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Rakesh Malik
Research Scholar,
Panjab University,
Chandigarh, India

Dr. Manmeet Gill
Associate Prof.
SGGS College, Sector 26,
Chandigarh, India

A comparative study regarding ways of coping among ball game players

Rakesh Malik and Dr. Manmeet Gill

Abstract

The practical aspect of dealing with individual strengths and weaknesses in complex circumstances has been acknowledged as ways of coping. Kelly (2014) stated that "Coping refers to the thoughts and actions we use to deal with stress. The objective of the present study was to compare ball game players in relation to their ways of coping. The subjects were 320 ballgame players of School, State and School National level from Haryana state. To measure score for ways of coping among players scale developed by Folkman & Lazarus, 1988 was administered. It was concluded that the ways of coping were significantly varying for all three games.

Keywords: Cyclist, cycling speed, core strength

Introduction

Now a days performance in sports is not only a matter of basic skills rather lots of variables influence it. The significance of psychological factors for improving performance has been forcefully advocated by many experts (Singer and Kane, 1975; Wein, 1973; Brooke & Whiting 1975; Bull, 1995) [5]. They suggest that individuals are affected not merely by their physical, technical and tactical qualities but also by their psychological makeup. Scientific methods have been introduced for determining abilities and maximizing them through training. High competition and rivalry in sports leads to stress among players. Thus need for application of relaxation techniques is seriously felt by organisers, coaches, sports authorities etc. Coping is strongly connected to sport and exercise because athletes are constantly under pressure to perform. Athletes has to face pressures like : coaches' expectations, injury, poor performances, skill difficulty, equipment failure, superior opponents and audiences which can trigger emotional stress . Athletes have to manage and cope with these demands and their own physiological, emotional, and psychological weaknesses and strengths.

Purpose of the Study

The purpose of this study was to compare the ways of coping among players of different ball games.

Hypothesis

There is no significant difference regarding ways of coping among various ball game players (Volleyball, Basketball and Handball).

Methods

Selection of Subjects: To achieve the purpose of the study 320 ballgame players of School, State and School National level from Haryana state were enrolled. Players included in the study were from wide range of 11 to 21 years.

Selection of criterion measures

Way of coping scale developed by Folkman & Lazarus, 1988 was administered.

Statistical Technique: One-way analysis of variance (ANOVA) inferential test was used to observe the difference among different ball game players.

Corresponding Author:
Rakesh Malik
Research Scholar,
Panjab University,
Chandigarh, India

Paired mean scores were measured using Scheffe's post hoc test to find the significant difference. Level of significance was 0.05 for all inferential analysis.

Results

The researcher had enrolled 320 male players of School, State and School National level from Haryana state. The profile of the players has been shown in Table 1:

Table 1: Profile of players

S. No.	Parameter	Frequency(Percentage)
1.	Age(years)	
	11 - 16	107(33.4%)
	17 - 21	213(66.6%)
2.	Type of game	
	Basket ball	96(30.0%)
	Hand ball	128(40.0%)
	Volley ball	96(30.0%)

The above table depicts that age distribution of players had majority players 213(66.6%) from 17-21 years age group. The proportion of basket ball and volley ball was same 96(30.0%). Hand ball players 128(40.0%) were in majority among all ball game players.

The comparison of average coping score among various ball game players in Table 2 was found to be significant according to test of variance ($F_{(2, 317)} 17.338$; $p < 0.000$ ($p < 0.001$)). For between groups, sum of squares and mean square were calculated as 13626.751 and 6813.375. Sum of squares and mean square for within groups were 124570.721 and 392.968.

Table 2: Comparison of mean coping score among ball game players

Type of game	N	Mean	Standard Deviation		Sum of Squares	df	Mean Square	F	p-value
Basket Ball	96	131.71	20.81	Between Groups	13626.751	2	6813.375	17.338	0.000 ^S
Hand Ball	128	115.98	17.46						
Volley Ball	96	121.85	21.68	Within Groups	124570.721	317	392.968		

S – significant (p-value < 0.05)

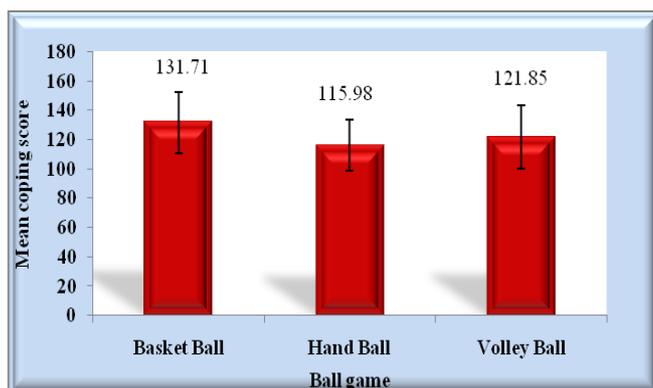


Fig 1: Mean coping score among ball game players

Figure 1, shows that basket ball players (M-131.71) had maximum average coping score than volley ball players (M-121.85) and hand ball players (M-115.98).

Table 3: Post-hoc results for coping score among different ball game players

Variable	Type of game			Mean difference	p-value
	Basket ball	Hand ball	Volley ball		
Coping	131.71	115.98		15.732	0.000 ^S
		115.98	121.85	-5.878	0.091 ^{NS}
	131.71		121.85	9.854	0.003 ^S

Table 3, here shows post-hoc mean comparison of coping score between various ball games. Utmost mean difference (15.732) was observed between basket ball and hand ball players and least (5.878) between hand ball and volley ball. Basket ball players had significantly coped well than hand ball players ($p < 0.000$; $p < 0.05$) and volley ball players ($p < 0.003$; $p < 0.05$). The mean coping score of volley ball players was somewhat but non-significantly ($p < 0.091$; $p > 0.05$) higher than hand ball players.

Conclusion

Highly significant difference was witnessed while comparing Ways of coping among all three game players. Basket ball players were frequent users of coping behaviour mentioned in scale with highest mean score. Least frequency of coping behaviour was witnessed among hand ball players. Coping strategies of basket ball players were significantly better than hand ball as well as volley ball players.

Earlier studies on ways of coping among players advocated mixed outcomes related to statistically significant difference. Similar to our study results Dr. Pallob Kumar (2019) [3] found significant difference for coping ability between two groups of 60 females (30 in each group of athletes and non-athletes) aged 20-25 years. Also it was observed that female athlete group executed well for approach/problem focused coping ability but non-athlete preferred avoidance coping ability to reduce stress. Contrary to present study results Sumitra Roy (2018) [4] concluded insignificant mean difference in coping scores of 30 male soft-ball players from two different states Odisha (n-15) and Manipur (n-15) while dealing with anxiety as well as depression. Even in another study Sumitra Roy (2018) [4] discovered non-significantly identical coping strategies among 26 female softball players of two different states Odisha (n-13) and Manipur (n-13) for depression and anxiety.

Thus it was experienced that various sports activities helped athletes to choose focused approach over avoidance in different manner.

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