

Comparison of Coping with Adversity among Male and Female Players of Hockey using Athletic Coping Skill Inventory-28

Ms. Gursharan Kaur* Dr. Anil Chauhan**

*Research Scholar, Shri Venketeshwara University, U.P.

** (Associate Professor), Chief Proctor & Incharge, Deptt of Physical Education & Sports,
K.G.K. (P.G.) College, Moradabad.

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Abstract

Athletes and theorists in human performance agree on the influence of psychological factors in the performance of motor skills, particularly at a high level of competition. The use of self-reporting instruments that indicate specific psychological skills is widespread. One of the most important self-reporting instrument is the ACSI-28 (Athletic Coping Skills Scale-28). It is a validated tool that commonly used in discovering the level of coping skills among athletes. It contains seven sport specific subscales: Coping with adversities, peaking under pressure, goal setting/mental preparation, concentration, freedom from worry, confidence and achievement motivation, and coach ability. In this article we will see the role of coping in adversity (one of the subscales in acsi-28) in sports. It is a well-known deciding factor in winning and losing of a game. This study is aimed to analyze and compare the results of coping with adversity among male and female players of hockey. The purpose of the study is to compare coping with adversity among male and female players of hockey (25 males and 25 female) national players were selected for the study. The subjects selected for the study were aged 18-25 years. The subjects selected were from various colleges and academy of Delhi/N.C.R. ASCI-28 was selected as a tool for the study to measure the selected variable of the study. After undergoing suitable statistical analysis, it was concluded that the psychological strategies regarding coping with adversity were same in male and female hockey players.

KEY WORDS: HOCKEY, COPING WITH ADVERSITY, COACH ABILITY

INTRODUCTION

Athletes and theorists in human performance agree on the influence of psychological factors in the performance of motor skills, particularly at a high level of competition. As a result, an abundance of research has been dedicated to finding out not only how to prepare athletes mentally for high-pressure situations, but also what psychological factors are specifically determinants of performance. The link between research and application is of great importance because the business of sports is at an all-time peak and athletes from early childhood to advanced age are seeking ways to improve their game not only physically but mentally.

The use of self-reporting instruments that indicate specific psychological skills is widespread, especially in collegiate and professional athletics. Because of the comparable levels of physical abilities among top-tier athletes, coaches seek to understand which psychological factors separate the elite from the non-elite. In sports where “choking” may cost a player or team a championship ring or millions of dollars, it is understandable that non-invasive, simple indicators of psychological skill measures have become popular.

Smith (1995) did a study on “Development and Validation of a multidimensional measure of sports specific psychological skills: The athletic coping skills inventory-28.” Confirmatory factor analysis was used as the basis for a new form of the athletic coping skill inventory (ACSI). The ACSI-28 contains seven sport specific subscales: Coping with adversities, peaking under

pressure, goal setting/mental preparation, concentration, freedom from worry, confidence and achievement motivation, and coach ability. The scales can be summed to yield a Personal coping resource score, which is assumed to reflect a multifaceted psychological skill construct. Confirmatory factor analyses demonstrated the underlining factor structure for both male and female athletes. Psychometric characteristics are described, and evidence for construct and predictive validity was presented.

Athletic Coping Skill Inventory (ACSI) is an important mediator of outcomes in physical education. Recent research has demonstrated that PSC contributes to improving levels of physical activity and skill development associated with physical education classes beyond what can be explained by prior measures of skill and activity. The Athletic Coping Skill Inventory (ACSI) is relatively new instrument that measures multidimensional, and hierarchical physical self-concept. ACSI instrument is applicable for participants aged **18 to 25** (or older) and also applicable for elite athletes and non-athletes. However, there is clearly need for more research to further evaluate the ACSI responses, and it is important to identify and establish whether this instrument is of good quality. The rapid growing arena of sports and increase in use of technology in sports has made sports a talk of the world but still the role of psychology in sports can never be ignored. Role of coping in adversity in sports is well known for being a deciding factor in winning and losing of a game. This study was aimed to analyze and compare the results of coping with adversity among male and female players of hockey.

PROCEDURE AND METHODOLOGY

The details of selection of subjects, selection of questionnaire, description of the questionnaire & its rating scale and statistical techniques employed for analysis of data is given below.

Selection of Subjects

A total of 50 hockey players (25 Males and 25 Females) college going students were randomly selected for the purpose of the study. The subjects selected for the study were aged 18-25 years. The attempt was made to draw the samples from various colleges of clubs, school, colleges and academies of Delhi/N.C.R. and was made sure that the subject was at least an inter college level player.

Selection of Questionnaire

The Athletic Coping Skills Inventory (ACSI) developed by Smith, Schutz, Smoll, and Ptacek (1995), which assess psychological skills of athletes is selected for comparing the coping with adversity among male and female players of hockey.

Description of Questionnaire and Its Rating Scale

The Athletic Coping Skills Inventory (ACSI-28) contains seven sport specific subscales: Coping with Adversity, Peaking under Pressure, Goal Setting/Mental Preparation, Concentration, Freedom from Worry, Confidence and Achievement Motivation and Coachability. The rating of the scales of questionnaire will be done from 0(almost never) to 3(almost always). The first variable i.e. Coping with Adversity was chosen for the purpose of this study.

