tables (3.4) that the sequence of reasons for retirement, by importance, differs between football and athletics players. However, some paragraphs were exchanged regarding the reasons for retirement among center players.

Whereas paragraph (8), “My income from practicing sports is not enough for me,” ranked first among retired players in the two sports.

Paragraph (27), “I retired at the top of my giving to stay beautiful,” came in second place and was at an intermediate level for football players. In contrast, the same paragraph ranked sixth and was at an intermediate level for athletic players.

Paragraph (25) “The lack of interest of state institutions in the type of competitive sports” came in second place among athletics players and at a high level. In contrast, it ranked seventh among football players and at an intermediate level. The researcher attributes this to the greater interest of various state institutions in football than in athletics.

Paragraph (12) “Lack of harmony with my colleagues” came in the twenty-sixth and penultimate rank among football players. In contrast, it ranked 25th among athletes and was at the same level as players in both sports.

Paragraph (16) “The coach asks me what contradicts the principles of sports” ranked twenty-sixth and penultimate among athletes at an incredibly low level. In contrast, it ranked 24th among football players at a low level. Paragraph (21) “Alcohol Abuse” came in last place among the players of the two sports.

It was clear from Table 5 that paragraph 3, which is “Playing competitive sports made me less interested in family”, came with a significance level of 0.004. This value is statistically significant in favor of football players, whose average responses to this reason were higher than those of athletes, indicating that this reason is the most important for football players.

Paragraph (8), which is “My income from practicing sports is not enough for me”, came with a significant level of (0.001). This value is statistically significant and favors football players, whose average responses to this reason were higher than those of athletes, indicating that this reason is the most important for football players. Paragraph (11), which is “I had problems with my game’s federation”, came with a significant level of (0.039). This value is statistically significant in favor of athletes, whose average responses to this reason were higher than those of football players, indicating that this reason is the most important for athletes.

Paragraph (14), which is “parents’ dissatisfaction with practicing sports”, came with a significance level of (0.041), and this value is statistically significant in favor of football players, whose average answers to this reason were higher compared to athletics players, meaning that this reason for football players is the most important.

Paragraph (16), which is “The coach asks me for something that contradicts the principles of sports,

came with a significance level of (0.043). This value is statistically significant in favor of athletes, whose average responses to this reason were higher than those of football players, indicating that this reason is the most important for athletes.

Paragraph (25), which is “the lack of interest of sports institutions in the country in the type of competitive sports, came at a significant level of (0.000). This value is statistically significant in favor of football players, whose average responses to this reason were greater than those of athletes, indicating that this reason is the most important for football players.

The results also showed that the total score expressing all the reasons for retirement among football players and athletics players was close so that the difference between the average of the score of this score was not statistically significant or significant, because the value of the significance level of (0.100) was greater than 0.05, which means that the average teams are not statistically important, i.e., there are no statistically significant differences in the reasons for retirement among football players and athletics players.

The researchers attribute this to the fact that the reasons for retirement are equally important in both sports.

Conclusions and Recommendations

Based on the study's results and discussion, the researchers reached the following conclusions. The most important reason for retirement among football players in Jordan: “I retired at the top of my career to stay in a beautiful image.” The most important reason for athletes' retirement in Jordan is “the lack of interest of sports institutions in the country in the type of competitive sports. The most important reason for retirement among football and athletics players in Jordan is: “My income from practicing sports is not enough for me.” There are no differences in the reasons for sports retirement between football and athletics players.

Based on the study's results and conclusions, the researchers recommend conducting educational lectures for players who intend to retire to help them address the adverse effects of retirement. Establish a fund for retired athletes, like Social Security, and have the federations allocate funds to retirees as an end-of-service bonus. Increasing attention is being paid to the psychological aspects of retired players, and similar studies are being conducted to identify the reasons for retirement across different sports.

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