A STUDY OF WRESTLERS USES COPING STRATEGIES CONSISTENTLY DURING TRAINING SESSIONS BETWEEN COMPETITIONS

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I. INTRODUCTION

Coping has been recognized as a critical mediating factor in stress relationship in sports and exercise (Crocker & Gordan,198); Long,(1984); Mance & Carrol, 1989 ; Smith, (1980). Coping has been defined as constantly changing cognitive and behavioral effort to manage specific external and\or internal demands that are appraised as taxing or exceeding the resources of the person (Lazarus &Folkman,1984,). Coping responses, therefore, are dynamic conscious strategies that mediate between perceived stressful events and outcomes such as negative and positive emotions, somatic problems, and performance many sports psychology intervention investigations have implicitly recognized that a limited coping repertoire or the absence of specific coping skills is a contributing factors in inadequate performance and sport dissatisfaction (Crocker et al., 1988; Mace &Carroll, 1985 and 1989, Smith, 1980)

The importance of coping has been acknowledged as a critical factor in stress relations in physical activity settings. One issue in understanding the role of coping in sport concerns whether or not athletes use a consistent coping style to manage competitive demands. A strong dispositional view would advocate that individuals have a preferred set of coping strategies that are applied across time and different situations. An alternative coping consistency position is that individuals use a similar coping style within a specific area, such as competitive sport. For example, athletes would use the same pattern of problem and emotions focused coping in numerous athletic situations across time. Some sport researchers have implicitly assumed athletes cope in a consistent fashion and such styles can predict performance, psychological or health variables. These researchers have not, however, directly assessed if athletes cope in a consistent manner.

Some researchers have questioned whether coping is stable found that individuals with physical disabilities did not use a consistent style of coping across three challenging physical activity settings. Their findings, however, could have been produced by differences in the types of physical activities reported by an individual across the three assessments. These different activities may require different coping strategies for effective resolution. If a single type of sport or physical activity was assessed then researchers may find that athletes do cope in a consistent fashion. For example, athletes competing in sports like swimming face similar demands across races. This relatively constant environment may allow the athlete to apply to consistent pattern of coping strategies to regulate their race or training behavior overtime.

Coping and Coping Strategies

According to Lazarus (1984), coping can be defined as "constantly changing cognitive and behavioral efforts to manage specific external and or internal demands that are appraised as taxing or exceeding the resources of the person" coping can be subdivided between problem focused and emotional focused coping. Problem focused coping refers to cognitive and behavioral efforts used to change the problem causing the distress. These strategies may include problem solving, planning, suppressing competitive activities and increasing efforts.

Emotion focused coping on the other hand, involves strategies used to regulate emotional arousal and

distress. Strategies in this dimension include mental and behavioral withdrawal, denial and acceptance.

According to compass, (1987) whereas coping strategies are cognitive or behavioral actions taken in the course of a particular stressful episode. "Coping effectiveness is dependent on the compatibility between coping strategies and other variables in the stress and coping process, including individual characteristics, situational appraisals, and environmental factors (Billings& Moos, 1981).

II REVIEW OF LITERATURE IN THIS RESEARCH PAPER

Goyen and Anshel (2000) examined the sources of acute stress and related coping processes following stressful events in competitive sports for 65 adult (37 males and 28 Females), and, 74 adolescent (39 males and 35 females) athletes. The sources of intense acute stress and concomitant "typical" coping responses following acute stressors were identified. MANOVA indicated that stress intensity was a function of the type of stressful event females and adults, respectively, following performance- related stressors (e.g. making a physical or mental error). However, females reported higher stress intensity than males for the stressor, social evaluation; adolescents were more stressed than adults due to events related to the actions of (e.g. coach and parents hassling or criticizing, spectators booing). Chi-square analyses indicated significant age gender differences in the frequency with which selected coping strategies were used as a function of the stressor. Males preferred problem-focused coping and females used emotion focused coping after stressors, experiencing pain injury, being intimidated by opponents, and parental criticism. However, Emotion- focused coping was more common among adolescent males than adolescent females in response to a cheating opponent. Age, Gender, and characteristics about the stressful event, supporting the transactional coping model, should jointly be taken into consideration when investigation the coping process in sport. Implications of these result include the need for coaches and parents to be cautious in their communication style when providing critical feedback on performance. They to younger athletes use maladaptive coping skills more often than older-aged competitors. They are more susceptible to both acute and chronic

forms of stress in sport. Examining the manner in which the coping process changes from adolescence to adulthood following stressful events in competitive sport clearly warrants further study.

