

ANALYSIS OF COPING SKILLS AMONG NATIONAL LEVEL INDIVIDUAL AND TEAM GAME ATHLETES IN KERALA

Dr. Binu George Varghese, Director, School of Physical Education and Sports Sciences, Mahatma Gandhi University, Kottayam, Kerala,

Indu .P. Nair, Research Scholar, School of Physical Education and Sports Sciences, Mahatma Gandhi University, Kottayam, Kerala.

Abstract

The purpose of the study was to compare the Coping Skills among athletes of individual and team game in Kerala. 320 athletes (Athletics – 160, Volleyball – 80 and Basketball – 80) who have represented the state in Junior/Senior level National championship or represented the university in Inter University level championship were selected as subjects for the study. The data on Coping Skills was collected using Coping Checklist for Sport (CCS; Haney & Long, 1995). The data obtained was analyzed statistically with descriptive statistics, ANOVA and Scheffe's post hoc test. The ANOVA result reveals that, Coping Skills Sub scales Engagement and Disengagement coping, were not significant with independent variable type of game (Athletics/Basketball/ Volleyball).

Key Words: *Coping Skills, Individual Game and Team Game.*

Introduction

Participation in Sport events exerts both physical and mental stress on sports persons. They are forced to cope up with the stress that occurs due to the shoulder to shoulder competition with others in this field from beginning to the professional level. For some athletes, sports is enjoyable and challenging because they know how to cope successfully with the stress. For others, who fail to cope with the stress, participation becomes a stressful and threatening experience. Athletes differ in their ability to cope successfully with stressful occasions. Such differences occur due to the attitudes and coping skills which were learned during their early days and youth. Sports field is the significant arena in which such skills are necessarily learned. "Coping skills can be defined as cognitive, affective and behavioral efforts to managespecificexternaland/orinternaldemandsandtheyarethemediatorsbetween stressful events and subsequent reactions or consequences, e.g. sports performance". (Crocker, Kowalski, & Graham,1998).

Methodology

The purpose of the study was to find out differences in the Coping skills among national level athletes in Kerala. To achieve the purpose of the study 320 athletes in the age group of 15-25 years, who have an experience of participating in the Junior National, Senior National and Inter-University competitions from the state of Kerala from the sport discipline of track and field, volleyball and basketball were selected. To achieve the purpose of the research the data were collected in person by the researcher from national level athletes of

various sport groups by administering Coping Checklist for Sport (CCS; Haney & Long, 1995). The data was analyzed by using SPSS Version 20.0 (SPSS Inc., Chicago, IL) Descriptive statistics, and ANOVA were conducted to find out the results. The level of significance was 0.05 level.

Results of the Study

Table 1
Descriptive Statistics of Coping Skills for Athletes from Individual Event and Team Games.

| | Type of Sport | Mean | Std. Deviation | N |
|----------------------|---------------|---------|----------------|-----|
| Engagement Coping | Athletics | 26.7125 | 5.18026 | 160 |
| | Volleyball | 26.7500 | 2.95322 | 80 |
| | Basketball | 26.1125 | 3.89740 | 80 |
| Disengagement Coping | Athletics | 11.4188 | 4.25814 | 160 |
| | Volleyball | 11.6875 | 4.32711 | 80 |
| | Basketball | 10.7750 | 3.57550 | 80 |

From the descriptive statistics on Coping Skill (CS) subscale Engagement coping, it is revealed that the mean score of individual event was 26.7125 (SD±5.18026). The mean score of volleyballers was 26.7500 (SD±2.95322) and the mean score of basketballers was 26.1125 (SD±3.89740). In case of Disengagement coping, the mean score of individual event was 11.4188 (SD±4.25814). The mean score of volleyballers was 11.6875 (SD±4.32711) and the mean score of basketballers was 10.7750 (SD±3.57550). The descriptive statistics on Coping Skill (CS) subscale Engagement coping revealed that volleyballers exhibit more engagement coping followed by athletes and basketballers. In case of Disengagement coping again volleyballers scored high followed by athletes and basketballers.

