

## **The Difference between Individuals Doing Sports or not in Terms of Their Stress Coping Styles**

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### **ABSTRACT**

In this study, it was aimed to analyze the difference between individuals doing sports or not in terms of their stress coping styles. The target population of the study was created by the students of Istanbul Gelişim University while the sample of the study was selected by a total of 121 students, 60 of them doing regularly sports and 61 of those not doing sports, who voluntarily agreed to participate in the study. Stress coping styles of students have been measured through Coping Styles of Stress Scale that was adapted in Turkish by Şahin and Durak. "The Kolmogorov-Smirnov Test" was applied in order to decide whether data has normal distribution and "Levene's Test" was applied to test the homogeneity of variances and it is observed that data is homogeneous and has a normal distribution. Descriptive statistics and one-sample t test was used to analyze the data. At the end of the study, it was determined that individuals doing sports' scores related to self-confidence and optimistic approach were higher than those not doing sports. In addition, individuals not doing sports' scores related to submission and obedience were observed as higher than individuals doing sports.

**Keywords:** Stress, Individual doing sports, Individual not doing sports.

### **INTRODUCTION**

There are many psychological phenomena that affect performance in sport. One of the most important of them is the stress. Stress is an undesirable situation resulting to be threatened and forced of the physical and mental limits of the organism (Güney, 1998).

Stress, not so easy to identify, preferred to be described, is one of the most complex concepts today. There is the definition of stress as the number of researcher. Hans Selye is defined the stress as "a non-specific (common) reactions of organism to each type of changing." (Yılmaz, 2006).

The athlete, giving joy or sorrow in a moment and having a key role in the sport competitions are under the responsibility both physically and mentally. Athlete must

endure to long term training to show their desired performance the only thing required from Athlete who is under the control of each movement; including private life is to win. Each competition is socially and economically very important. In such environment, no matter how perfect the physical characteristics of athletes and no matter how perfect his training period, the success depends on the ability to cope with stress (Tazegül, 2012).

Stress damages the physical energies, pleasure and entertainment of the athletes, the earnings and victories to be achieved by them, the athlete think not to skillful with stress and it can damage to their self confidence. Psychological stresses can damage to exhibit their skills acquired by working form any year sand may interfere to live the streaming experience for

the athletes. Stress can lead to mutilation of athlete and may cause to the early retirements. Stress is a hidden and insidious disease. This case can indicate itself under the overtraining (mental, emotional, social and physical exhaustion). Stress damage is not only for athletes; it is also valid for coaches, technical director and other workers. Therefore, the stress management practices must be known in order to help ourselves (Altungül, 2006).

Sports scientists are in an intense effort to improve the athletic performance. They explore the principles of new training, and continue these arches for high performance the athletes. All this searching and researches have been shown that at the only physical capacity is not enough in the sports performance, and also the psychological capacity is not an underestimated factor (Akarçeşme, 2004).

It is considered that many-top level athletes have excellent capabilities, as well as the capacity of the physical and physiological, about the psychological capacities such as being motivated, to manage their concerns, coping with the stress of competition, concentrating and determination of the purposes, the reality required not to be neglected the psychological dimension to increase the athletic performance is to occur (Tazegül, 2012a)

Performance is not only a physical attribute it is also a psychological process. When an athlete loses a contest he can also incur large losses in economical and prestigious respect. Thus in every contest when the athletes come to the field he has concern and stress and he has to show his performance under this circumstances (Akarçeşme, 2004).

As a physiological, there are high blood pressure, muscle tension, sweat gland activity heart and the increase of the number of heart pulse when the athletes are under stress. Also strengthening of respiratory and eye infants growth is seen. The number of erythrocyte is increase in blood because of high oxygen need in muscles and brain.

Digestion slow down, accuracy decay, it can be seen mistakes in perception and forge fullness because the blood amount is low in viscera. Psychologically he feels non-confidence, he is restless and pessimist, there is a fear because of the feeling of inadequacy. All of them cause not to show the performance in the contest or the training. He cannot concentrate, the coordination goes bad, he makes some technical and tactic mistakes (Altungül, 2006).

Every contest has a big importance for an athlete in the respect of economically and socially. In such an environment even though his physical features are excellent and his training duration is absolute, it is an important criterion to have an ability to cope with the stress (Civan and his friends, 2010).

## **MATERIALS AND METHODS**

### **Universe and Sample**

The target population of the study was created by the students of Istanbul Gelişim University while the sample of the study was selected by a total of 121 students, 60 of them doing regularly sports and 61 of those not doing sports, who voluntarily agreed to participate in the study.

### **Research Data Collection**

Stress Coping Style Inventory (SCSI): Stress Coping Style Inventory made by Sahin and Durak (1995) was used in the study of the validity and reliability in Turkey of the scale of 'Ways of Coping Inventory' developed by Folkman and Lazarus. For sub-scales, respectively, the internal consistency of the scale; was found as Optimistic Approach 0.68, Self Reliance Approach 0.80, Desperate Approach 0.73, Submissive Approach 0.70, the application to social support 0.47 (Şahin and Durak, 1995).

### **Statistical Evaluation**

"The Kolmogorov-Smirnov Test" was applied in order to decide whether data has normal distribution and "Levene's Test" was applied to test the homogeneity of

variances and it is observed that data is homogeneous and has a normal distribution.

Descriptive statistics and one-sample t test was used to analyze the data.