Parnabas Mahmood and Boateng (2009) studied the relationship between competitive anxiety and coping strategies among athletes of different levels of representation in Malaysian sport (national, state, district, university, and school levels) and gender902 Malaysian athletes and comprised of national athletes (N=53), state athletes (N=395), district athletes (N=120), university athletes (N=211), and school athletes (N=123), completed a 27-item competitive state anxiety inventory -2, a 16-item positive coping Anxiety strategies (cognitive and somatic), and a 3-item Negative coping strategies. The data for the competitive state Anxiety Inventory -2 was collect twice, before and during competition the analysis of data showed that male and national athletes level athletes used the highest level of cognitive strategies. They also found that male and district level athletes used the highest level of negative coping strategies. A negative correlation was also found between cognitive and somatic coping strategies, and cognitive anxiety. National and state level athletes had the highest level of performance and school level athletes the lowest. Athletes, who used the highest level of cognitive, somatic or negative coping strategies achieved the highest performance in sports.

Craike , Coleman and MacMahon (2013) tried to assess a model, which included dispositional coping, coping effectiveness, and cognitive social maturity. We predicted that cognitive social maturity would have a direct effect on coping effectiveness, and also an indirect impact via dispositional coping. Two hundred forty-five dolescent athletes completed measures of dispositional coping, coping effectiveness, and cognitive social maturity, which has three dimensions: conscientiousness, peer influence on behavior, and rule following. Using structural equation modeling, they found support for their model, suggesting that coping is related to cognitive social maturity.

Smith et .al (2011) examined the relationship between perceived coaching behaviors, coping strategies during a sport competition, and sport achievement. They used a prospective design in which 80 athletes from individual sports completed measures of perceived

coaching behaviors two days before a competition (Time 1) and measures of coping and sport achievement within three hours after a sport competition (Time 2).Results of multiple regressions indicated that supportive coaching was a positive predictor of task-oriented coping and sport achievement whereas unsupportive coaching was a positive predictor of disengagement-oriented coping. Both types of coping were significantly associated with sport achievement. Task-oriented coping was a significant partial mediator in the relation between supportive coaching and sport achievement. Their study contributes to both the coaching and coping literatures, highlights the role of supportive coaching behaviors in the initiation of effective stress management during sport competitions.

Grove, Lavalleeand Gordon(2008) observed that competitive athletes are confronted with a number of adjustments during the career ambition process. They college information from, 48 former elite-level athletes about financial, occupational, emotional, and social adjustment to retirement from sport. Identity at the time of retirement was also assessed, along with self- reported use of various coping strategies and the perceived quality of adjustment to retirement. Results indicated that acceptance, positive reinterpretation, planning, and active coping were the most frequently used coping strategies during the career transition process. At the same time, athletic identity at the time of retirement exhibited significant relationships to coping processes, emotional and social adjustment, pre-retirement planning, and anxiety about career decision- making.

Objective of this Study

The objective of this study has wrestlers use consistent coping strategies during competitions and training sessions used between competitions.

Collection of data

Wrestlers were assessed during wrestling meets and one week training period following each meet. The first assessment familiarized the participant with the testing protocol. The last assessment was used for the primary analysis to determine coping consistency.

During the competition, each subject was assessed separately. Each subject was asked to identify most important bout for each meet. Within an hour period following the identified meet, coping was evaluated. Each subject was guided through the coping

questionnaire and provided with clarification if requested. Participant were asked to indicate how much they had used each of the coping strategies in the period immediately leading up to and including the meet. For competition only the following eight coping scales were assessed: active coping, planning, suppression of competition activities, positive reinterpretation, venting of feelings, humor, wishful thinking, and self-blame.

Analysis of Data

The statistical analysis of data (Appendices A and B) on various coping scales collected on 63 male Inter-university wrestlers during competition and practice after each competition during the session 2012-2013 and 21013-2014 has been presented in this chapter. The age of subjects ranged between 17 to 25 years .

The data of three assessments was used to find out the coping consistency at various competitions and training after each competition. The data on each coping scale was analyzed separately.

Two facet design (Wrestler x Situation) was used to analyses the data. This procedure allows the estimate of variance due to wrestler, situation (either wrestling tournament or practice) and the interaction of person (Wrestlers) and situation (competition/ practice)

The interpretation of interaction component is that over and above the main effects of wrestlers and situations, at least some wrestlers score higher in a coping scale in some competitive situations and lower in other competitive situations. For example if wrestler is using a coping strategy in a consistent manner across competition / practice will be reflected by a low wrestler by situation interaction component. If the strategy is not being used consistently then the wrestler by situation interaction component would be high.

III CONCLUSION

The result of the study has wrestlers were inconsistent in their coping style during competition and training\practice between competitions thus results do not support the style view of coping.

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