VARIABLE	TEST
COPING WITH ADVERSITY	ACSI-28

Administration of the Questionnaire

The subjects were explained the purpose of the investigation and the importance of their contribution as a subject in the study. Further, the subjects were given information about the area being investigated i.e. comparison of the coping with adversity among male and female players of hockey. After the consent was obtained from the students in the consent form designed for the purpose, the athletic coping skills inventory was administered which contains 28 questions distributed under 7 sub scales. Against each item, a response format ranging from 0(Almost Never) to 3(Almost Always) is provided. Subjects participating in the study were asked to respond after reading the questions without any delay. Subjects will be assured that their responses were kept completely confidential, and that they are free not to participate in the study or withdraw at any point of time. They were also assured that the investigation has no effect on their personal development and hence their whole hearted cooperation will help to validate and psychometric evaluate the Athletic Coping Skills Inventory (ACSI-28) in Indian context.

Statistical Analysis

Out of 7 variables, data of variable – coping with adversity was particularly extracted and a detailed statistical evaluation was computed on the collected data from the subjects selected for the purpose of the study. These statistical techniques included the calculation of detailed descriptive statistics i.e. mean, standard deviation and bar diagrams and independent t-test were used as techniques for the study.

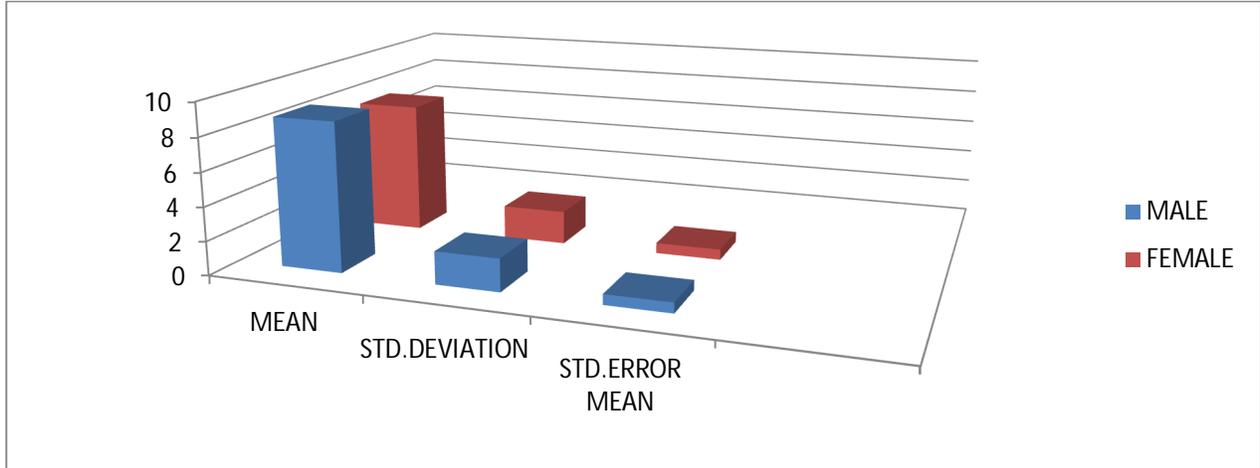
RESULT

The ACSI-28 questionnaire were distributed to 50 hockey players out of which 25 were males and other 25 were females belonging to the age category of 18-25 years of at least inter-collegiate level of participation. Upon receiving the responses, the scores were calculated for the variable – coping with adversity. Descriptive stats were applied on received scores. Upon application it was Indicated as follows: the **mean** value calculated for male was 8.8 and female was 7.8 respectively. **std. deviation** calculated for scores of males was 1.93 and females was 1.98 respectively. **std. error mean** of coping with adversity in male was calculated to be .61 and female hockey players was calculated to be .62. furthermore, for the purpose of study the t-statistics and p value were calculated. The calculated value of **t-statistics** was 1.14. The calculated value of **p value** was .269. It can be seen that the t-statistics 1.14 is insignificant as the p value is .269 which is more than 0.05. Thus, the null hypothesis of equality of population means of two groups is accepted.

Descriptive Statistics of Coping with Adversity

HOCKEY	N	MEAN	Std. deviation	Std. Error Mean
MALE	25	8.8	1.93	.61
FEMALE	25	7.8	1.98	.62

The mean value, std. deviation and std. error mean of coping with adversity in male and female hockey players.



t-table for the Data of Coping with Adversity along with F-value of Hockey Players.

Group	Mean	S.D.	Mean Diff.	SE of Mean Diff.	t-value	p-value	F-value	p-value
MALE	8.8	1.93						
			1.00	.87	1.14	.269	.025	.87
FEMALE	7.8	1.98						

CONCLUSION

1. It may be concluded that there is no difference in coping with adversity in male and female hockey players.
2. The psychological strategies regarding coping with adversity can be same in male and female hockey players.
3. More studies like this should be conducted with greater population.

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