

From the Court to the Boardroom: The Contribution of Community Team Sport Participation (Mamanet) to Burnout, Work Engagement, and Psychological Resilience among Women Managers

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Abstract

theoretical background: In recent years, increasing attention has been directed toward the role of physical activity and community-based sports in promoting psychological well-being and occupational functioning. However, limited research has explored the relationship between participation in team sports and workplace well-being among women in managerial roles. Mamanet Cachiball League (MCL), the community-based team sports league provides a unique social and athletic environment that integrates physical activity, teamwork, and social support. **Aims:** The aim of this study is to examine the association between participation in the MCL and key indicators of occupational well-being among women managers. Specifically, the study focuses on three dependent variables: burnout, work engagement, and psychological resilience. The research is based on the assumption that participation in community team sports may enhance psychological resources while reducing work-related stress. **Methods:** A quantitative cross-sectional design will be employed among women holding managerial positions in various organizations. The sample will include women who actively participate in the MCL and a comparison group of women managers who do not participate in organized team sports. Participants will complete validated questionnaires measuring burnout, work engagement, and psychological resilience. Statistical analyses will examine group differences and explore the relationship between participation in team sports and indicators of occupational well-being.

results, findings and implications: The expected findings may provide new insights into the contribution of community-based sports to women's leadership and workplace well-being. The study may also highlight the potential of team sports as an innovative strategy for promoting resilience, reducing burnout, and enhancing engagement among women managers.

Keywords: women managers, burnout, work engagement, psychological resilience, team sports, workplace well-being