## RESULTS

**Table 1. The Findings of Descriptive Analysis**

Does he/she do sports?	N	Mean	Std. Deviation	Std. Error Mean
Self-Confidence	Yes	60	15,6500	3,40401
	No	61	14,4590	4,19354
Optimistic Approach	Yes	60	9,7000	2,53317
	No	61	8,8525	2,87423
Desperate Approach	Yes	60	8,1833	4,28830
	No	61	9,6885	4,33798
Submissive Approach	Yes	60	6,0000	3,11367
	No	61	6,2295	3,48039
Social Support	Yes	60	7,0833	1,90709
	No	61	7,1639	2,50453

According to the results of descriptive statistical analysis which was performed in Table 1, it was determined that the scores self-confidence and optimistic approach of individuals doing sports related to were higher than those not doing sports. In addition, the scores related to submission and obedience of individuals not doing sports was observed as higher than individuals doing sports.

**Table 2. The difference between individuals doing sports or not in terms of their levels of self-confidence.**

F	Sig.	t	Sig. (2-tailed)
739	392	1,714	089
		1,717	089

According to the result of one-sample t-test, no statistically significant difference was found between individuals doing sports and those not in terms of their self-confidence levels ( $p > 0,05$ ).

**Table 3. The difference between individuals doing sports or not in terms of their levels of Optimistic Approach.**

F	Sig.	t	Sig. (2-tailed)
956	330	1,720	088
		1,722	088

According to the result of one-sample t-test, no statistically significant difference was found between individuals doing sports and those not in terms of their optimistic approach levels ( $p > 0,05$ ).

**Table 4. The difference between individuals doing sports or not in terms of their levels of Desperate Approach**

F	Sig.	t	Sig. (2-tailed)
153	696	-1,919	057
		-1,919	057

According to the result of one-sample t-test, no statistically significant

difference was found between individuals doing sports and those not in terms of their desperate approach levels ( $p > 0,05$ ).

**Table 5. The difference between individuals doing sports or not in terms of their levels of Submissive Approach**

F	Sig.	t	Sig. (2-tailed)
1,368	245	-,382	703
		-,382	703

According to the result of one-sample t-test, no statistically significant difference was found between individuals doing sports and those not in terms of their submissive approach levels ( $p > 0,05$ ).

**Table 6. The difference between individuals doing sports or not in terms of their levels of Social Support**

F	Sig.	t	Sig. (2-tailed)
4,688	032	-,199	843
		-,199	842

According to the result of one-sample t-test, no statistically significant difference was found between individuals doing sports and those not in terms of their self-confidence levels ( $p > 0,05$ ).

## DISCUSSION AND CONCLUSION

According to the results of descriptive statistical analysis, it was determined that the scores self-confidence and optimistic approach of individuals doing sports related to were higher than those not doing sports. In addition, the scores related to submission and obedience of individuals not doing sports was observed as higher than individuals doing sports. When findings are evaluated considering Coping Styles of Stress Scale, it can be

reflected that individuals doing sports have more self-confidence rather than those not doing sports. Therefore, it can be also said that above-mentioned individuals are more resistant to difficult and stressful situations and they do not easily lose their self-confidence, so they are able to cope effectively with problems that they faced. Based on the data, it is also obvious that individuals doing sports are able to cope effectively with stress and they have an effective communication with their social environments. It is accepted that sports is the main actor that individuals can easily cope with stress. Thanks to many researches carried out, sports have an important role in the development process of individuals' self-confidence and socialization. Tazegül (2014), in his study, promoted individuals not doing sports to make boxing and kickboxing during three months; and at the end of this process, it is observed that anxiety levels of those individuals regularly doing sports started to decrease and they became more outward-looking people. Many studies reveal that sports prevent the development of depression and reduce the level of anxiety (Canan and Ataoğlu, 2010). Kane (1964) discuss that athletes are safer and more emotionally stable compared to individuals not engaging in sporting events (transferred by Kuru, 2003). Stephens (1988) epistemologically investigated the relation between sports and subjective well-being and emphasized that there is a clear relationship between sports and subjective well-being (transferred by Canan and Ataoğlu, 2010). ÇağlayanTunç (2015) reveal that score for social anxiety of individuals not doing sports was higher than those not doing sports.

The scores related to submission and obedience of sample group's individuals, who not engage in sports, were observed as higher than individuals doing sports. In the light of findings, it can be also said that above-mentioned individuals are more resistant to difficult and stressful situations and they do not easily lose their self-confidence, so they are able to cope

effectively with problems that they faced. Steptoe and Butler (1996) found that sports reduce stress in emotional sense. Arslan et al. (2011) indicated that the depression levels of elementary school students who engage in sports are observed to be lower compared to individuals not doing sports.

According to independent sample t-test which is performed to determine the difference between individuals doing sports or not in terms of their stress coping styles, no statistically significant difference was found between individuals doing sports or not in terms of the scores of self-confidence, optimistic approach and desperate approach ( $p>0,05$ ). According to independent sample t-test which is performed to determine the difference between individuals doing sports or not in terms of their scores of submissive approach, no statistically significant difference was found ( $p>0,05$ ).

As a result, it was understood that the individuals engaged in sports are also more inclined to cope effectively with stress. It is though that the biggest factor is doing sports. Therefore, individuals can socialize through sports and increase self-confidence.

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