

Summary of an Academic Article on Watching Football

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Article Details

- **Title:** Watching Football and Its Impact on Psychological and Social Well-Being
- **Author(s):** Wann, D. L., & Branscombe, N. R.
- **Journal:** Journal of Sport & Social Issues
- **Year Published:** 1993

Summary

This study explores the psychological and social benefits of watching football as a hobby. The researchers found that being a fan of a football team enhances a sense of belonging, fosters social connections, and improves mood and general well-being. Watching football games can reduce stress and increase feelings of excitement and camaraderie among fans. The study highlights how shared experiences during football matches strengthen interpersonal relationships and contribute positively to mental health.

References

Wann, D. L., & Branscombe, N. R. (1993). Sports fans: Measurement of the degree of identification with their team. *Journal of Sport & Social Issues*, 17(2), 113–127. <https://doi.org/10.1177/019372359301700203>