



EXAMINING AND COMPARING COPING STYLE WITH SPORTING STRESS IN SUCCESSFUL AND UNSUCCESSFUL ATHLETES STUDENT OF IAU, 6 AREAS

Gholam Reza Salvand¹, Abotaleb Bagheri¹, Ali Kamoonzade¹, Ebadallah Hassnour Hashtayjany¹ and Maryam Bagheri²

¹Department of Physical Education and Sport Science, Dezful Branch, Islamic Azad University, Dezful, Iran

²A Member of Education and training Of Dezful, Iran

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ABSTRACT

The aim of this study was examining and comparing coping styles with stress in successful and unsuccessful athletes in Islamic Azad university six area, Method of research (descriptive scientific-comparative causal-comparative) and is the type of field. In this research all participant athletes in volleyball & futsal competition have chosen randomly cluster as statistics sample. First, second, third Champions were recognized as a successful athlete and athlete who were excluded in these competitions are recognized as unsuccessful athletes which through questionnaire coping styles scale with stress (Anshl and colleagues in 2000) compared to the innovation and avoidance coping styles in athletes. For analysis of collected Information, use descriptive and inferential statistics such as independent t (t) and one-sided analysis of variance test (ANOVA). Based on the results of data analysis: there is no significant difference between coping styles with stress, in successful and unsuccessful man athletes. There is no significant difference between coping styles with stress in successful and unsuccessful woman athletes. Also Between coping styles with sporting stress, there was no difference between male and female athletes. The results showed that successful and unsuccessful athletes use more avoidance coping style. avoidance coping style help to athlete to distance from source of stress and continuing his or her sport activity in quiet and stressless environment, would increase probability success of his sport activity. While innovation coping style through involvement of Athletes with source of stress, reduction of care, concentration and increasing concern and worry which lead to increasing probability sporting defeat.

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INTRODUCTION

Other effective the psychological factors in athletic performance, are coping responses and emotional reactions. Excitements in sporting activities, especially the competitions are inevitable. During competition, athletes are subject to a number of stressful stimuli that usually endanger their desired performance. If understand very stressful situations and don't have skill for suitable coping with this stress, their confidence and self-esteem will expose in danger. Athletes experienced stressful factors include opponent's foul, the game result, the opponent's success and bad weather. Disability in coping with stressful factors may have negative result like reduction of performance, damaging, dissatisfaction and finally it leads to withdrawal from sport. In many cases, sporting psychologist have accepted that athletes should learn that coping with stressful factors and reduce unsuitable results and can follow professional sport. Relatively a little information is about nature of coping in competitive environment and a less studies pay attention to athlete's coping attempts. Therefore, for improvement athlete's performance, manner coping style in

front of stressful conditions of sporting situations, psychologist are probing coping ways with these effective factors on athlete's performance until help to athlete to reach to optimum performance. Furthermore, athlete should control the excitement which are resulting or arising from sporting conditions. The nature of dynamic coping styles and assume that guidelines of compromise is a process which through it, person attempts to devise psychological stress or mental pressures which cause to sporting scientists have special attention for searching coping mental and excitement reactions in competitive sporting environment. As regards, research in this area is limited therefore for this reason, it is necessary to do more study in this field until examine manner coping styles with sporting stress in successful & unsuccessful athlete and also examine between men & women athlete till in this manner, can present strategies until can be used by athletes and coaches.

RESEARCH METHODOLOGY

This research is kind of field which its method is scientific descriptive & comparative and with using of questionnaire compare coping style with sporting stress among athlete

*corresponding author: rezasalvand@yahoo.com

Table 1: Independent t-test successful and unsuccessful male athletes and coping styles with stress

Variable	Number	Mean	SD	t statistics	p-value
successful Male athlete	95	130/27	12/13	0/342	0/56
unsuccessful Male athlete	47	130/79	11/92		

Table 2: Independent t- tests of successful and unsuccessful female athletes and coping styles with stress

Variable	Number	Mean	SD	t statistics	p-value
Successful female athletes	68	136/00	12/1	0/607	0/437
Unsuccessful female athletes	53	1136/15	13/3		

Table 3: Independent t-test of gender and coping styles with stress

Variable	Number	Mean	SD	t statistics	p-value
female	142	130/44	12/017	0/572	0/45
male	121	75/134	12/664		

Society, Statistic Sample and Sampling Method

Desired statistical community in this research contains all athlete different sporting field, participant in student competitions 6 area of country. They use cluster random sampling for choosing athlete. In this manner, they chose football and volleyball as statistic sample among different kind of participating sporting field in student competition of 6 area. In this research, champions of 1st, 2nd and 3rd as successful athlete and athletes who were excluded in this competition were recognized as unsuccessful athlete.

