



ANALYSIS OF COPING SKILLS AMONG INTER COLLEGE PLAYERS OF BODY CONTACT SEMI BODY CONTACT AND NON BODY CONTACT SPORTS

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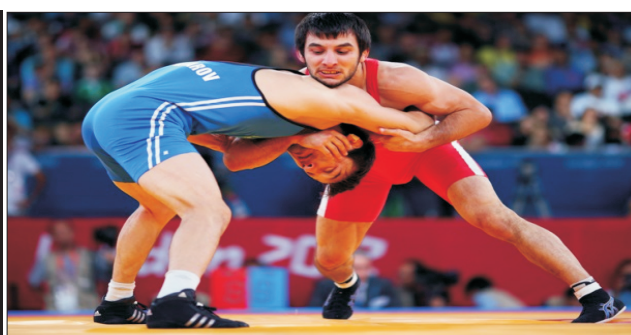
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ABSTRACT

The purpose of this study was coping skills among the player of body contact; semi body contact and non body contact sports at inter collegiate level. For the purpose of the study 60 players who was regularly practice the various body contact, semi body contact, non body contact games and participate in various tournaments in different various of the play ground and different weather condition were selected as subject and they clarified in to their categories from body contact semi body contact and non body contact games were purposively selected as subject for the study, ACSI-28; Smith, Schultz, Smo; & Placek 1995 to measure existing psychological coping skills inventory skill for each athlete data were collected with



regard to ACSI -28 variable from 60 players. The data was analyzed by applying descriptive statistics i.e: mean standard deviation. The level of signification was set a 0.05 finding of the study in relation to ACSI-28 reveals that a significant difference exists among body contact, semi body contact and non body contact game players

KEYWORDS: Analysis of Coping Skills, weather condition, body contact, semi body contact.

INTRODUCTION:

Sport is playful, competition, physical, skill, strategy and chance; and is physical

provides, the proper study of mankind is man, the proper study of physical education is sports" physical education imparting learning to choose appropriate physical activity for personal growth well being, and pleasure in performance. Sports are the physical activities played for conditioning, fitness and recreation, sports itself are a form of culture in the society. In this aspect, it stands for highly competitive and specialized motivation (Wilkeson and Doiles, 1979). Sport is differed in nature from are another in terms of its requirements of physical, physiological

psychological. Besides sport can be classified based on its structure of game. In sport, some of them where players have full contact with one another, medium contact with one another and no body contact with one another. Thus sport can be classified as full body contact, semi body contact and non body contact sports. The like of body contact sport may have differed in psychological aspects. Based on this the present study was carried out with the purpose of finding the influence of body contact, semi body contact, and non body contact on coping skills. Sport participants pertinent to body contact sport, semi body contact sport and non body contact sport may be difference significantly on coping skills namely coping with adversity, coach ability,

concentration, confidence and achievement motivation, goal setting and mental preparation, peaking under pressure and freedom from worry.

METHODOLOGY

The achieve the purpose of the study,60 players were selected random sampling method who participated with the inter collegiate level tournament from the affiliated college of Bharathidasan University. Their age group in between 18 to 23 . As the purpose of the study was how the nature of sports has significant impact over the coping skills, selected sport were segmented into body contact, semi body contact and non body contact sports. As the psychological variables underlying the performance were consider as variables for the present study, thus for psychological variables like performance failure appraisal such as coping with adversity, coach ability, concentration, confidence and achievement motivation, goal setting and mental preparation, peaking under pressure, freedom from worry. The Athletic Coping Skill Inventory-28 (ACSI-28; Smith, Schultz, Smo; & Placek 1995) was used to assess the psychological coping skill for each athlete. The ACSI-28 is a self-report questionnaire developed using exploratory and confirmatory factor analysis. The instruments consisted of a 28-item scale measuring' seven classes of sport-specific psychological coping skills including coping with adversity, peaking under pressure, goal setting and mental preparation, concentration; freedom from worry, confidence and achievement motivation and coach ability. Individuals were asked to respond to each statement by indicating how often they experienced different situations using a 4 point scale ("0'= almost never to "3"= almost always). The subscales were found to be internally consistent with alpha levels ranging from 0.62 to 0.78 and a total (personal coping resources) scale alpha of 0.86 as reported in Smith, Schutz, Smoll & Ptacek (1995). Detail information and description about subscales or classes showed at as figure. The collected data were analyzed by one way analysis of variance to find out the significance of mean difference of any one coping skills among the sport participant of body contact body, semi body contact, non body contact sport. Further, when the mean difference found to be significant on coping skills, as post hoc test would be applied to find out the pair which serve for significance of mean difference

Analysis and interpretation of data

Table-1: Descriptive Statistics on Coping With Adversity (CWA)

Variable	Games	N	Mean	Standard deviation
Coping With Adversity (CWA)	Body contact	20	7.45	1.67
	Semi-body contact	20	7.25	1.65
	Non-body contact	20	7.15	1.98
Coach Ability (CA)	Body contact	20	6.20	1.70
	Semi-body contact	20	5.90	1.92
	Non-body contact	20	5.65	1.84
Concentration	Body contact	20	7.65	2.64
	Semi-body contact	20	6.40	2.93
	Non-body contact	20	6.95	1.88
Confidence and Achievement Motivation	Body contact	20	7.60	1.76
	Semi-body contact	20	6.80	2.46
	Non-body contact	20	8.15	1.79
Goal Setting and Mental Preparation	Body contact	20	7.65	2.64
	Semi-body contact	20	6.40	2.93
	Non-body contact	20	6.95	1.88
Peaking Under Pressure	Body contact	20	7.85	1.93
	Semi-body contact	20	7.95	2.28
	Non-body contact	20	8.10	1.80
Freedom from Worry	Body contact	20	5.40	2.33
	Semi-body contact	20	6.60	2.52
	Non-body contact	20	4.60	2.01

