

Stress And Its Coping Strategies Among Male Volley Ball Players

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Abstract

Background: Stress is something natural and it is very difficult rather impossible to completely discard the happening of stress either in sports or any other undertaking of life. However, it can be managed before it interrupts a person's performance. How Volley Ball players manage stress was the basic purpose behind initiating this research study. **Objectives:** To explore the main stressors and to evaluate the management strategy for overcoming the stress employed by the Volley Ball players. **Methodology:** Survey approach was adopted for this study and purposive sampling technique was used for the selection of sample which comprised of the male Volleyball player from the different colleges. Data were collected with the help of questionnaire developed by the researcher. **Results:** Stressors which are most commonly prevalent include mental stressor, psychological stressor, motional stressor, physical stressors, social stressors and environmental stressors. So far as the management strategies are concerned, players mostly follow the method of taking long breaths, designing new playing strategy for the game, taking water or any other sport drink, engaging in hard physical exertion, bathing with warm water and altering attention etc. **Conclusions:** It is concluded that there are a number of stressors which work as causative factor for the onset of stress among male Volley Ball players. These factors include performance edge of the opponents, personal and team's poor performance, continuous mistakes committed during the competition, selfish behavior of the players, partial behavior of the referee, uncertainty of selection, change in playing position, poor fitness level etc.

Keywords: Stress, Stressor, Player, Management Strategy, Social, Volley Ball

Introduction

Participation in sports has diverse type of benefits encircling various aspects of life. It has

been an admitted fact that participation in sports renders positive effects upon health and overall output of the participants. As physical exertion

is the principal instrument for displaying performance in the field of play, the same engagement on part of the participants establishes high standard of physique and quality of physical fitness. Physical exertion is the routine activity in the everyday routine of the player so the player faces no difficulty in performing hard and strenuous physical activity in everyday life. The sports life is full of action and the player is likely to confront a diverse types of situation either it is favourable or infavourable during the routine activities of sports life. It has been the observed that players are tuned in a way to better adjust in different types of situations in the practical life.

The existing technological era has, on one hand, added ease and comfort the life of humans, but simultaneously on the other hand, it has created and introduced a number of negative things to our lives. Finding a proper way for getting recreation and entertainment is nothing less than a difficult task for majority of us. The prevailing materialist age has introduced so many problems which work as a source of frustration, disappointment, stress, anxiety, tension and maladjustment in the society. However the role of sports in the prevailing environment has been remarkable as it serves as the sole effective means for the attainment of recreation and entertainment. It works for the welfare and betterment of the human beings and serves the humanity in different ways. The participant of the sport gets oneself relaxed and refreshed after taking part in the activity of their taste and choice. It has been the nature of human beings that they feel delighted and thrilled when they enter the activity of their choice. In addition to the above, tolerance, determination, courage, patience and justice all have been the alternate benefits of participation in sports.

Sports provide chances to the participants to mutually understand each other mentality, emotions and feelings and promote the spirit of patience, honesty and understanding among the participants. Character building and personality development of the participants has also been one of the prime outcomes of participation in

sports. Sports offer open opportunities for the productive and purposeful use of leisure. In addition to the above sports promote the attribute of strength and stamina and play significant role in the getting better body shape with increased agility and flexibility. It is active participation in sports that serve to burn surplus calories supplied to the body and eliminates the chances of overweight and obesity.

Human organism is created in a most strange and complex way. It constantly keeps check on its surroundings and tries to adjust with the changes occurring therein. However, in case of ambiguity and uncertainty, the system alarms the person. This type of situation causes the state of stress for the individual. The role of stress is universal particularly in the field of performance. Stress may affect the performance in either way; it may be positive and negative. In case of nominal stress, it is good and may cause the player to meet the challenge and face the difficult assignment but in case of otherwise, when the level of stress is profound, it may harm the performance of the player. In either case proper management strategy prevails in controlling the situation without affecting performance of the player. High level of stress and multi-factor type of stress is likely to negatively affect the performance and eventually causing the player to leave the competition. Management strategies and coping mechanism is the focal point of this study round which the whole story of this research work will revolve. How to manage the stress, how to neutralize the effect of light, moderate or extreme type of stress, is one of the basic aspects of training and coaching. In the field of sports at all levels, due attention is required to be paid to this vital aspect of sports as it is most critical factor in showing dominating performance in any field of sports.