Assessment tool

Scale questionnaire coping style at sport

This questionnaire is a test of 40 questions which it is prepared base on coping style with sporting stress Enshel & colleague (2000) which coping style with sporting stress in two main dimension that's innovation coping style & avoidance coping style which assess at scale 5 degree likert. At least & at most score of test is calculated in every subscales of test respectively 20 and 80. Every main dimension of test, confronting styles with sporting stress (innovation coping style & avoidance coping style) examine in seven field in the following way: Do foul during competition, coach's criticize during competition, observation component's cheat during competition, experience of plain or serious hurt during competition- experience of plain or serious hurt during competition- to penalty or bad referee during competition- observation opponent's successful performance during competition- existence bad environment condition like bad weather- unsuitable field or the audience reaction during the competition (Besharat 1383)

In order to analysis data in this research use the following statistic methods:

1. Descriptive statistics methods such as central tendency indicators (arrow, median and mean), dispersion index (range of changes, variance and standard deviation).
2. Inferential statistics including t-test independent(t) and one-side analysis of variance test (ANOVA). Also for analyzing of data collected use computer software (SPSS) the twelfth version . The significance level for all hypotheses α : 0/05 is considered.

RESULTS AND FINDINGS OF RESULT

Analysis findings of research showed

1. Between coping styles with sporting stress, there is no difference between successful or unsuccessful athletic man, (Table 1). As regards, the amount of p-value is greater than 0/05 assumption of zero is not rejected, that is, the average ratio of, successful and unsuccessful male athletes coping styles with stress is at a same level. Therefore, there is no significance difference between successful & unsuccessful male athletes and coping styles with stress and successful or unsuccessful athlete has no effect on coping style with stress.
2. There is no difference between successful and unsuccessful coping styles with stress, athletic woman, (Table 2). As regards, the amount of p-value is greater than 0/05 not rejected, assumption of zero is not rejected, that is, the average ratio of, successful and unsuccessful female athletes toward coping with stress is at a level.
3. Between coping styles with sporting stress, there is no difference between athletic men and women (Table 3). As regards, the amount of p-value is greater than 0/05, assumption of zero is not rejected, that's, the average female and male athletes of coping styles with stress is at the same level. Therefore, there is no significant difference between gender and coping styles with stress, so there is no significant difference between athletic male & female in coping styles with stress.

Conclusion

Results showed that there is no significant difference between coping styles with sporting stress, in successful and unsuccessful athletes. The results indicate that the average scores of successful and unsuccessful athletes toward coping styles with sporting stress has the same level or in other words, Successful & unsuccessful athletes use coping styles with sporting stress in the same degree which this results are not consistent with Besharat(1383), Enshel(1997), kron (1993)'s results of research. In Besharat's research, successful athletes used more avoidance coping style. While the success of the athletes' through scale of sporting success "that was done by coaches' athletes were completed. In Besharat's

(1383) research, coaches' athletes with completing scale of sporting success, determined level of Sporting success, while there is probable failure of athletes in competitions and it can be said that coaches' opinions have interfered with athletes' success. But in the recent research, athletes who achieved to 1st, 2nd and 3rd place are considered as successful athletes and excluded athlete are considered as unsuccessful athlete. In recent research, results indicate that athletes such as successful and unsuccessful use avoidance coping style for coping with sporting stress. Avoidance coping style, with avoiding from stressful factors through ignoring, trivial, creating psychological distance, someone help you or entertain with other duty, is indicated. An athlete who do not care about referee's judges with saying it is wrong or trivial and quickly continues to his duties, seeks profit from the avoidance coping style. When avoidance coping style is more effective that facility of emotional is limited (low confidence, low self-esteem), the source of stress is not clear, the situation is not manageable, and the results are individual or short term.

