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Coping Strategies between Volleyball and Handball University Male Players

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Abstract

The purpose of the present study was to compare the coping strategies between Volleyball and Handball university male players. Coping strategies was used as a test tool. The study was conducted on total thirty Volleyball and Handball university (15 from each game) male players of Guru Ghasidas Vishwavidyalaya, 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 Guru Ghasidas Vishwavidyalaya by administering the coping strategies questionnaire. Independent 't' test was applied as statistical treatment. The statistical implementation revealed that there was significant difference between Volleyball and Handball university male players in their score of coping strategies.

Keywords: Coping strategies, Volleyball and Handball.

Introduction

Coping strategies refer to the specific efforts, both behavioral and psychological, that people employ to master, tolerate, reduce, or minimize stressful events. According to Lazarus and Folkman (1984) ^[10] have defined coping as a dynamic process of cognitive and behavioural attempts to deal with internal or external demands which are experienced as taxing or exceeding the individual's resources. Crocker, Kowalski, and Graham (1998) ^[4] 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.

Positive coping responses

- Listening to music
- Playing with a pet
- Laughing or crying
- Going out with a friend (shopping, movie, dining)
- Taking a bath or shower
- Writing, painting, or doing other creative activities
- Praying or going to church
- Exercising or getting outdoors to enjoy nature
- Discussing situations with a spouse or close friend
- Gardening or making home repairs
- Practicing deep breathing, meditation, or muscle relaxation
- Making and following through with an action plan to solve your problems.\

Negative coping responses

- Criticizing yourself (negative self-talk)
- Driving fast in a car
- Chewing your fingernails
- Becoming aggressive or violent (hitting someone, throwing or kicking something)

- Eating too much or too little or drinking a lot of coffee
- Smoking or chewing tobacco
- Drinking alcohol
- Yelling at your spouse, children, or friends
- Taking a recreational drug, or misusing prescription medicine
- Avoiding friends and family

A variety of idiosyncratic coping measures exist, but in recent years, researchers have typically used one of two instruments: the Ways of Coping measure (Folkman & Lazarus, 1980) [17] or the COPE (Carver, Scheier, & Weintraub, 1989) [15]. The Ways of Coping was developed by Folkman, Lazarus, and their associates (Folkman, Lazarus, Dunkel-Schetter, De Longis, & Gruen, 1986) [18]. It is an empirically-derived inventory of specific ways in which people might cope with a stressful event.

Objectives of the Study

- To compare the coping strategies between Volleyball and Handball male university players.

Methodology

The selection of subjects, criterion measure, collection of data and statistical procedure for analyzing the data has been described below.

Selection of Subject

In this study total thirty Volleyball and Handball university (15 from each game) male players were selected as subjects of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.). The player’s age ranged from 18 to 25 year.

Selection of Variables

Coping strategies was selected as a variable for the purpose of present study.

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.

Procedure and Tool

Coping strategies scale designed 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. The test was properly explained and the subjects were asked to answer each statement truthfully. After the appropriate instructions, the questionnaires were filled up by the students under the supervision of the researcher.

Statistical Procedure

To find out the difference in coping strategies between Volleyball and Handball university male players, Independent ‘t’ test as statistical treatment was performed for comparison between two groups, $p < 0.05$ was considered statistically significant. Data analysis was performed using SPSS 17.0 software under windows.

Table: Comparison of mean value of Volleyball and Handball Players in relation to coping strategies

Group	N	Mean	S.D.	‘t’ value
Volleyball	15	109.40	29.18	1.88
Handball	15	127.07	21.58	

Required ‘t’ value (28, 2) d.f. =2.04

Table-1 indicates that mean and standard deviation of coping strategies in Volleyball university male players have been reported 109.40 and 29.18 respectively. Further the mean and standard deviation of coping strategies in Handball university male players have been reported 127.07 and 21.58.

Above table also indicates that obtained ‘t’ value of Volleyball and Handball university male players has been reported 1.88 which is lower than the tabulated value 2.02. This reveals that there is no statistically significant difference in coping strategies between Volleyball and Handball university male players at 0.05 level of significance.

Discussion and Findings

In the present study it may be concluded that the coping strategies of Handball players (127.07±21.58) was greater than the Volleyball players however the p-value was not statistical significant. Handball is more combative in nature than Volleyball and requires better coping strategies and a fine level of competency. This is why mean of Handball players in coping strategies was much higher than the volleyball players but it could not be enough greater to make it statistically significant than the Volleyball players.

Conclusion As per statistical implementation the result of the study indicate that there was no significant difference in coping strategies between Volleyball and Handball university male players of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.).

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