



REVIEW OF RESEARCH



ANALYSIS OF COGNITIVE BEHAVIOURAL APPROACH COPING STRATEGIES AMONG JUMPERS, RUNNERS AND THROWERS

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ABSTRACT :

Background: - Coping is defined as the process of managing external and/or internal demands that tax or exceed the resources of the person. It is a complex and multidimensional process that is sensitive to both the environment and the personality of the individual. **Objectives of the Study:**1) to characterize the Cognitive behavioural approach coping strategies among university level jumpers, throwers and runners.2) to conduct comparison of Cognitive behavioural approach coping strategies among jumpers, throwers and runners. **Materials and Methods:** total 90 male jumpers, runners and throwers were selected as subjects from different Hostel and University. To assess Cognitive behavioural approach coping strategies of the subjects coping strategies scale was developed by Prof. A.K. Srivastava Department of Psychology Banaras Hindu University. Descriptive statistics and One Way Anova was used to characterize and compare Cognitive behavioural approach coping strategies among university level jumpers, throwers and runners. **Result:-**Mean and SD of jumpers, throwers and runners were 32.70 ± 9.30 , 25.33 ± 10.29 and 28.36 ± 7.8 . Calculated F value was 4.848 which higher than the tabulated value 3.88 at 2, 87 degree of freedom. **Conclusions:-**1) significant difference was found in Jumpers, Runners and Throwers in relation to Cognitive behavioural approach coping strategy.

2) The observed sequence was found Jumper>Thrower> Runner in case of cognitive Behavioural Approach Coping strategies.

KEY WORDS: Coping Strategies, Jumpers, Runners, Throwers

INTRODUCTION

Coping may be defined as “constantly changing cognitive and behavioural efforts to manage specific external and/or internal demands that are appraised as taxing or exceeding the resources of the person”. Coping strategies have been typically categorized as problem-

focused and emotion-focused. Specifically, problem-focused coping refers to cognitive and behavioural efforts aimed at identifying, solving, or minimizing the effects of a stressful relationship between the individual and the environment (i.e., a challenging, threatening or harmful situation) . On the other hand, emotion-focused coping strategies are not intended to directly change the current situation, but mostly to regulate the emotional response to a problem, or decrease emotional distress during the past years; researchers have sought to examine strategies



athletes use to cope with stress in competitive situations. In general, these investigations have found that athletes employ a variety of coping strategies, often in combination, simultaneously trying to manage the person/stressor environment and to regulate distressing emotions .

Despite the perceived importance of this area to the enhancement of athletic performance, few studies have simultaneously examined threat perception and coping strategies used by athletes in competitive situations.

OBJECTIVES OF THE STUDY

- 1) To characterize the Cognitive behavioural approach coping strategies among university level jumpers, throwers and runners.
- 2) To conduct comparison of Cognitive behavioural approach coping strategies among jumpers, throwers and runners.

METHODS AND MATERIALS

For the present study, total 90 male jumpers, runners and throwers was selected as subjects from different Hostel and University. The subject (20 from three Place and 30 from Lucknow Hostel) was selected at the National and University level. To assess Cognitive behavioural approach coping strategies of the subjects coping strategies scale was developed by Prof. A.K. Srivastava Department of Psychology Banaras Hindu University. The coping strategies scale has 50 items to be rated on five – point scale, describing varieties of coping behaviour following five major categories of coping strategies based on the combination of ‘operation’ and ‘orientation’ of the coping behaviour.

RESULTS, DISCUSSION AND CONCLUSIONS

The statistical analysis of data was conducted on the cognitive coping strategies of 90 male university hostel players. To characterize and compare cognitive coping strategies Descriptive statistics and One Way Anova was used. In order to test the hypothesis the level of significance was set at 0.05. The results are given in table 1 and 2.

Table -1

Mean and Standard Deviation of Cognitive behavioural approach coping strategies coping strategies of all India interuniversity level Jumpers, Runners and Throwers (n=90)

		Mean	Std. Deviation
Cognitive behavioural approach coping strategies	Jumpers	32.7000	9.30387
	Runners	25.3333	10.29675
	Throwers	28.3667	7.86736
	Total	28.8000	9.60009

Cognitive behavioural approach coping strategies, Jumpers (32.70±9.30), Runners (25.33±10.29), Throwers (28.36±7.86), **Total** (28.80±9.60), jumpers were having greater mean in Cognitive behavioural approach coping strategies in comparison to other athletes i.e. throwers, Runners . (Fig. 1)

