

## COMPARISON COPING WAYS OF ATHLETES AND SEDANTERS

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### Abstract

Stress is a term in psychology and biology, first coined in the biological context in the 1930s by H. Selye (1956). It refers to the consequence of the failure of an organism – human or animal – to respond appropriately to emotional or physical threats, whether actual or imagined. It was defined as an action against conditions like a number of conditions that prevents individuals to respond in an adequate and instrumental way to environmental stimuli, tiredness, tension, sadness, physical damage nervous breakdown or loss of self-esteem (A. Balcı, 2000). Coping refers to an individual's constantly changing cognitive and behavioral efforts to manage external and internal demand or conflicts (R.S. Lazarus S. Folkman 1984) like stress. The aim of this study was to compare the mean between coping ways of the athletes and sedanters to the stress. Study was tried to demonstrate whether there was a significant difference between the research groups by the results of this survey.

The research method was descriptive and survey. The study was conducted by the athletes and sedanters in both Elazığ and Kastamonu Provinces of Türkiye. N.H. Şahin and A. Durak's study (1995) "validity and reliability of Coping Ways Inventory for Turkish was used for collecting data which was developed by S. Folkman & R.S. Lazarus's (1980). The participants were all Turkish.

As a result of this study, data were recorded on statistical package programme for the statistical analysis and standard deviation, standard error, mean have been determined. The differences between groups have been examined by t-test in the significance level 0.05. In this study there were 320 volunteer athletes and sedanters. Among the 320 participants there were 52 female athletes, 75 female sedanters and 108 male athletes, 85 male sedanters. Athletes were consist of twelve branches. The ages of the sample ranged from 12 - to 81, with a mean of 13, 86 (SD = 7,270 ). Education rate and incomes are similar within the athlete group but they are all different in sedanter group.

In conclusion, the findings of the study confirmed a meaningful only two fields (helplessness, Optimism). In the field of helplessness, statistically significant difference was found between the athletes and sedanters ( $P < 0,05$ ) It was seen that Athletes helplessness mean score was higher than sedanters. Optimism mean score also was found significant in our study ( $P < 0,05$ ) because athletes mean score was higher than sedanters The other three fields (Self-Confidence, Submissiveness, Social support) were found meaningless between athletes and sedanters.

**Key words:** Coping Ways, Athletes, Sedanters.

### Introduction

"Stress, like Einstein's theory of relativity, is a scientific concept which has suffered from the mixed blessing of being too well known and too little understood." (H. Selye, 1956)

As a word, stress is the physical and mental tension that reduces the durability or the defense mechanism against it (Turkish language Institute).

Stress is a term in psychology and biology, first coined in the biological context in the 1930s by Selye. He later broadened and popularized the concept to include inappropriate physiological response to any demand. In his usage stress refers to a condition and stressor to the stimulus causing it. It has become commonly used in popular parlance. It refers to the consequence of the failure of an organism – human or animal – to respond appropriately to emotional or physical threats, whether actual or imagined.

It was defined as an action against conditions that prevent individuals to respond in an adequate and instrumental way to environmental stimuli, tiredness, tension, sadness, physical damage nervous breakdown or loss of self-esteem (A. Balcı, 2000).

With the determination of the American Institute of Stress which found nearly 50 symptoms of

stress both physical and emotional (2010). Signs of stress may be cognitive, emotional, physical or behavioral.

Signs include poor judgments, a general negative outlook excessive worrying, moodiness, irritability, agitation, inability to relax, feeling lonely, isolated or depressed, aches and pains, diarrhea or constipation, nausea, dizziness, chest pain, rapid heartbeat, eating too much or not enough, sleeping too much or not enough, social withdrawal, procrastination or neglect of responsibilities, increased alcohol, nicotine or drug consumption, and nervous habits such as pacing about, nail-biting and neck pains.

In addition to all, E. Hall and R. Abacı (1997) said that stress would hurt interpersonal relationships and impact individual's professional performance in a negative way.

The situations and pressures that cause stress are known as stressors. We usually think of stressors as being negative, such as an exhausting work schedule or a rocky relationship. Brian Luke says; "Situations, circumstances or any stimulus that is perceived to be a threat is referred to as a stressor, or that which causes or promotes stress."

Both negative and positive stressors can lead to stress. The intensity and duration of stress changes

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Received 22.08.2011 / Accepted 17.11.2011

depend on the circumstances and emotional condition of the person who is suffering from it.

Coping is to afford somethings and able to fight with difficulties (TDK) and an unconscious mechanism of defense.

