

PHYSICAL SELF-CONCEPT AND ATHLETIC IDENTITY AMONG FORMER
COLLEGIATE ATHLETES: EXAMINING THE INFLUENCE ON SELF

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ABSTRACT

This study examined physical self-concept, global self-esteem, and athletic identity among former collegiate athletes. 308 former Division 1 NCAA collegiate athletes participated in the study. This study replicated findings that physical self-worth demonstrates a positive relation with global self-esteem. Athletic identity was shown to mediate the relation between physical self-concept and global self-esteem for former collegiate athletes. Athletic identity was also shown to mediate the relation between physical activity and physical self-concept. Athletic identity did not serve as a moderating variable for the entire sample, but was shown to moderate the relation between physical activity and physical self-concept for those no longer participating in their collegiate sport and those no longer identifying as an athlete. Athletic identity and global self-esteem demonstrated age-related differences. These findings suggest that there is some maintenance of athletic identity for many former collegiate athletes, and that identity remains influential in its association with physical self-concept.