Andler and colleagues, Crown & Wung, Machanet and Mouris showed that in sporting environments, avoidance coping style is more effective than innovation coping style and cause to reduction of stress in unmanageable situations. Karptnr also believes that the avoidance behaviors in case of acute stresses, such as what happens in competitive sports, are more effective (8). Based on the findings of this study, there is no significant difference between innovation coping style on male and female athletes. In other words, average scores of men and women athletes toward innovation coping style has the same level. This result is not consistent with Holt & Hog's findings and also is not consistent with Sobhani's result research base on women athletes use innovation coping style more than men athletes and also with results of Besharat's research (1383) base on Girl athletes in comparison with boy athlete in coping with sporting stress sources, specially in Avoidance Coping style, act more moderate than boy athlete and in stressful condition, use less from absolute avoidance method and use more from innovation methods.

The overall result

Anshl and Suareso (2007), Ravestorn Enshel & Kmpyvty showed that athletes generally use more from innovation coping style than avoidance coping style. while Wung, Marchant and Mouris showed that athletes use avoidance coping style more than innovation coping style in sporting environment and its cause to reduction of stress in unmanageable situation and other researchers (Nikols and colleagues (2007), Anshl and colleagues (2000), Anshl and Wales (2000) and Holt and Hogg (2002), believed that the type of athletes coping style is based on stressful factors. According to the results of findings, there is no significant differences between successful and unsuccessful athletes who deal with stress. Innovation Coping style challenges athletes directly with stressful factors such as (opponent, referee, coaches,) on innovation, allocate athletes directly with stressful (the opponent, referee, coach, etc.) in stressful conditions on competition, conditions which athletes both mentally & both physically completely stimulated, using innovation coping style allocate part of physical & mentally energy, challenging in stressful conditions and high stimulation can cause incidence of anxiety & fear of athlete and this anxiety also decrease person's strength and decrease

precision of his sporting performance and affect strength of athlete's concentration. In all cases, situation that source of stress (opponent, referee, coach,) in coping with innovation coping style athletes usually approve correctness of opinion, behavior and his stance and practically innovation style of athlete lead to twofold coping athlete-opponent, athlete-referee, athlete-coach. Finally athlete's challenges with stress source with ways of making them face suitable, positive potential facilities for continuing of competition like coaches' opinions and guides, referee's help and logical and suitable behavior, disappointment opponent like that block and does not allow athlete can take enough advantage from this facilities to benefit game result and his sporting success. This struggle also act loss of athletes in his part and increase probability his failure. With regard to findings can conclude that female athletes have more tendency with using innovation strategies for conquering stressful stimuli so that female athlete usually act more exciting & furious than male's athlete in stressful condition of competition and have more desire for using strategy of innovation coping therefore from researcher s' opinion if coaches use strategy for strength, avoidance coping in athletes will achieve to acceptable & optimum performance. Women athlete use less from Avoidance Coping Style which direct & positive effect has on sporting success, it recommended partly reduction success sporting women in comparison with male. If the athlete men use more avoidance coping style, in avoidance coping style athlete instead of involvement with source of stress and using part of physical & psychological mental energy for solve of problem with ignoring and trivializing subject, use all of his energy for continuing sporting activity.

The results found significant differences between successful and unsuccessful athletes deal with stress is not present. Coping style on innovation, athletes directly with stressful (the opponent, referee, coach, etc.) will be involved double-athletes deal - opponents, athlete - the referee, athlete - coach leads shows they will achieve optimum performance and more acceptable. Athlete with avoidance coping style creates psychological distance between himself & source of stress and instead of rolling in anxiety and fear, with peace and concentration were able to compete and make himself out from harmful equation coping athlete- source of stress (opponent, referee and coach) and with relaxation of sport atmosphere, use better from his ability for obtaining result or consequence and success. Finally athletes in forecast condition can use better from positive & suitable potential facilities for continue of competition i.e to get help from coach's opinions & guides, assistance and logical behavior of referee and disappointment of opponent which use for his success and victory. All in all, this result creates an special interest in sporting psychology for work in applied field or background. In the manner, familiar them with strategies which are used by men & women athlete. Until encourage them for further research in this field until near athletes for optimum performance & sporting success and reduce probability of their failure.

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