



## EFFECTS OF SPORTS IN ADULT DAUGHTER STRESSING STYLES

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### Abstract\*

*Aim.* This study was conducted to evaluate the effect of sports on adolescents' stress coping styles.

*Methods.* The study is planned in a descriptive relational type. The research was conducted with national sportsmen who are interested in Taekwondo sports. The universe of the research is national sportsmen who are in Taekwondo sports in Turkey and are 12-18 years old. There were 78 sportsmen who agreed to participate in the survey's sample and returned with the questionnaires. In gathering the data; Information form prepared by researchers questioning the socio-demographic information of the sportsmen and the "Perceived Stress Level Scale" were used.

*Results:* When the socio-demographic characteristics of the sportsmen were examined, it was found that 47.3% of the girls were female, 34.3% of the mothers did not work, 37.1% of them were primary school graduates, 76.2% of the parents worked, 47.2% of them were high school graduates and 61.5% and has been playing sports for over a year. When the averages of the scores of the sportsman using stress coping styles scale subscales were examined, the self-confident approach was found to be  $14.24 \pm 2.32$ , the helpless approach  $7.74 \pm 3.41$ , the submissive approach  $6.74 \pm 1.78$ , the optimistic approach  $11.12 \pm 2.24$  and the social support application  $4.12 \pm 1.18$ .

*Conclusions.* Stress-coping style is a risk factor for being a girl, being a mother, and working as a mother, graduating from a father, being a primary school graduate and doing sports for less.

*Keywords:* National sportsman, parental psychological control, Stress level

### Introduction

Adolescence is the period of transition from childhood to adulthood, with the greatest change and development in human, biological, psychological, mental and social aspects. When compared to adolescence and childhood, biopsychosocial changes that adolescent has to cope with in this period are increasing. Biologically, adolescents have to adapt to the changes that take place in their bodies. This period is important in the formation of the individual's identity and identity. This period is important in the formation of the individual's identity and identity. Activities in which adolescents are involved are important factors in forming the adolescent environment. In the context of structured environments and programs, demonstrating that participating in activities for a certain purpose has positive effects on the formation of the identity and identity of the adolescent (Coatsworth et al., 2005; Gilman, Meyers, Perez, 2004).

Sports can be effective in coping with many stressors from the emotional, physiological and psychological aspects of adolescents (Compas et al., 2001). Kimball, study by Freysinger (2003), also found that sport was effective in coping with stress on adolescent adolescents. According to the

findings of the research on the emotional well-being of adolescents of the sport, it was found that they increased emotional well-being and decreased emotional and behavioral problems in the adolescents (Donaldson, Ronan, 2006).

According to adulthood period, inadequacy of experience in adolescence may lead to inadequacy in coping with stress. In adolescents, life events and lack of ability to cope with have shown to be important stress sources. Adolescents are known to experience psychosocial problems due to their lack of ability to cope. Adolescents who cannot cope with stress have problems such as showing low academic achievement, adjustment problems, anxiety, depression, eating disorders and violence (Ebata and Moos, 1991; Frydenberg et al., 2004). For this reason, spore orientation of adolescents is important to cope with adjustment problems and stress situations. Another study found that regular exercise in adolescents was effective in coping with stress and adjustment problems (Norris, Carroll, Cochrane, 1992). This research was conducted to evaluate the effect of Taekwondo sports on the stressors of teenage adolescents.

### Research Questions

1. Does Taekwondo influence adolescents' style of coping with stress?

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2. Is there a relationship between the sociodemographic characteristics of Taekwondo sports adolescents and the ways in which they cope with stress?

### Methods

Research is planned in a descriptive relational type. The research was conducted with national athletes who are interested in Taekwondo sports. The universe of the research is national sportsmen who are in Taekwondo sports in Turkey and are 12-18 years old. There were 78 athletes who agreed to participate in the survey's sample and returned with the questionnaires. In gathering the data; Information form prepared by researchers questioning the socio-demographic information of the athletes and the "Perceived Stress Level Scale" were used.

### Ways of Coping With Stress Scale

Folkman and Lazarus is a 4-point Likert-type measure developed as inventory. The Turkish validity and reliability study of the 30-item form of the scale was performed by Şahin and Durak (1995). Şahin and Durak found that the scale consists of 5 factors; self-assured approach, helpless approach, obedient approach, optimistic approach and social support seeking.

Cronbach alpha internal consistency coefficients were found to be between 0.49-0.68 for the optimistic approach, 0.62-0.80 for the self-assured approach, 0.64-0.73 for the helpless approach, 0.47-0.72 for the submissive approach and 0.45-0.47 for the social support seeking factor. The 8th, 10th, 14th, 16th, 20th, 23rd, 26th items of the scale are self-assured approach; 2th, 4th, 6th, 12th, 18th items optimistic approach; 3th, 7th, 13th, 15th, 21th, 24th items helpless approach 5th, 7th, 13th, 15th, 21st, 24th obedient approach and items 1st, 9th, 29th, 30th are seeking social support approach (Şahin and Durak, 1995). The scale measures the two main stress coping styles. These are "Proactive / active" and "Emotional / passive" styles.