Fig.1 Graphical Representation of Cognitive behavioural approach coping strategies

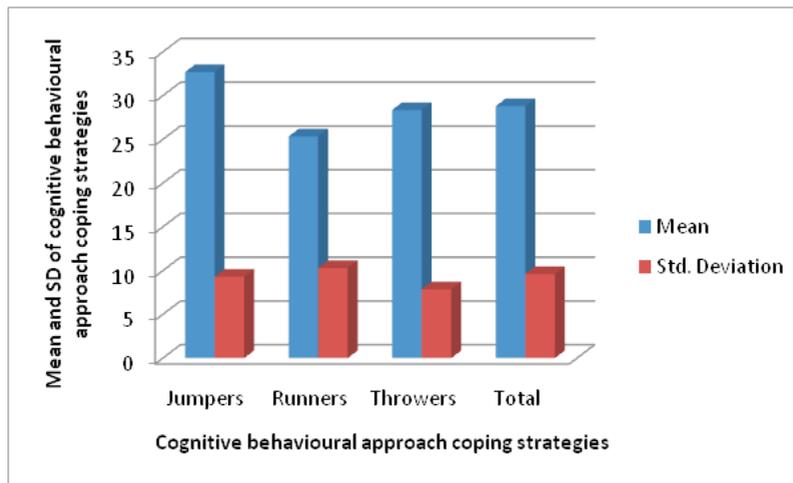


Table-2

Analysis of Variance of Jumpers, Runners and Throwers in relation to Cognitive behavioural approach coping strategies

Source of Variance	Sum of squares	d.f.	Mean Square	F
Between Groups	822.467	2	411.233	4.84*
With in Groups	7379.933	87	84.827	
Total	8202.400	89		

*Significant at .05 level of significance, $F_{.05}(2, 87) = 3.11$

Table-2 revealed that there was significant difference in Jumpers, Runners and Throwers in relation to Cognitive Behavioural Approach Coping Strategies, as obtained F- ratio was 4.848, which was higher value than the value 3.11, required for F ratio to be significant at .05 level with (3,188) degree of freedom.

Since the one way analysis of variance was found significant in relation to Cognitive Behavioural Approach Coping Strategies, the least significant difference test (LSD) was applied to find out which of the difference of the means amongst the Jumpers, Runners and Throwers were statistically significant.

Table-2

Least Significant Difference (LSD) post hoc test for the means of Jumpers, Runners and Throwers in relation to Cognitive behavioural approach coping strategies

Variable		(I)Jumper, runners and throwers	(J)Jumpers, runners and throwers	(I)-(J)	Std.Error	Sig.
Cognitive behavioural approach	jumper	runners	7.36667*	2.37805	.003	.003
		throwers	4.33333	2.37805	.072	.072
	runner	jumpers	-7.36667*	2.37805	.003	.003
		throwers	-3.03333	2.37805	.206	.206

It is evident from table-2 that there is no difference between the means of jumpers and throwers, runners and throwers in relation to Cognitive Approach Coping Strategies whereas mean of jumper group is significantly higher than that of runners and throwers.

DISCUSSION OF FINDINGS

On the basis of the results it was concluded that significant difference was found among jumpers, runners and throwers in relation to Cognitive Approach Coping Strategies and jumpers were having greater Cognitive Approach Coping Strategies, this might be due to the process of handling the situations in most worst conditions and to overcome a problem with best possible cognitive strategies and solution. Thus, these features were stronger in the jumpers in comparison to runners and throwers. Neil J.V. Weston (2009) conducted study on Stress and Coping in Single-Handed Round-the-World Ocean Sailing and concluded that Skippers revealed organizational (e.g., environmental conditions, isolation, sleep deprivation), competitive (e.g., lack of progress, yacht-related problems), and personal (e.g., family-related issues) stressors. Strategies used to deal with these demands included problem- (e.g., prioritized sequential thinking), appraisal- (e.g., rationalizing situations), emotion- (e.g., using available communications), and approach-focused coping (e.g., "what if" scenario planning). The present study proposes that future research should examine more closely the stressor-coping strategy relationship to guide the development of successful coping interventions. The present study was supported by the study conducted by Neil J.V. Weston (2009).

CONCLUSIONS

- 1) Significant difference was found in Jumpers, Runners and Throwers in relation to Cognitive behavioural approach coping strategy.
- 2) The observed sequence was found Jumper>Thrower>Runner in case of cognitive Behavioural Approach Coping strategies

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