Coping refers to an individual's constantly changing cognitive and behavioral efforts to manage external and internal demand or conflicts (Lazarus & Folkman 1984). These demands are appraised as taxing or exceeding the individual's resources. Recent conceptualizations of coping have focused on coping as a process rather than as simply a reaction to a stressor (R.S. Lazarus, S. Folkman 1984). That is, coping encompasses the range of purposeful responses to a stressor, from appraisal of the situation (e.g., assessing the situation relative to degree of threat) to stress management via effortful response (e.g., relaxation strategies, social support). Moreover, coping includes all attempts to manage stress (both cognitive and behavioral efforts), regardless of the effectiveness of the attempt (B.E. Compas, 1987).

Stress and Coping occur in accordance with the human personality traits and depending on how the evaluations.

Similar personality factors are called Personality Traits. Research has indicated that certain personality traits can make us more vulnerable to stress. People with such traits are known as Type A personalities. Type A's tend to be more competitive, more impatient, have time urgency when compared to the more relaxed and laid back Type B personalities. It's important to realise that we are all a mixture of type A and B personality traits but if we are excessively type A this can make us more vulnerable to stress.

Regarding functions of coping styles, there seem to be two main sources namely, problem-focused coping and emotion-focused coping (Folkman, 1984). Problem focused coping refers to engaging in activities that directly aims at reducing or diminishing the stressfulness of the situation. On the other hand, in emotion focused coping aim is to alleviate negative emotions by reinterpreting the situation or by distancing oneself from the stress-evoking event, by strategies like avoidance.

Lazarus argued that in order for a psychosocial situation to be stressful, it must be appraised as such. He argued that cognitive processes of appraisal are central in determining whether a situation is potentially threatening, constitutes a harm/loss, a challenge, or is benign. Both personal and environmental factors influence this primary appraisal, which then triggers the selection of coping processes. Problem-focused coping is directed at managing the problem, while emotion-focused coping processes are directed at managing the negative emotions. Secondary appraisal refers to the evaluation of the resources available to cope with the problem, and may alter the primary appraisal.

In other words, primary appraisal also includes the perception of how stressful the problem is; realizing that one has more than or less than adequate resources to deal with the problem affects the appraisal

of stressfulness. Further, coping is flexible in that the individual generally examines the effectiveness of the coping on the situation; if it is not having the desired effect, she/he will generally try different strategies

Windle and Windle (1996) have noted "the positive and negative influences that different coping responses may exert on adaptation". In general, task- or problem-oriented coping styles are positively related to adaptation and good health; emotion-oriented coping styles are negatively related to adaptation and good health (B.E. Compas, et al., 1988).

There are three basic coping strategies for coping with the stress. First of all Peoples choose Coping with the stress when it occurred. Secondly fight against this, or lastly they escape from this situation. When a stress managements plan is creating or when an individual take the stress resources, He must decide about which strategy will be appropriate.

As Endler and Parker (1994) have noted, coping strategies are intricately related to an individual's approach to stressful life events. Specific coping styles can either promote physical and mental health or exacerbate illness.

In this study we are working on the athletes and sedanters groups so we have to give informations about physical activities, sedanters and works which was done before about the activity and mental results.

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It was discovered in 1949 and reported in 1953 by a team led by J.N. Morris.

The benefits of exercise have been known since antiquity. Marcus Cicero, around 65 BC, stated: "It is exercise alone that supports the spirits, and keeps the mind in vigor. It is performed for various reasons. These include strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance and for enjoyment. Frequent and regular physical exercise boosts the immune system, and helps prevent the "diseases of affluence" such as heart disease, cardiovascular disease, Type 2 diabetes and obesity.

Physical activity is a vital part of a healthy lifestyle and has been linked to a reduced risk of developing a wide variety of diseases, as well as been found to promote psychological wellbeing, reduce stress, anxiety, depression and loneliness, and promote social interaction and integration (US Department of Health and Human Services, 2000; World Health Organization, 2002; 2003).

An important conclusion of the 1997 President's Council on Physical Fitness and Sports Report, Physical Activity and Sport in the Lives of Girls, stated, "Regular participation in exercise and physical activity can allay many of the symptoms of hopelessness and worthlessness, feelings typically associated with anxiety and depression. Involvement in physical activity not only counteracts these negative affective responses, but can instead create expectations of success.

Physical activity appears to have therapeutic benefits and may be able to reduce the risk of

depression. The literature reviewed in the latest report of the Surgeon General on physical activity and health (1996) supports the concept that physical activity has a beneficial effect in relieving symptoms of depression and anxiety and improving moods.

When O. Neumann comprised young athletes and sedanters in a study which deal with the relationships between individuality and sporting actions, he determined that young athletes are more hardworking, alive, almost ready for making relationships with peoples and good at adapting to environment than sedanters.

