



An analytical study on athletic coping skills

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Abstract

The purpose of the present study was to analyse the athletic coping skills among men and women of interschool, intercollegiate and interuniversity athletes. To achieve the purpose of the study, a total of 90 subjects (men (n=45) and women (n=45)) were selected randomly as subjects. The present study consists of two categories of independent variables namely, gender (factor A) and different levels (factor B). The first independent variable is related to men and women and the second independent variable consists of three levels such as university, college and school. The dependent variable selected for the study is athletic coping skills. The athletic coping skills were measured ACSI-28 inventory which was developed by Smith *et al* in the year 1995. The two-way factorial (2 X 3) analysis of variance (ANOVA) was used to evaluate the influence of the two categories of variables on the dependent variable. The result of the study shows that there was no significant difference among the paired means of interaction factor A X B on athletic coping skills.

Keywords: Coping with adversity, peaking under pressure, goal setting and mental preparation, concentration, freedom from worry

Introduction

Athletic coping skills are one of the most important and also very essential in psychological assessments. It measures the factors deemed crucial to success in competitive athletic performance. Reason for psychological assessments of athletes includes, assessing whether or not athletes might be ready to enter an elite training program. Predicating the risk of injury, determining what position on a team player are most suited, helping athletes with performance outcomes, predicting eating disorders and assessing why athletes may be leaving a sport early in their careers (Anshell, 1996) [1].

Additionally, research delineating psychological characteristics of exemplary sport participants may allow identification of the strengths and weakness of individual athletes, and ultimately with strategic inventions, facilitate performance enhancement. It is to determine whether the creation of too much pressure had detrimental effects on the athletes. It is also based on a growing concern that too much of the wrong type of pressure has been applied to many elite level athletes (Benjamin, 1997). The Athletic Coping Skills inventory-28 (ACSI-28) measures the six sub-scales,

1. Coping with Adversity

Remains positive and enthusiastic even when things are going badly; remains calm and controlled, can quickly bound back from mistakes.

2. Peaking under Pressure

Challenged rather than threatened by pressure situations and performs well under pressure, a clutch performer.

3. Goal setting and Mental Preparation

Sets and works toward specific performance goals, Plans and mentally prepares herself for competition and clearly has a "game plan".

4. Concentration

Not easily distracted, able to focus on the task at hand in both practice and competition situations, even unexpected situations occur.

5. Freedom from Worry

Does not put pressure on herself by worrying about performing poorly or making mistakes and does not worry about what others will think if she performs poorly.

6. Confidence and Achievement Motivation

Is confident and positively motivated, consistently gives 100% during practice and competition and works hard to improve her skills.

7. Coachability

Open to and learns from instruction, accepts constructive criticism without taking it personally and becoming upset (Chapman, 1997) [4].

Methodology

The purpose of the present study was to analyse the athletic coping skills among men and women of interschool, intercollegiate and interuniversity athletes. To achieve this purpose, a total of 90 subjects (men (n=45) and women (n=45)) were selected randomly as subjects. The present study consists of two categories of independent variables namely, gender and different levels. The first independent variable is related to men and women and the second independent variable consists of three levels such as university, college and school. The dependent variable selected for the study is athletic coping skills. The athletic coping skills were measured ACSI-28 inventory which was developed by Smith *et al* in the year 1995.

The two-way factorial (2 x 3) analysis of variance (ANOVA) was used to evaluate the influence of the two categories of variables on the dependent variables. If the obtained 'F' ratio for interaction was significant, then the simple effect test was used to find out which of the mean performance scores for gender and levels were significant. Further, individual comparisons were made for interpretations using the Scheffe's test. In all conditions, the significant level was fixed at .05 level, which was considered to be appropriate.

Analysis and Interpretations of Data

The collected data were analysed and the obtained results are presented in Table 1.

Table 1: Two-Factor Anova On Athletic Coping Skills of Men and Women in Different Levels

Source of Variance	Sum of Squares	df	Mean Squares	Obtained F-ratio
A factor (Gender)	82.18	1	82.18	0.69
B factor (Levels)	3912.80	2	1956.40	16.38*
AB factor (Interaction) (Gender and Levels)	128.36	2	64.18	0.54
Error I	10030.27	84	119.408	

*Significant at .05 level (Table values required for significance at .05 level with df 1 and 84 & 2 and 84 are 3.95 and 3.11 respectively.)

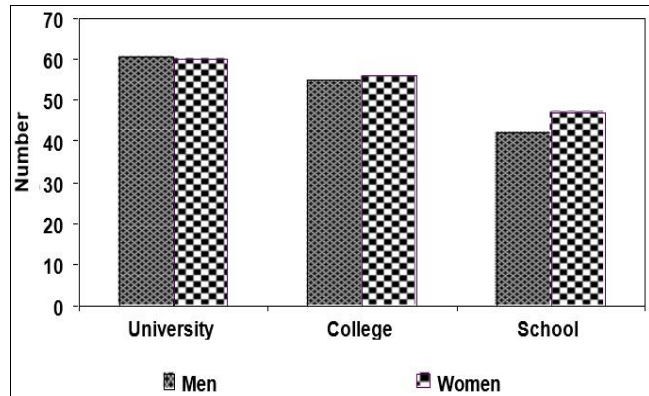


Fig 1: Mean Scores of Men and Women of Different Levels on Athletic Coping Skills

Results and Discussion

The result of the study shows that; there was no significant difference between gender (factor A) irrespective of the different levels of athletes and there was no significant difference in the interaction effect (A X B) and significant difference was found among the different levels of athletes (factor B) irrespective of the gender on athletic coping skills.

Many psychological factors have direct relation with competitions whether the result may be success or failure. But each and every factor has different characteristics at the time of competition during the various situations especially at the critical stage in any level of sports. An athletic coping skill is an inventory which helps to measure the factors deemed crucial to success in competitive athletic performance.

While discussing the gender, both men and women students generally used problem-focused coping strategies including optimistic action and social support to deal with the stress, but use of emotion-focused coping strategies including avoidance and emotional disturbance was significantly increased as perceived level of stress.

Students with different ages were become more anxious and tense and to have a stronger inclination to use emotion-focused coping strategies. Team-sport athletes were found to cope more in terms of 'passive acceptance' of help from others, whereas individual athletes were found to activate 'problem-solving' strategies in face of a stressor.

Conclusions

1. There was no significant difference between gender (factor A) irrespective of the different levels of athletes such as interschool, intercollegiate and interuniversity on athletic coping skills.

2. Significant difference was found among the different levels of athletes (factor B) such as interschool, intercollegiate and interuniversity irrespective of the gender on athletic coping skills.
3. There was no significant difference in the interaction effect (A X B) on athletic coping skills.

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