

Comparative Study of the Ways of Coping among Different Ball Game Players of Haryana

RAKESH MALIK

Research Scholar

Department of Physical Education, Panjab University, Chandigarh (U.T.) India

ABSTRACT

The present study has been designed to compare the ways of coping among different game players of Haryana schools. A sample of three hundred twenty (N=320) players from different sports disciplines i.e. basketball, handball and volleyball from Haryana were selected for the present study. Out of total sample, ninety six (n=96) were basketball players, one hundred twenty eight (n=128) were handball players and ninety six were volleyball players (n=96). All subjects were selected while using the random sampling technique. All were male participants of Haryana school games and National School games respectively. To obtain the required information with regard to the ways of coping among different game players of Haryana schools, Questionnaire constructed by the Folkman & Lazarus, 1988 were used. Analysis of Variance (ANOVA-One way) was used to compare the mean values among the players of different games of Haryana School. The level of significance was set at 0.05. The results of the study indicated that the statistically significant ($p=0.000$ ($p<0.001$)). Furthermore, Results also demonstrate the multiple comparison of coping score between ball games. Basketball players had significantly coped well than Handball players ($p=0.000$; $p<0.001$) and Volleyball players ($p=0.003$; $p<0.01$). The mean coping score of Volleyball players was somewhat but non-significantly ($p=0.091$; $p>0.05$) higher than Handball players.

Key Words : Ways of Coping, Basketball, Handball, Volleyball, School

INTRODUCTION

Coping with stressful situations involves the utilization of cognitive and behavioral strategies aimed toward reducing stress levels (Compas, 1987). Coping styles reflect the tendency to respond predictably when confronted with stress either across situations, over time within a given situation (Compas, 1987). However, some coping styles may be either adaptive or maladaptive in reducing individual stress levels. The use of adaptive styles of coping with environmental stress has been identified as being a moderating variable or a buffer to the potentially harmful consequences of stress. For example, adaptive coping styles buffer individuals from an increased susceptibility to physical illness (Cohen *et al.*, 1993) and the occurrence of athletic injury (Heil, 1993).

One's expertise knowledge and experiences associated with stress must divulge one to the reasons of pressure, including time constraints, workload, health-related issues and monetary problems,

which may exert extra pressure on the person than he/she can truly cope with. It's miles on this light that Goldberger and Breznitz (1993) agreed with Lazarus and Folkman (1984) that pressure turned into a situation or feeling experienced when someone perceived that needs handed the private and social resources that the character was able to mobilize. To them, humans experience little stress once they have the time, enjoy and resources to manipulate a scenario. However, task demands or workload at place of work may from time to time exert an excessive amount of pressure than you may bear, leading to bodily fatigue and breakdown. Stoppler (n. d.) additionally emphasized that physical, chemical or emotional factors induced bodily or intellectual unrest. The physical and chemical factors blanketed trauma, infections, toxins, ailments and injuries of all kinds. The emotional reasons of pressure and anxiety had been but, many and varied (Stoppler, n. d.).

The realm of this study indicates that different ways of coping with the situation are very much subjective to every athlete. The various ways of coping with stress, anxiety etc., marks the differences among players. Therefore, an attempt has been made by the researchers to investigate the ways of coping among the players of different ball game players of Haryana.

METHODOLOGY

The present study was designed to compare the ways of coping among the different ball game players of Haryana. A sample of three hundred twenty (N=320) players from different sports disciplines *i.e.* basketball, handball and volleyball from Haryana were selected for the present study. Out of total sample, ninety six (n=96) were basketball players, one hundred twenty eight (n=128) were handball players and ninety six were volleyball players (n=96. All subjects were selected while using the random sampling technique. All were male participants of Haryana school games and National School games respectively. To obtain the required information with regard to the ways of coping among different game players of Haryana schools, Questionnaire constructed by the Folkman and Lazarus (1988) were used. Analysis of Variance (ANOVA-One way) was used to compare the mean values among the players of different games of Haryana School. Furthermore, Scheffe's Post-hoc test was applied to compare means of groups that had determined having some overall statistically significant differences. The post hoc tests helped to determine if particular pairs of values were significantly different from each other. The level of significance was set at 0.05.

RESULTS AND DISCUSSION

Descriptive Statistics and Significance of Mean Difference of Ways of Coping among different ball game players of Haryana has been presented in Table 1.

Table 1 : Descriptive Statistics and Significance of Mean Difference of Ways of Coping among different ball game players of Haryana						
Variable	Basketball (96)		Handball (128)		Volleyball (96)	
	Mean	SD	Mean	SD	Mean	SD
Ways of Coping	131.71	20.81	115.98	17.46	121.85	21.68

Table 2 shown the Mean and SD values of ways of coping among basketball, handball and volleyball players of Haryana School as 131.71±20.81, 115.98±17.46 and 121.85±21.68, respectively. The Std. errors of all the groups were found to be 2.124, 1.544 and 2.142 respectively. The 'f'-

value 22.031 and p-value (sig.) .000 were found to be statistically significant ($p < 0.05$). While comparing the mean scores of all the groups, it has been observed that volleyball players demonstrated significantly more mentally tough than their basketball and handball players counterparts.

