This article examines the effects of globalization on the well-being of migrant professional athletes. Interviews with 20 touring professional golfers reveal that players experience many of the personal problems—such as loneliness, isolation, low decision latitude, low social support, and effort-reward imbalance—which have been identified as “strong predictors of mental ill-health” (Leka & Jain, 2010, p. 65). Feelings of loneliness and isolation developed as players were regularly apart from family and friends, and spent most of their time with other golfers whom they had somewhat superficial relationships with. These feelings coupled with, for many, uncertain income generated through golf added further to their work-related anxieties. Overall, results highlight the importance of considering how workplace anxieties and vulnerabilities impact on athlete migrants’ health and well-being.

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Work is another area central to well-being, and certain features correlate highly with happiness. These include autonomy over how, where, and at what pace work is done, trust between employer and employee, fair treatment, and active participation in the making of decisions. A study of nuns, spanning seven decades, supports this theory. Autobiographies written by the nuns in their early 1920s were scored for positive and negative emotions. In one study, a group of European high school students studied Esperanto for one year, then French for three years, and ended up with a significantly better command of French than a control group who had studied French for all four years. Needless to say, the language has its critics. International travel, staying at five-star hotels, cocktail parties, meeting celebrities — I love my job! glamorous.

2. In the dialogues below there is one word missing in each question and each answer. Find the words and write them in the correct place.

2. A: What kind of work do you do? B: I work as a scientist in the pharmaceutical industry.
3. A: What do you do for a living? B: I work in advertising.
4. A: What are you doing at the moment? B: I’m working on a project to improve the design and functionality of our website.