



## INVESTIGATION OF BEHAVIOURAL APPROACH COPING STRATEGIES AMONG JUMPERS, RUNNERS AND THROWERS

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### ABSTRACT

**B**ackground:- Coping refers to the thoughts and actions we use to deal with a threatening situation in different types of activity related to sports.

**Objectives of the Study:**1) to characterize the Behavioural Approach Coping Strategies among university level jumpers, throwers and runners.2) to conduct comparison of 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 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 Behavioural Approach Coping Strategies among university level jumpers, throwers and runners. **Result:-**Mean and SD of jumpers, throwers and runners were  $13.50 \pm 4.43$   $14.80 \pm 4.90$  and  $13.26 \pm 4.40$ . Calculated F value was .972 which lowers than the tabulated value 3.88 at 2, 87 degree of freedom. **Conclusions:-**1) Runner was having greater Behavioural coping strategy (14.80) in comparison to jumper (13.50) and throwers (13.26).2) Insignificant difference

was found in Jumpers, Runners and Throwers in relation to Behavioural Approach Coping strategies.

**KEYWORDS:** Coping Strategies, Jumpers, Runners, Throwers.

### INTRODUCTION

The application of psychological principles to the improvement of the performance in sports has received greater attention in these days. There are certain accepted psychological principles which have to be

applied, so that the athletes and players are able to show their best in their performances. Coaches, physical educationists and sports scientists have always expressed a great need to know more about those psychological principles, which are helpful in improving the motor skills of the players. 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). Track and field competitions emerged in the late 19th century and were typically contested between athletes who were representing rival educational institutions, military organisations and sports clubs. Participating athletes may compete in one or more events, according to their specialties. Men and women compete separately. Track and field comes in both indoor and outdoor formats, with most indoor competitions occurring in winter, while outdoor events are mostly held in summer. The sport is defined by the venue in which the competitions are held – the track and field stadium.

### OBJECTIVES OF THE STUDY

- 1) To characterize the Behavioural Approach Coping Strategies among university level jumpers, throwers and runners.
- 2) To conduct comparison of 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 Lacknow Hostel) was selected at the National and University level. To assess 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

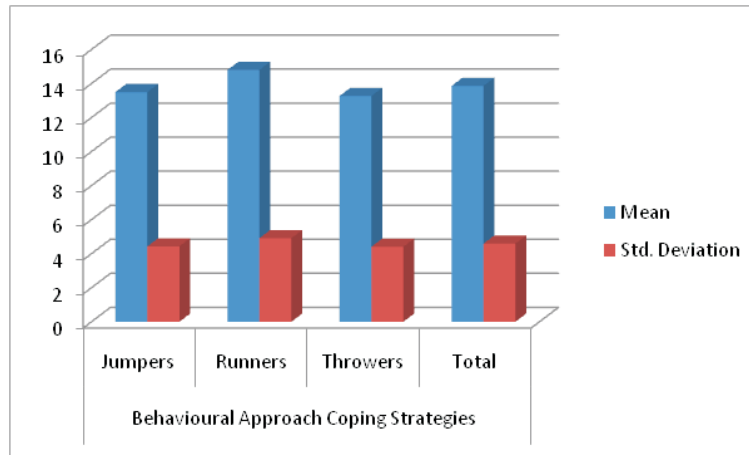
The statistical analysis of data was conducted on the behavioural coping strategies of 90 male university hostel players. To characterize and compare behavioural coping strategies Descriptive statistics and One Way Anova was used. In order to test the hypothesis the level of significance was set at 0.05.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

**Table -1**  
**Mean and Standard Deviation of Behavioural Approach Coping Strategies coping strategies of all India interuniversity level Jumpers, Runners and Throwers (n=90)**

		Mean	Std. Deviation
<b>Behavioural Approach Coping Strategies</b>	Jumpers	13.5000	4.43147
	Runners	14.8000	4.90882
	Throwers	13.2667	4.40950
	<b>Total</b>	13.8556	4.58763

**Behavioural Approach Coping Strategies**, Jumpers (13.50±4.43), Runners (14.80±4.90), Throwers (13.26±4.40), **Total** (13.85±4.58), Runners were having greater mean in Behavioural Approach Coping Strategies in comparison to other athletes i.e. jumpers, Throwers. (Fig. 1)

**Fig.1 Graphical Representation of Behavioural Approach Coping Strategies**



**Table-2  
Analysis of Variance of Jumpers, Runners and Throwers in relation to Behavioural Approach Coping Strategies**

Source of Variance	Sum of squares	d.f.	Mean Square	F
Between Groups	40.956	2	20.478	.972
With in Groups	1832.167	87	21.059	
Total	1873.122	89		

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

Table-2 revealed that there was insignificant difference in **Jumpers, Runners and Throwers** in relation to **Behavioural Approach Coping Strategies**, as obtained F- ratio was .972, which was lower value than the value 3.11, required for F ratio to be significant at .05 level with (2,87) degree of freedom.

**DISCUSSION OF FINDINGS**

The above study showed that runners were found better in the coping strategies in terms of cognitive approach and cognitive-behavioural approach. This result would be due to environmental conditions in which the players are living, their diet and more often the life style with which they are living their day to day life. Coping of stress, avoidance and other psychological problems is made easier for those who are capable of balancing their surroundings in their daily life. The jumpers was found better in comparison with the other zones helps in understanding that apart from good academic facilities and job opportunities etc, one thing is more important in life, that is behavioural approach towards the problems and mental sufferings, 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 runners in comparison to jumpers and throwers.

**CONCLUSIONS**

1) Runner was having greater Behavioural coping strategy (14.80) in comparison to jumper (13.50) and throwers

(13.26).

2) Insignificant difference was found in Jumpers, Runners and Throwers in relation to Behavioural Approach Coping strategies.

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