In a study on 57 national team tennis players in England It was understood that they were extroverted than sedanters but introverted tennis players were more successful than the extroverted tennis players.

The aim of this study was to compare the coping ways of athletes and sedanters.

### Methods

#### Procedures and Participants

Folkman and Lazarus Coping Way Inventory survey was multiplied and done both in Elazığ & Kastamonu, province of Turkey. Then survey results transferred into Statistical Programme for analysis.

Participations; athletes and sedanters were choosed by random methods. 160 athletes and 160 sedanters were joined study voluntarily.

#### Measure

At this study, volunteers were performed 2 questionnaires voluntarily. These questionnaires were demographic properties, Coping Ways Inventory. Demographic properties were included age, status of sport, income, educational levels both participations and their parents and sport branches.

Stress inventory was used from Şahin and Durak's study "validity and reliability of Coping Ways Inventory for Turkish" included 30 questions. These questions were about self-confidence, optimism,

submissiveness, helplessness, and seeking social support

**Survey Form-** Survey form used for collecting demographic informations about the participations.

**The Ways of Coping Inventory (WCI)-**The Ways of Coping Inventory (WCI) was developed by S. Folkman and R.S. Lazarus (1980), and later revised by S. Folkman and R.S. Lazarus (1985). The scale is scored on a 4-point Likert scale from "not used" (0) to "used a great deal" (3), and aims to measure different types of coping. The original scale is composed of eight subscales. The subscales of problem-focused coping are suggested to be confrontive coping, and planful problem-solving. The subscales of the emotion-focused coping are suggested to be distancing, self-controlling, seeking social support, accepting responsibility, escape/avoidance, and positive reappraisal.

The adaptation of the scale into Turkish was made by Siva (1991). The Turkish form of the scale includes 74 items, and new items stating the fatalism, and superstition were added. Şahin and Durak used Turkish Ways of Coping Inventory (WCI) in a study conducted with university students and reduced the number of items to 30. The factor analysis conducted yielded 5 similar factors, namely, self-confidence, optimism, submissiveness, helplessness, and seeking social support. They also proposed that these factors fit into two dimensional coping styles - problem-focused coping and emotion-focused coping

#### Data Analysis:

Mean, standart deviations, standart error of demografic informations have been determined. The differences between groups have been examined by t-test in the significance level 0.05.

### Results

**Table 1: Descriptive statistics table over athletes participated in the research**

	Number Of Participations		
	Frequency	Percent	Valid percent
Athlete	160	50,0	50,0
Sedanter	160	50,0	50,0
Total	320	100,0	100,0

According to the data in Table 1, it is realised that in total 320 participations 50 % of the study group are athletes (160) and 50 % of the study group are sedanters (160).

**Table 2: The distribution of Participant' s Gender**

	Gender (Athletes & Sedanters)		
	Athlete	Sedanter	Total
Female	52	75	127
Male	108	85	193
Total	160	160	320

Table 2 shows that among 320 participations, there are 52 female athletes, 108 male athletes and 75 female sedanters, 85 male sedanters participated in this study.

**Table 3: The distribution of Athletes Age in the research**

<b>Age Of Athletes</b>				
	Frequency	Percent	Valid Percent	Cumulative Percent
18 and under age	153	95,6	95,6	95,6
19-23 age	4	2,5	2,5	98,1
24-28 age	3	1,9	1,9	100,0
Total	160	100,0	100,0	

Participants age distributions was determined as 18 and under age participant 153 athletes (95,6), 19-23 age 4 athletes (2,5), 24-28 age 3 athletes (1,9). The ages of the sample ranged from 12 - to 81, with a mean of 13, 86

**Table 4: The Distribution Of Sedanters Age In The Research**

<b>Age of Sedanters</b>				
	Frequency	Percent	Valid Percent	Cumulative Percent
18 and under age	129	80,6	81,1	81,1
19-23 age	12	7,5	7,5	88,7
24-28 age	8	5,0	5,0	93,1
29 and over age	11	6,9	6,9	100,0
Total	160	100,0	100,0	
System	160	100,0		
Total	160	100,0		

18 and under age 129 sedanters (80,6), 19-23 age 12 sedanters (7,5), 24-28 age 8 sedanters (5,0) 29 and over age 11 sedanters (6,9) was observed in this study.