The active styles are subscales of "Applying to social support", "Optimistic approach" and "Self-assured approach" subscales, passive styles "Helpless approach" and "Submissive approach" subscales. It has been found that those who can cope with stress effectively use the "Self-confident" and "Optimistic approach", and those who cannot cope with "Use the neck" and "Helpless approach" more. The high scores indicate that one uses more of that style (Şahin and Durak 1995).

### Data Collection

The data of this study were collected from national athletes in Taekwondo and 12-18 age group in Turkey. It started after the ethics approval for the search.

At the time of data collection, the sportsmen who accepted to participate in the survey were informed by the researchers that the form was signed and the form was signed by those who agreed to participate in the survey by providing the meaning of the purpose and extent of the research. Before the forms to be used in the research were given, necessary explanations were made orally and care was taken to create a silent environment with little stimulation during application.

### Evaluation of Data

After the data were collected, the option that each individual indicated for each item on the scales was entered into the SPSS program by the researchers and the total scores of the individuals from the scales were calculated. In the evaluation of the demographic data of the study, the number and percentage distributions, and the socio demographic characteristics and the Scale for Coping with Stress (STS) were used to evaluate the relationship between the scale and the test. The results were evaluated at 95% confidence interval and  $p < 0.05$  significance level.

### Limitations of the Study

This research is limited to national sportsmen who are engaged in Taekwondo sports in 12-18 age groups throughout Turkey, who are open to communication and who agree to participate in the research.

### Results

When the socio-demographic characteristics of the sportsmen were examined, it was found that 47.3% of them were girls, 34.3% of them did not work, 37.1% of them were primary school graduates, 76.2% of them were working, 47.2% of them were graduates of high school and over 61.5% has been doing sports for years.

When the averages of the scores from the subscales of Ways of Coping With Stress Scale were examined, the self-confident approach was found to be  $14.24 \pm 2.32$ , the helpless approach  $7.74 \pm 3.41$ , the submissive approach  $6.74 \pm 1.78$ , the optimistic approach  $11.12 \pm 2.24$  and the social support application  $4.12 \pm 1.18$  (Table 1).



**Table 1. Distribution of Ways of Coping With Stress Scale Score Average of Sportsmen**

Ways of Coping With Stress Scale	Min-Max score	Mean ± SD
Self-Assured Approach	2-21	14.24±2.32
Helpless Approach	1-20	7.74±3.41
Obedient Approach	0-15	6.74±1.78
Optimistic Approach	0-15	11.12±2.24
Social Support Seeking	2-10	4.12±1.18

When the relationship between the stress coping styles of the participating athletes and their sociodemographic characteristics were examined, it was found that girls had lower self-esteem, more desperation, more submissive behaviors, more optimism and more social support Were statistically significant ( $p < 0.05$ ).

When the relationship between stress coping styles and sociodemographic characteristics of the athletes participating in the research was examined, it was found that the employees in the mother job were less confident, more helpless and more submissive behaviors and the difference was found to be statistically significant ( $p < 0.05$ ).

When the relationship between stress coping styles and sociodemographic characteristics of the participating athletes were examined, it was found that the mother graduated primary school graduates were less confident, more helpless and more optimistic, and the difference was statistically significant ( $p < 0.05$ ).

When the relationship between stress coping styles and sociodemographic characteristics of the athletes participating in the research were examined, it was found that their father had less confidence in themselves, more helpless and more optimistic, and the difference was statistically significant ( $p < 0.05$ ).

When the relationship between stress coping styles and sociodemographic characteristics of the athletes participating in the research were examined, it was found that the father graduated primary school graduates were more helpless and optimistic and the difference was found to be statistically significant ( $p < 0.05$ ).

When the relationship between the stress coping styles of the participating athletes and their sociodemographic characteristics were examined, it was found that those with shorter sporting periods (1-4 years) had lower self-esteem, more desperation, more submissive behaviors, more optimism and social support And the difference was found to be statistically significant ( $p < 0.05$ ).

**Table 2. Socio-demographic Characteristics of Athletes and Distribution of Ways of Coping With Stress Scale Points**

	Ways of Coping With Stress Scale				
	Self-Assured Approach	Helpless Approach	Obedient Approach	Optimistic Approach	Social Support Seeking
<b>Gender</b>					
Female	11.46±8.90	10.35±3.25	9.17±2.42	13.74±2.75	5.84±1.45
Male	17.02±3.21	5.13±2.96	4.31±1.46	8.50±2.14	2.40±0.07
$x^2, p$	$x^2=1.178$ $p=0.001^*$	$x^2=2.786$ $p=0.000^*$	$x^2=0.757$ $p=0.023^*$	$x^2=3.042$ $p=0.045^*$	$x^2=3.142$ $p=0.003^*$
<b>Mother employment status</b>					
Working	12.45±2.27	10.21±2.86	9.84±2.56	10.74±2.36	4.20.2.14
Not working	16.03±4.12	5.64±2.78	3.64±0.17	11.50±2.28	4.04±0.13
$x^2, p$	$x^2=3.176$ $p=0.013^*$	$x^2=4.713$ $p=0.000^*$	$x^2=0.179$ $p=0.046^*$	$x^2=6.437$ $p=0.076$	$x^2=8.431$ $p=0.631$
<b>Mother Education Status</b>					
Primary school	11.85±0.96	9.25±2.45	6.96±1.07	8.61±1.08	3.49±1.07
High Scholl and upper	15.63±2.28	6.23±1.15	6.52±1.90	13.63±3.52	4.75±1.38
$x^2, p$	$x^2=0.174$ $p=0.000^*$	$x^2=3.471$ $p=0.001^*$	$x^2=7.475$ $p=0.116$	$x^2=0.194$ $p=0.000^*$	$x^2=5.045$ $p=0.304$
<b>Father employment status</b>					
Working	16.48±2.49	5.32±1.81	5.63±1.43	13.46±2.38	3.94±0.26



