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## **The effectiveness of coping strategies in sport performance: A special reference to male volleyball players**

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### **Abstract**

The main aim of this study is to examine the coping strategies among the volleyball male players. The sample consists of 30 male volleyball players of which 10 are belongs to all-rounder, 10 are blockers and other 10 are attackers. The data for the purpose of the study was collected at in and around Coimbatore city administering the Athletic Coping Skills Inventory (ASCI – 28) developed by Smith *et al.* (1995). One way ANOVA test was applied as the statistical tool and the results shown that other than Coach Ability none of the variable is significant.

**Keywords:** Coping strategies, Volleyball, Sport performance, Analysis of Variance, Athletic Coping Skills Inventory

### **Introduction**

Volleyball is a popular and diverse sport with many variations, including indoor, outdoor, and beach volleyball. The players of this game must be fit in both physical and mentally, because it is one of the fastest and tricky games. When players participate in the game, may appraise an array of potential stressors, including pain, fear, lack of confident, psychological demands, coach stress, and demand of playing sports (Dale, 2000; Gould *et. al.*, 1993a; Holt and Hogg, 2002; Nicholls *et al.*, 2005a) [2, 4, 6, 10]. It was established that a high level of self-confidence and motivation as well as a low level of cognitive anxiety was important in success achievement (Milavic *et al.*, 2013) [9]. Lazarus and Folkman (1984) [8] stated as coping is a multidimensional self-regulation construct that represents the constantly changing behavioral and cognitive mechanisms used to manage the ongoing internal and external demands of a specific stressful episode. Hardy *et al.* (1996) [5] coping is the important factor to identify why few players perform well in the field than the others. Coping can be described in terms of strategies, tactics, responses, cognitions, or behavior. Coping with adversity is the ability to remain emotionally stable and positive during sports performance or competition no matter the situation (Weinberg and Gould, 2007) [13], and to utilize other psychological skills and coping strategies. Crocker *et al.* (1998) [11] and Lazarus (1999) [7] said that coping represents an individual's cognitive, affective, and behavioral efforts to manage specific external and/or internal demands. Actual coping is a phenomenon that can be noticed either by introspection or by observation, and it includes internal events as well as overt actions. Several researchers have conceived coping as one of many self-regulatory processes that provide an individual with the capacity to modulate thoughts, affects, and behaviors over time and across changing environments. Therefore studying the players coping strategies become more important and in this paper it has been examined using volleyball players.

### **Review of literature**

The purpose of the literature review is to look at past work in order to develop meaningful insights into the research area (Swardt, 2008) [12].

Nicholls *et al.* (2005) [10] examine instances when international age group golfers coped effectively and ineffectively with performance-related stressors during competition. Gaudreau *et al.* (2010) [3] examined the relationship between coping and sport achievement at the within-person level of analysis.

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The results of hierarchical linear modeling revealed golfers' episodic task-oriented coping and disengagement-oriented coping were associated, respectively, with their better and worst levels of subjective and objective achievement. Singh and Sardar (2015) [11] was compared the coping strategies between basketball and Volleyball players. There result reveals as there is significant difference between basketball and volleyball players in their score of coping strategies.

### Purpose of the study

As stated above coping is one of the most important factors in identifying the psychological skill in predicting performance and survival of players. Therefore aim or main purpose of this study is to examine the effectiveness of coping strategies among the male volleyball players.

### Methodology

**Participants:** University level male volleyball players in and around Coimbatore city are the participants of this study. The players signed a consent form that assured them that their responses would be used for research purpose only

and would not be seen by any member of the organization other than the first other without their written permission. The sample consists of 30 male volleyball players of which 10 are belongs to all-rounder, 10 are blockers and other 10 are attackers.

**Measures:** Self-reported psychological skills of the players were assessed using Athletic Coping Skills Inventory (ACSI – 28) which was developed by Smith *et al.*, (1995). The ACSI-28 is a self-report questionnaire developed using exploratory and confirmatory factor analysis. The instruments consisted of a 28-item scale measuring seven classes of sport-specific psychological coping skills including *coping with adversity, peaking under pressure, goal setting and mental preparation, concentration, freedom from worry, confidence and achievement motivation and coach ability*. Individuals were asked to respond to each statement by indicating how often they experienced different situations using a 4 point scale (“0” = almost never to “3”= almost always). The definition and code of the each variables is shown in Table – 1.