Literature Review

The Origin of Stress

Consensus does not exist upon the meanings of the term “stress” and it is explained in many different ways. Irrespective of its nature and meanings, it has now been present in the life of each mature person. It is an umbrella term and its meaning vary from place to place. A study conducted with the 2580 working population concluded that more than half of the respondents revealed that work-associated stress was the sole cause of their main problems of their social and family life by (Kroshus, 2014). It means that stress plays significant role in the output and performance of the working class. Stress free environment is the primary and pre-requisite for doing at one’s best without making extraordinary efforts (Bressert, 2016). The common stressors of everyday life include poverty, injustice, social problems, financial inequality, work-place problems and family issues.

Stress exists in each and every aspect and corner of life and it has also been a fact that no one has got immunity to stress rather everyone is equally prone to be stressed at any time and any stage of everyday life (Cicchetti, 2015). It has been observed that stress may take a heavy toll in terms of deficiency and decline in performance. Stress is a factor which affects the health in negative as well as positive manner and work to make the health-ill (Kessing, Agerbro & Mortense, 2013). But in some cases stress works as the force to be focused and deliver to the best of one’s performance. In this modern era the consciousness about stress has been aroused too much. It is a matter of common observation for the common men of the society that all that happening around us in the society may cause little or more stress (McMahon, Grant, Compas, Thurm & Ey, 2013). A person working at elite level and the other performing at local level, both have equally been likely to face stress however, their level of stress will differ from one another on account of their capacity, capability, personal characteristics, environment and demand of the situation (Kendle, Karkowski & Prescott, 2017).

Sometimes, the term “stress” and “pressure” have mutually been confused in their scope of meanings (Paykel, 2005). Stress is the state of a personal experience which stands for the worried condition of the individual in relation to his capability of performance whereas pressure is the factor causing stress. Work related stress in this regard is very common as for instance job requirements, potential and working capacity of the person to tackle such type of situation (McDaniel et al., 2005). The excess of pressure or inability to cope up the demands lead the one to face the stress. Life-cycle or to be more specific, the different stages of life place different types of demands upon the individual and work as another big factor, which lead to cause stress (Martens & Landers, 2017). It includes great expectation at work, in academics, demands at domestic level, self-control at different situation, different role at different level etc. There is a clear association between stress, working capacity of the individual and a number of mental ailments. A person’s pattern of daily life, nature of responsibilities, approach, emotions, behaviour reflect the fact that whether his life is stressful or otherwise (Eze, 2015).

Chemistry and Composition of Stress and Anxiety

The feeling after facing a stressful situation that we often face is called anxiety. Pietrzak et al., (2014) have mentioned that it is common to all and it is observed by the observers on the faces of the stressed and anxious person. This simple term is also known as nervousness and fear. Some of the often observed symptoms of stress and anxiety are as follows:

2.1.6.1 Physical Symptoms:

- a. Rapid heart beating
- b. Headedness
- c. Muscle tightness
- d. Sweaty palms

2.1.6.2 Behavioural Symptoms:

- a. Escaping the environment as and when symptoms of stress appear

- b. Keeping the proceedings in perfect control to perform at the best and avoiding mistake
- c. Avoiding situations where experiencing stress and anxiety might occur

2.1.7 Symptoms of Stress on Mood:

- a. Panicky and worried
- b. Nervous and feared
- c. Irritable and short-tempered
- d. Anxious and confused