Variable	Group	N	Mean	SD	Std. Error	f-value	p-value (Sig.)
Ways of Coping	Basketball	96	131.71	20.81	2.124	22.031	.000
	Handball	128	115.98	17.46	1.544		
	Volleyball	96	121.85	21.68	2.142		

*Significant at 0.05 level

Table 3, above depicts the multiple comparison of mean score of ways of coping attained by various ball game players. Basketball players had significantly coped well than handball players ($p < 0.000$; $p < 0.001$) and Volleyball players ($p < 0.003$; $p < 0.01$). The mean coping score of Volleyball players was somewhat but non-significantly ($p < 0.091$; $p > 0.05$) higher than Handball players.

Variable	Type of Game			Mean Difference	p-value
	Basketball	Handball	Volleyball		
Ways of Coping	131.71	115.98		15.732	0.000*
		115.98	121.85	-5.878	0.000 ^{NS}
	131.71		121.85	9.854	0.003*

The graphical representation of mean scores ways of coping among the basketball, handball and volleyball players of Haryana has been presented in Fig. 1.

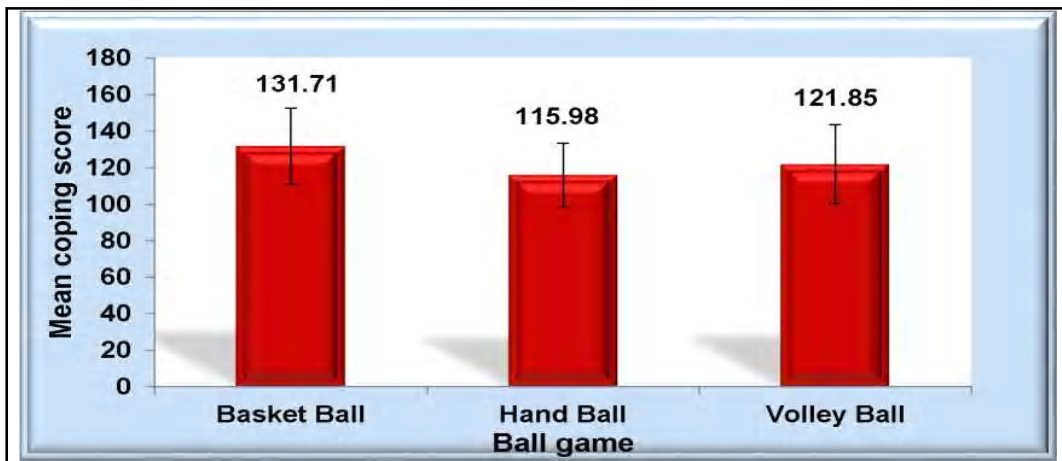


Fig. 1 : Mean score of ways of coping among basketball, handball and volleyball players of Haryana

In Fig. 1, the mean score of ways of coping among basketball, handball and volleyball players of Haryana shown by bar graph. It was observed that basketball players (M-131.71) had maximum

average coping score than volleyball players (M-121.85) and Handball players (M-115.98).

The comparison of average coping score among various ball game players is shown in Table 1 where it was found to be statistically significant ($p=0.000$ ($p<0.001$)). Furthermore, Table 2, demonstrate multiple comparison of coping score between ball games. Basketball players had significantly coped well than Handball players ($p=0.000$; $p<0.001$) and Volleyball players ($p=0.003$; $p<0.01$). The mean coping score of Volleyball players was somewhat but non-significantly ($p=0.091$; $p>0.05$) higher than Handball players. The outcome of the study might be due to the reason that in Haryana people are strong, fighter and mentally tough. As agriculture is the main occupation of the people of the Haryana a difficult profession. That raises the quality of coping the various difficulties of the society. Ability of Coping with the problems and issues may also be present among the players participate the various ball games in Haryana School. The results of the present study are in line with the findings of Roy and Ghosh (2018) concluded insignificant mean difference in coping scores of 30 male Softball 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) 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. Study results of (Acharya and Nayak, 2018) found significant and positive relationship between the athlete's goal orientation and his/her psychological coping skills among 85 athletes, including male (n-35) and female (n-50) aged between 19 and 28 years. Kumar (2018a) 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. It was also observed that female athlete group executed well for approach/problem focused coping ability but non-athlete preferred avoidance coping ability to reduce stress. Thus, sports helped athletes to choose focused approach over avoidance. Opposing to these results our study witnessed significant differences within ball and ball-bat game players but between groups, mean difference was non-significant (Kumar, 2018 b & c).

Conclusion:

It is concluded that the significant difference were found in ways of coping among various ball game players were statistically significantly different. Basketball players most frequently used the described coping behaviour of the scale compared to Volleyball and Handball players. Thus, the results of the present study reveals significant ($p<0.05$) difference in ways of coping for the ball game players of Haryana.

Recommendations and Suggestions:

While observing the findings and conclusion of the study it can be inferred that future researches can be done in the suggested direction. Similar study can be conducted based on performance level of players as beginners, state, national and international level players. Besides Haryana other states can be included in the study for generalized assumption.

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