**Table 1:** Definitional items of the ACSI – 28 form

Factor	Factor Code	Definition
Coping with Adversity	CWA	Remains positive and enthusiastic even when things are going badly; remains calm and controlled; can quickly bounce back from mistakes and setbacks.
Coach Ability	CA	Open to and learns from instruction; accepts constructive criticism without taking it personally and becoming upset.
Concentration	CON	Not easily distracted; able to focus on the task at hand in both practice and game situations, even when adverse or unexpected situations occur.
Goal Setting and Mental Preparation	GSMP	Sets and works toward specific performance goals; plans and mentally prepares himself for games and clearly has a "game plan" for pitching, hitting, playing hitters, base running, and so on.
Peaking Under Pressure	PUP	Is challenged rather than threatened by pressure situations and performs well under pressure; a clutch performer.
Confidence and Achievement Motivation	CAM	Is confident and positively motivated; consistently gives 100% during practice and games and works hard to improve his skills.
Freedom From Worry	FFW	Does not put pressure on himself by worrying about performing poorly or making mistakes; does not worry about what others will think if he performs poorly.

### Results and Discussion

Data analysis of this study was carried out using SPSS (Statistical package for social sciences) program software version 19.

### Reliability testing

This study was focused on the seven different variables, it is necessary to measure internal reliability of each variable

with its different number of items. To test the internal reliability, the Cronbach's alpha is calculated for items representing for the same construct. For the seven variables all of them have Cronbach's alphas larger than 0.7 (Nunnally and Bernstein (1994). Table 2 shows the Cronbach's alpha values ranges from 0.7221 to 0.9241.

**Table 2:** Cronbach's alpha for each variables

Variables	Cronbach's alpha	Number of items
CWA	0.7416	4
CA	0.8657	4
CON	0.7531	4
GSMP	0.9241	4
PUP	0.8214	4
CAM	0.7365	4
FFW	0.7221	4

### Descriptive Statistics

After checking the reliability of the items, the sum of all the scores of items for each variable as the final score upon which the further analysis was carried out. Table 3 showed the Mean, Standard deviations and Skewness for all the

variables. Mean values ranged from 5.80 to 7.40, the sample standard deviations ranged from 1.680 to 2.412 (average 1.999). All the variables were positively skewed, indicating that more responses fell towards left of the distribution.

**Table 3:** Summary of descriptive statistics

Variables	N	Minimum	Maximum	Mean	Standard deviation	Skewness
CWA	30	4	12	6.70	1.915	1.029
CA	30	3	12	6.67	2.412	0.342
CON	30	2	11	5.80	2.250	0.578
GSMP	30	3	12	6.97	1.921	0.551
PUP	30	3	12	7.40	2.044	0.219
CAM	30	4	12	6.80	1.769	1.125
FFW	30	2	10	6.07	1.680	0.075

\*Standard error of skewness is 0.427

**Analysis of variance (ANOVA)**

A one-way ANOVA was performed to know whether there is any significant difference between three different types of

players on coping strategies. From Table 4 it is observed other than coach ability none of the variable is significance.

**Table 4:** One way ANOVA test for subscale with players

		Sum of Squares	df	Mean Square	F	Sig.
CWA	Between Groups	13.400	2	6.700	1.947	0.162
	Within Groups	92.900	27	3.441		
	Total	106.300	29			
CA	Between Groups	41.267	2	20.633	4.373	0.023*
	Within Groups	127.400	27	4.719		
	Total	168.667	29			
CON	Between Groups	18.200	2	9.100	1.911	0.167
	Within Groups	128.600	27	4.763		
	Total	146.800	29			
CAM	Between Groups	15.267	2	7.633	2.248	0.125
	Within Groups	91.700	27	3.396		
	Total	106.967	29			
GSMP	Between Groups	15.800	2	7.900	2.024	0.152
	Within Groups	105.400	27	3.904		
	Total	121.200	29			
PUP	Between Groups	4.200	2	2.100	0.655	0.528
	Within Groups	86.600	27	3.207		
	Total	90.800	29			
FFW	Between Groups	4.867	2	2.433	0.853	0.437
	Within Groups	77.000	27	2.852		
	Total	81.867	29			

\*P<0.05

**Conclusion**

In sportsman’s carrier one way or other all the players will be affected by some internal or external stress or pressure which will affect the performance of the players. It is important to identify the coping strategies of the players which will make to understand the player’s level and it may help to improve the performance. Therefore, in this study coping level of male volleyball players were tested. Thirty players were selected under 3 categories viz., all-rounder, attackers and blockers each of ten players. One way Analysis of Variance were computed to see whether there exist any significant difference among 3 different categories players on coping strategies. The result showed that other than Coaching Ability there exist no significant differences.

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