Not working	12.00±2.36	10.16±2.47	7.85±1.18	8.82±1.76	4.30±1.17
x <sup>2</sup> , p	x <sup>2</sup> =2.076	x <sup>2</sup> =1.246	x <sup>2</sup> =1.078	x <sup>2</sup> =0.234	x <sup>2</sup> =3.742
	p=0.003*	p=0.000*	p=0.278	p=0.001*	p=0.046
<b>Father Education Status</b>					
Primary school	13.72±2.14	9.41±3.07	7.40±0.46	9.34±1.74	3.23±1.09
High Scholl and upper	14.76±3.05	6.07±1.53	6.08±1.75	12.94±2.04	5.01±0.75
x <sup>2</sup> , p	x <sup>2</sup> =2.364	x <sup>2</sup> =0.342	x <sup>2</sup> =0.406	x <sup>2</sup> =3.452	x <sup>2</sup> =1.249
	p=0.124	p=0.001*	p=0.186	p=0.017*	p=0.014
<b>Duration of sport</b>					
1-4 year	12.21±3.04	11.36±3.28	8.12±1.49	8.21±1.64	5.09±1.06
5 and upper	16.27±2.45	4.12±1.32	5.36±1.46	14.07±2.65	3.15±1.04
x <sup>2</sup> , p	x <sup>2</sup> =3.421	x <sup>2</sup> =2.341	x <sup>2</sup> =1.203	x <sup>2</sup> =3.147	x <sup>2</sup> =3.743
	p=0.003*	p=0.031*	p=0.018*	p=0.000*	p=0.003*

p<0.05\*

### Discussion

According to the findings obtained from the non-working girls, the girls who play sports use a combination of effective and ineffective coping methods compared to males. The construct of coping has been defined as the behavioral and cognitive efforts of an individual to manage the internal and external demands encountered during a specific stressful situation. Sports can be effective in coping with many stressors from the emotional, physiological and psychological aspects of adolescents (Compas et al., 2001). Girls who practice sports use a cynical approach and a submissive approach as ineffective coping when they use an optimistic approach and a social support search approach. Male athletes use a self-confident approach to cope with stress. Crocker and Graham (1995) assessed the behaviors of the athletes to cope with sex according to their work, and the male colleagues to whom they were seeking social support were similarly higher level of problem-focused coping. This finding offers support in sport to Folkman & Lazarus's contention that coping strategies should not be characterized a priori as functional or dysfunctional because the same coping strategy may prove very useful for one person and of no or little value for another.

Another important finding from this research is that employees in a mother's job use ineffective coping methods. Employees in a motherly job employ a desperate approach and a submissive approach to dealing with stress. Particularly parent support is an important factor for adolescents to perceive themselves as important and valuable. Mothers who do not work can spend more time with their children at home and work closely with them. Similar findings were obtained in a study and it was found that the adolescents who were next to the family were more hopeful (Tümkeya, 2005). A study suggests that athletes need family support to cope with stress (Cosh, &

Tully, 2015). Mothers and fathers of adolescents who are engaged in sports should be informed.

Another finding from the research is that his father must use the effective and ineffective coping methods of those who do not work at all. His father did not work, they used helpless approach as ineffective coping and at the same time they used a more optimistic approach as effective coping. The failure of the father to work may cause economic difficulties in the family, so those who are not working can be desperate because they cannot cope with this situation. Sports can be effective in coping with many stressors from the emotional, physiological and psychological aspects of adolescents (Compas et al., 2001). This can be explained by the fact that individuals who use the optimistic approach as effective coping can cope by doing sports. Athlete adolescents who use more-effective and ineffective coping methods in their findings are required to be supported in coping with stress. Sportsmen's would benefit from up skilling in several areas such as effective use of time, self-care, time management, enhanced self-efficacy, and specific strategies for coping with stress.

### Conclusion

According to the findings obtained from this study, it is a risk factor to be a girl due to the ways of coping with stress, mother being working, mother being a primary school graduate, father not working, father being primary school graduate and doing sports for less time. It has been seen that regular and long time Taekwondo sports in the direction of results have positive effects on the athletes in the subscale of self-confident approach, desperate approach, submissive approach, optimistic approach and social support due to stress.

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