**Table 5: The Distribution Of Athletes Branch**

<b>Branch (Athletes)</b>				
	Frequency	Percent	Valid Percent	Cumulative Percent
Handball	39	12,2	24,4	24,4
Football	58	18,1	36,2	60,6
Basketball	8	2,5	5,0	65,6
Volleyball	26	8,1	16,2	81,9
Taekwondo	1	,3	,6	82,5
Wrestling	1	,3	,6	83,1
Orienteering	1	,3	,6	83,8
Athletics	8	2,5	5,0	88,8
Badminton	4	1,2	2,5	91,2
Ski	2	,6	1,2	92,5
Folk dance	7	2,2	4,4	96,9
Gymnastics	4	1,2	2,5	99,4
Boxing	1	,3	,6	100,0
Total	160	50,0	100,0	

With results of branch determinations; It was found that Handball 39, Football 58, Basketball 8, Volleyball 26, Taekwondo, Boxing, Orienteering, Wrestling 1, Athletics 8, Badminton 4, Ski 2, Folk dance 7, Gymnastics 4 athletes

**Table 6: The Distribution Of Athletes Sport Age**

<b>Sport Age of Athletes</b>				
	Frequency	Percent	Valid Percent	Cumulative Percent
1-5 sportage	23	7,2	14,4	14,4

6-10 sportage	93	29,1	58,1	72,5
11-15 sportage	37	11,6	23,1	95,6
16 and over	7	2,2	4,4	100,0
Total	160	50,0	100,0	
Missing System	160	50,0		
Total	320	100,0		

Table 6 shows that 6-10 years involved in sport is higher than the other years with a number of 93 athletes (29,1), then 1-5 years and finally 16 and over years take place in this study.

**Table 7: The Distribution Of Participant's Education**  
**Education (Athletes & Sedanters)**

	Athlete	Sedanter	Total
Only reads-writes	0	4	4
Primary school	0	8	8
Secondary school	3	5	8
High school	22	26	48
University	135	117	252
Total	160	160	320

Table 7 shows the distribution of participant's education number both in athletes and sedanters. Rate of University is high in both two groups

**Table 8: The Distribution Of Participant's Income**

	Income (Athletes & Sedanters)		Total
	Sport		
	Athlete	Sedanter	
500-750 TL	53	41	94
750-1500 TL	59	72	131
Over 1500 TL	48	47	95
Total	160	160	320

Table 8 is about the distribution of participant's Income. Athletes' income is similar but sedanters' income different from each other.

**Table 9: The Distribution Of Participant's Group Statistics (Mean Std., Deviation, T- test, P)**

	Group Statistics					
	Sport	N	Mean	Std. Deviation	T- testi	P
Self-confidence	Athlete	160	14,3750	3,87339	1,322	0,187
	Sedanter	160	13,8125	3,73693		
Helplessness	Athlete	160	10,3000	3,40699	2,271	¶ 0,024
	Sedanter	160	9,3875	3,77177		
Submissiveness	Athlete	160	5,7000	3,52493	,991	,323
	Sedanter	160	5,3062	3,58368		
Optimism	Athlete	160	9,2625	2,95136	2,587	¶ ,010
	Sedanter	160	8,4812	2,42620		
Social support	Athlete	160	6,6562	2,07121	,737	,462
	Sedanter	160	6,4875	2,02496		

In this Table; Only two fields were found significant (Helplessness 0,024, Optimism, 0,10) according to the ( $P < 0,05$ ) Social support 0,462, Self-confidence 0,187, Submissiveness 0,323, was found meaningless in significance level.

#### Discussions and Conclusion:

In our study; in the field of helplessness, statistically significant difference was found between

the athletes and sedanters ( $P < 0,05$ ) It was seen that Athletes helplessness mean score was higher than sedanters. "In coping way of adolescence athletes and

sedanters" study, helplessness was found meaningless in term of athletes and athletes' helplessness mean score was lower than sedanters. This result doesn't support our study.

Optimism mean score was found significant in our study ( $P < 0,05$ ) because athletes mean score was higher than sedanters. But both in Sendur's (2006) and Duman's (2009) study there was no significant difference found in optimism ( $P > 0,05$ )

Self-Confidence wasn't found statistically significant between athletes and sedanters in our study ( $P > 0,05$ ). In Sendur (2006) Self-Confidence wasn't found significant ( $P < 0,05$ ) so this result supports our study result in self confidence field.

Submissiveness wasn't found significant in our study but Sendur (2006) found significant different in submissiveness. Athletes mean score was higher than sedanters. This result doesn't support our study.

Social support wasn't found significant between study groups both in our and Sendur's (2006) study.

The main purpose of this study is to compare the coping ways of Athletes and sedanters. The findings of the study confirmed as meaningful only two fields (helplessness, Optimism). The other three fields were found meaningless (Self-Confidence, Submissiveness, Social support).

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