

Beyond the Finish Line: The Correlation Between Athletic Identity and Life After Sports

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The transition from an active sports career to post-athletic life has become a focal point of research, with former athletes encountering challenges in redefining their identities and seeking new career paths. Athletic identity, representing an individual's connection to their role as an athlete, is pivotal in shaping their self-concept. While many athletes view their athletic identity as integral to their self-worth, it poses complexities in preparing for life after sports, known as LAST (Life After Sports Transition). Using quantitative measures such as athletic identity measurement scale and interviews of college athletes graduating in the next year, this mixed-method study aims to explore the multifaceted nature of athletic identity and its impact on an athlete's readiness for post-sport professional endeavors.