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# Athletes Quality of Life After Retirement

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# Athletes Quality of Life After Retirement

Kevin Estrada

Nebraska College Preparatory Academy

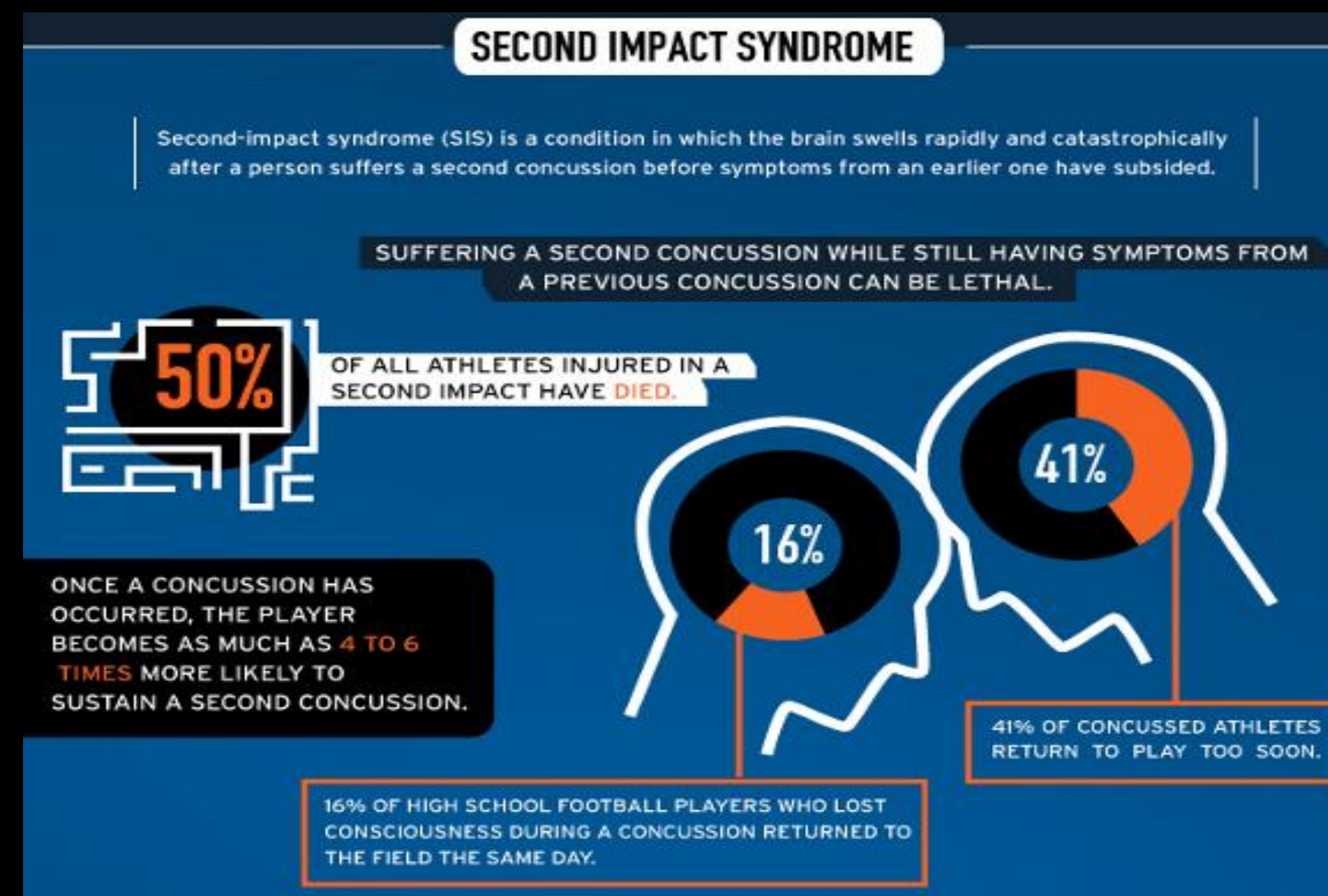
Grand Island Senior High School 2017

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## Abstract

Professional athletes have had a long life of being able to compete in the sport they love. Once retired, most athletes quality of life worsens. Injuries and the dramatic change from competing sets up a former athlete for adversity. Most people believe that athletes are privileged individuals that earn too much money for the work they do. However, consequences such as bankruptcy, depression, and even suicide points otherwise.



## Conclusions & Discussion

- The findings show that although athletes might have a gifted early life the quick change in lifestyle sets them up for failure. Also I agree that former athletes have a worse quality of life not only because of their life but because of their body after several years of competition.
- Research Ideas on how to better prepare these athletes in college on how to use their money. Test equipment that can better prevent athletes from injuries, along with looking for ways to strengthen frequently injured body parts.

## Key Points

- In a study between former athletes and nonathletes it was found that almost double of former athletes reported osteoarthritis. (Simon, Carrie pg 426).
- From 1920 to about 2008 there was only fifteen suicides, although in the last ten years eleven have been committed almost the same amount of deaths in a ninth of the time. (Webner and Iverson)
- About 80% of all NFL players become bankrupt after three years of leaving the league. (Futureadvisor)



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