Kenyan Athletes Retirement from Competitive Sport Experiences: Preliminary Findings

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Abstract
Kenyan middle and long distance runners continue to assert their authority in international athletic competitions. Many of them become millionaires within a short period of winning different races. However, a significant number of these athletes become "paupers" after they retire from sport. Equally, athletes who wear the national jerseys during different competitions are highly regarded, and is assumed that they are "well remunerated". The purpose of this study was to investigate the causes of retirement from sport, problems encountered after retirement, coping strategies and the possible intervention measures to be put in place to address the "plight" of retired athletes. It was hypothesized that the above factors will not vary according to gender and type of sport. Data was collected from retired athletes (n=18) in athletes and soccer. Preliminary findings indicate that retired athletes continue to "wallop" in poverty, retire from sport due to diverse reasons and utilize different coping strategies to nurse retirement from sport. It is recommended that the Grand Coalition Government needs to enact the Sport Bill (sessional No.5) on Sport Development into law and have some affirmative action as far as earnings from athletes are concerned.

Key Words: Retirement, Coping strategies, Grand Coalition Government.