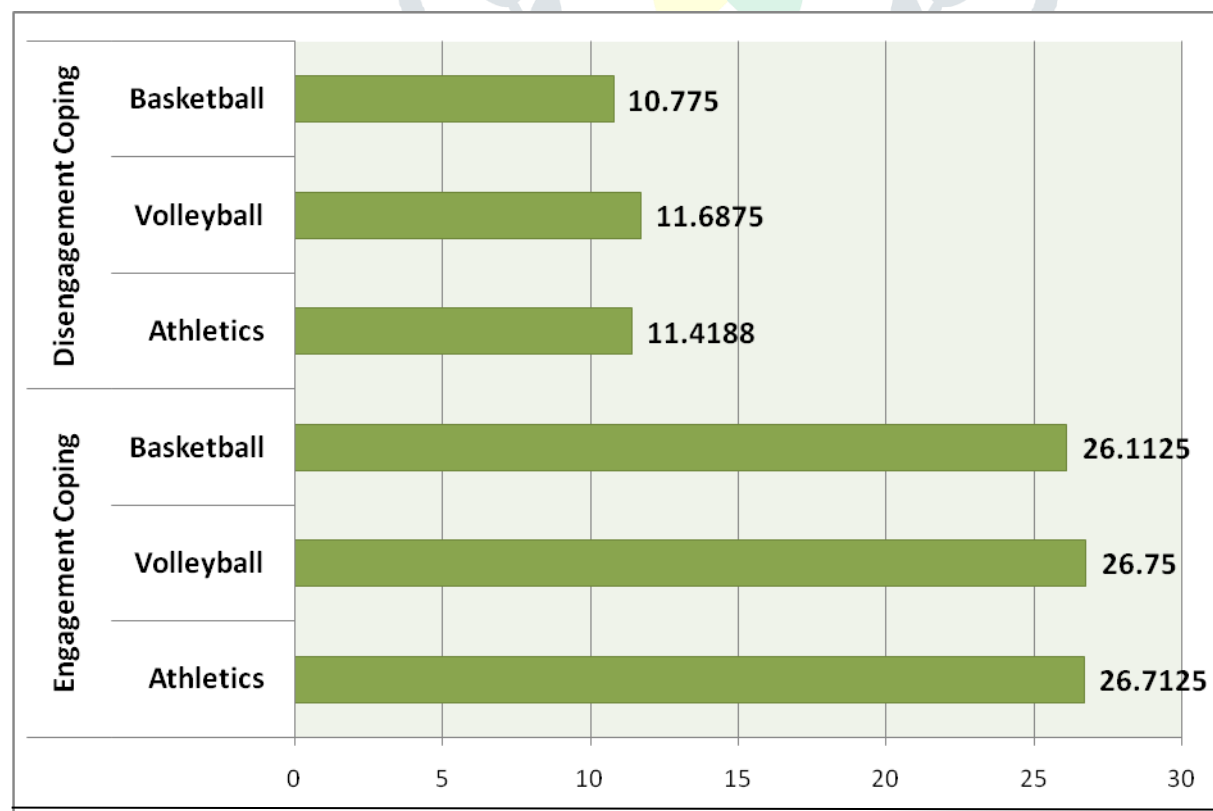


Figure 1. Mean Values of Coping Skill for Athletes from Individual Event and Team Games.

Table 2

Univariate Analysis of Independent Variable (Type of Sport) with Dependent Variables (Coping Skill)

| | Dependent Variable | Type III Sum of Squares | df | Mean Square | F | Sig. | Partial Eta Squared |
|---------------|----------------------|-------------------------|----|-------------|-------|------|---------------------|
| Type of Sport | Engagement coping | 22.584 | 2 | 11.292 | .610 | .544 | .004 |
| | Disengagement coping | 36.119 | 2 | 18.059 | 1.192 | .305 | .008 |

*significant at .05 level (2df)

In the Table 2, the ANOVA result reveals that in Coping skill, both dependent variables engagement ($F = .610$, $p < .544$) and disengagement coping ($F = 1.192$, $p < .305$) were not found significant at 0.05 level. Hence, there was no significant difference between individual event athletes (track and field) and team games athletes on coping skills.

The results of this study revealed that, there was no significant difference between individual sport and team game athletes among the coping skill subscales of engagement and disengagement.

Conclusions

1. It is concluded that there is no difference in coping skill subscale Engagement coping between individual event athletes and team games athletes.
2. It is concluded that there is no difference in coping skill subscale Disengagement coping between individual event athletes and team games athletes.

References

- Crocker, P.R.E., Kowalski, K.C., & Graham, T.R. (1998). *Measurement of coping strategies in sport. Advances in Sport and Exercise Psychology Measurement*. Morgantown, In J.L. Duda (Ed.), WV: Fitness Information Technology.
- Haney, C.J. (2004). Revision and development of a coping checklist for sport based on test administration immediately following participation, *International Journal of Testing*, 4(1), pp75-81.
- Haney, C.J., & Long, B.C (1995). Coping effectiveness: A path analysis of self- efficacy, control, coping and performance in sports competitions. *Journal of Applied Sport Psychology*, vol 25(19), pp1726-1746.
- Lazarus R. S., Folkman S. (1984). Stress, Appraisal and Coping. New York, NY: Springer, *International Journal of Testing*, 4(1), pp75-81.