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Comparison of coping strategies between Basketball and Volleyball University players

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Abstract

The purpose of the present study was to find out the comparison of coping strategies between Basketball and Volleyball university players. Coping strategies was used as a test tool. This study was conducted on twenty Basketball and twenty Volleyball players of G.G.U Bilaspur (C.G). The player's age ranged from 18 to 25 and have been selected randomly as subject. The data for the purpose of the study was collected at the G.G.U Bilaspur (C.G) by administering the coping strategies questionnaire. Independed 't' test was applied as statistical treatment. The statistical implementation revealed that there was significant difference between Basketball and Basketball players in their score of coping strategies.

Keywords: coping strategies basketball and volleyball player

1. Introduction

Coping is a multidimensional self-regulation construct that represents the constantly changing behavioral and cognitive mechanisms used to manage the ongoing internal and external demands of a specific stressful episode (Lazarus & Folkman, 1984) ^[10]. Athletic careers are filled with fluctuations of fortune that allow athletes to experience both the thrill of victory and the agony of defeat within their own career. Coping has been proposed as an essential factor to understand why some athletes perform better than others (Hardy, Jones, & Gould, 1996) ^[9], Coping can be described in terms of strategies, tactics, responses, cognitions, or behavior. Actual coping is a phenomenon that can be noticed either by introspection or by observation, and it includes internal events as well as overt actions. Several researchers have conceived coping as one of many self-regulatory processes that provide an individual with the capacity to modulate thoughts, affects, and behaviors over time and across changing environments (e.g., Compas, Connor-Smith, Saltzman, Thomsen, & Wadsworth, 2001) ^[6]. Athletic careers are filled with fluctuations of fortune that allow athletes to experience both There is no question that people differ in their ability to cope successfully with stressful situations. Such differences result primarily from the attitudes and coping skills that are learned during the childhood and adolescent years. the thrill of victory and the agony of defeat within their own career. two dimensions have been proposed quite systematically: task-oriented and disengagement-oriented coping (Skinner, Edge, Altman, & Sherwood, 2003). These dimensions are based on the distinction between approach and avoidance coping (Roth & Cohen, 1986) and, more specifically, on the difference between engagement and disengagement coping (e.g., Compas *et al.*, 2001) ^[6]. According to Lazarus and Folkman (1984) ^[10] have defined coping as a dynamic process of cognitive and behavioral attempts to deal with internal or external demands which are experienced as taxing or exceeding the individual's resources. Crocker, Kowalski, and Graham (1998) ^[5] and Lazarus (1999) said that coping represents an individual's cognitive, affective, and behavioral efforts to manage specific external and/or internal demands, Different coping strategies have to be employed by athletes as they face different critical situation. Kristiansen, Roberts and Abrahamsen (2007), said that different sports have different sources of stress, and consequently participants require special strategies, Crocker, Kowalski, and Graham (1998) ^[5] and Lazarus (1999) said that coping represents an individual's cognitive, affective, and behavioral efforts to manage specific external and/or internal demands.

2. Methodology

In this section. selection of subject, criterion measure, Collection of data and statistical procedure for analyzing the data have been described.

2.1 Selection of Subject

In this study twenty Volleyball and twenty Basketball player of G.G.U Bilaspur (C.G) were selected as subject. The player age ranged from 18 to 25 year

2.3 Selection of Variables

Coping strategies was selected as variables

2.4 Collection of Data

The data for the purpose of the study was collected from G.G.U Bilaspur (C.G) Questionnaire for coping strategies was administered on the subject for collection of data

2.5 Procedure and Tool

Coping strategies scale design by Prof. A.K. Srivastava was used. The test consists of a set 50 incomplete statement which were to be completed by choosing never. Rarely. sometimes, most of the time. the responses value ranged from 0-200. After the objective of test were explained the subject were asked to answer each statement as possible and truthfully.

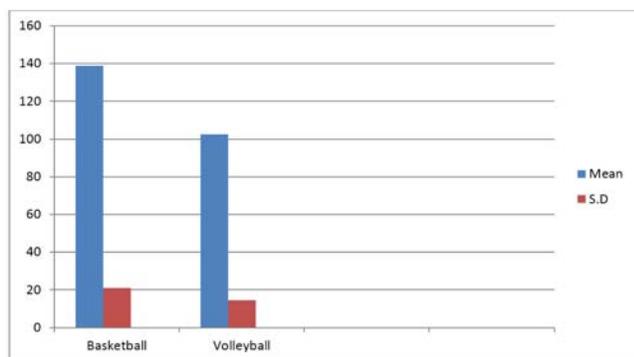
2.6 Stastical Procedure

In this study to find out the difference coping strategies between Volleyball and basketball university player. The t test was used as the statistical treatment.

Table 1: Comparison of Mean Value of Volleyball and Basketball Player in relation to Coping Strategies

Group	Mean	S.D	t-Value
Basketball	139.01	21.03	2.89
Volleyball	102.44	14.44	

Significant at .05,



3. Discussion and Finding

From the finding of the study it may be concluded that the Volleyball and Basketball player were found statically different with regards to coping strategies in performance. the basketball player were better in coping strategies this may be due to the fast dribbling system in basketball that developed there coping strategies more pronouncedly than the volleyball player

4. Conclusion

As per statistical implementation the result of the study indicate that. there was a significant difference in coping strategies between Volleyball and Basketball player at G.G.U Bilaspur (C.G)

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