Table 1. reveals the descriptive statistics on coping with adversity, Coach Ability, Concentration , goal setting and mental preparation, peaking under pressure, freedom from worry, confidence and achievement motivation and coach ability among the sport participants of body contact, semi-body contact sport and non body contact sport. This the mean and standard deviation among the sports participants are to coping with adversity 7.15 ± 1.98 (non body contact), 7.25 ± 1.65 (semi body contact) and 7.45 ± 1.67 (body contact sport), coach ability 5.65 ± 1.84 (non body contact), 5.90 ± 1.92 (semi body contact) and 6.20 ± 1.70 (body contact sport), concentration 6.95 ± 1.88 (non body contact), 6.40 ± 2.93 (semi body contact) and 7.65 ± 2.64 (body contact sport), confidence and achievement motivation 8.15 ± 1.79 (non body contact), 6.80 ± 2.46 (semi body contact) and 7.60 ± 1.76 (body contact sport), goal setting and mental preparation 6.95 ± 1.88 (non body contact), 6.40 ± 2.93 (semi body contact) and 7.65 ± 2.64 (body contact sport), peaking under pressure 8.10 ± 1.80 (non body contact), 7.95 ± 2.28 (semi body contact) and 7.85 ± 1.93 (body contact sport) and freedom from worry 4.60 ± 2.01 (non body contact), 6.60 ± 2.52 (semi body contact) and 5.40 ± 2.33 (body contact sport) respectively.

Table-2 Analysis of Variance on Coping With Adversity

Variable	Source	Ss	Df	Ms	F	Sig
Coping With Adversity	Between groups	0.93	2.00	0.47	0.15	0.86
	Within groups	179.25	57.00	3.14		
Coach Ability	Between groups	3.03	2.00	1.52	0.46	0.64
	Within groups	189.55	57.00	3.33		
Concentration	Between groups	15.70	2.00	7.85	1.24	0.30
	Within groups	362.30	57.00	6.36		
Confidence and Achievement Motivation	Between groups	18.43	2.00	9.22	2.24	0.12
	Within groups	234.55	57.00	4.11		
Goal Setting and Mental Preparation	Between groups	15.60	2.00	7.80	1.45	0.24
	Within groups	305.80	57.00	5.36		
Peaking Under Pressure	Between groups	0.63	2.00	0.32	0.08	0.93
	Within groups	231.30	57.00	4.06		
Freedom from Worry	Between groups	40.53	2.00	20.27	3.85	0.03
	Within groups	300.40	57.00	5.27		

Significance at 0.05 level

Table-2 reveals that the obtained F- value on coping with adversity (0.15), peaking under pressure (0.08), goal setting and mental preparation(1.45), concentration (1.24), , confidence and achievement motivation (2.24) and coach ability (0.46) to be significant at 0.05 level of significance, which requires the table value (3.16) for the degree of freedom (2, 57) Here the obtained 'F' value (0.15) was found to be insignificant. From the result, it was inferred that, the mean values on coping with adversity among the body contact sports, semi body contact sports and non-body contact sports of intercollegiate players was statistically insignificant. Besides the obtained F- value freedom from worry (3.85) to be significant at 0.05 level of significance, which requires the table value (3.16) for the degree of freedom (2, 57) Here the obtained 'F' value (3.85) was found to be significant.

Table- 3 Bonferroni Post Hoc Test

Non-body contact sports	Semi Body contact sports	Body contact sports	Mean Difference	Sig
4.60	6.60		2	0.02*
	6.60	5.40	1.20	0.31
4.60		5.40	0.80	0.83

*Significant at 0.05 level

Table-3 reveals that results on comparing the various type of sport on freedom from worries one of the coping skills freedom the results, it was observed that players belong to semi body contact sport were found to be better than the non body contact sport where as no significant difference was found between body contact and non body contact .

DISCUSSION ON FINDINGS

In variety of sports need plays an important role and bring out the players ability to different situations. Players with outstanding performances through coping skills development through the performance of the skill. Different types to handle tough competitive situations especially psychological skill. In the present study to explore the coping ability of body contact, semi body contact and non body contact sport. All sport persons need special quality of attitude and performance exposure in each and every match time. Semi body contact- football player need strength endurance agility to regain the ball position. Non body contact- cricket players need coordinative ability to handle catch positions compare to all the sport. Body contact- kabaddi need to develop the strength accuracy to scoring more points. In the present study shows that there is no significant improvement on following coping skills like coping ability, coach ability, concentration, confidence and achievements motivation ,goal setting and mental preparation and peak under preserve . In the performance of the freedom from worry to enhance the performance of the body contact sport, semi body contact sport and non body contact sport. It helps to develop the performance in various sports and enhance the performance and identify the better skill performance. The results of thev study are in line with the studies (Smith, R. E. (1989),) Prinz, R. J., E. A. Blechman, et al. (1994)

CONCLUSION

Based on the result the following conclusion have been made, in the present study the level of coping skills among the players of contact sport, semi body contact sports and non body contact sports. So as to study the impact of nature of sports on level coping skills among the players. For which the derived result were explained that players of body contact sport, non body contact sport and semi body contact were not differed in selected coping with adversity, goal setting, mental preparation, confidence and achievement. Other than the coping skills of freedom from worries. From the result derived it was concluded that type of sport has significant impact on level of coping skill because the resultant of responsibility and mental load varied among the player of body contact, non-body contact and semi body contact. Further it was concluded that player varied type of sport though they are differed in nature, the aim and objectives of participation are appeared to be similar, which would be the source for the lack of significance on level of coping skills among the player of body contact and semi body contact sport.

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