Process of Managing the Stress

Successful management of the stress is nothing less than a skill (Beck et al., 2008). In literature Successful management of the stress is termed as the coping with the stress. Similarly, the management strategy or coping mechanism refers to the personal or external acquired means to react and respond to the external demand of the changing situation (APCO RETAINS Workgroup, 2009). A number of situations can be managed without any outer or external acquired means and they are affectively managed by the individual. Coping is, in fact, the potential effort made for the adjustment of the person in a changed external environment which is normally beyond the personal abilities of the individual (Baschnagel, Gudmundsdottir, Hawk & Beck, 2009). To manage the stress, there are two main types of coping strategies; the first one is problem-based coping strategy focusing upon the person's efforts made for the betterment and improvement of the situation. Similarly, the second one is psychological in nature and deals with the emotional aspects of the individual. It is emotional centered coping strategy which is focused upon the thinking and behaving in a way to subside the feelings of stress (Bandalos & Gagné, 2012). This type of coping strategy is considered to be less effective in improving the situation in true sense however; it is simply a timely remedy for the concerned person to feel relaxed and relieved of the feelings of stress. This idea is based on the possibility that the enthusiasm of actions (including anxiety)

depend on real hopes that people have regarding the importance and as a special experience. This idea is important to clarify the contradictions of singular quality and strength and length feeling inspired in situations that are somewhat tied to different people. Basically, it is expected that subsequent State is produced and inevitably modified by a particular situation. For example, the reviews dictated by the individual elements and circumstantial. Elements of individual side more prescriptive attitudes, motivation, goals, values, and summarize the expectations. Important contextual parameters are consistency and controllability and the emergence of a chance at breaking theory.

The management strategies also vary in nature as it may be short term and long term in relation to the situation. For the timely relief, to reduce the feelings and get relaxation, short term strategy is followed but it has got no real benefits in proper managing the stress. Short term may have negative consequences as it does not treat for the cause it simply and timely subsides the situation. But on the other hand, long term strategy is constructive as it is problem based and addresses the stimulus in true sense (Anshel, Umscheid, & Brinthaup 2013). Coping strategy works differently and it prove to be useful and adaptive but sometimes it may prove to be timely productive but maladaptive as well. Adaptive coping strategy refers to the action or deeds that prove to be helpful in promptly overcoming the stressful situation or happenings and to curtailing the chances of worsening the situation. On the other hand, maladaptive management strategy does not have any long lasting effective results in managing the stress (Bandalos, 2002).

The worth and value of the stress coping strategies significantly depends upon a number of different factors including the nature and intensity of stress, duration and frequency of stress waves, personal experience of the person, resources on the disposal of the person and coping capacity of the individual (Anshel, Umscheid & Brinthaup, 2013). In case the intensity and duration of the stress situation

prolongs and go beyond the personal abilities and resources of the person, it will deteriorate the health and may lead to health issues (Anafarta, 2011). Research has proved that extended phases of stress have negative effect upon mental health because the internal defensive mechanism prove to be weaker to deal with the situation and as a consequence of that, frustration, disappointment and mental deterioration are likely to be confronted to the individual (American Psychiatric Association, 2013).

Objective of the Study

1. To explore the stressors and to investigate the coping mechanisms for overcoming the stress being employed by the male Volley Ball players.

Hypothesis

H₁ There will be significant difference between the coping mechanism employed by male Volley Ball players.

Table 1: Correlation of Stress and Stress Coping Strategies scales (N=120)

S No	Sub-Constructs	1	2	3	4	5	6	7
1	Work Related Causes of Stress	1	0.287** 0.001	0.190** 0.037	0.040** 0.663	0.030** 0.743	-0.018** 0.844	0.244** 0.007
2	Role Related Causes of Stress		1	0.132 0.151	-0.040 0.665	-0.016 0.858	0.102 0.266	0.127 0.167
3	Physical Environmental Causes of Stress			1	0.188* 0.040	0.069 0.456	-0.100 0.277	0.102 0.266
4	Inter Personal Related Sources of Stress				1	0.528** 0.000	0.184* 0.044	0.245** 0.007
5	Preventive Stress Coping Strategies					1	0.460** 0.000	0.256** 0.005
6	Pro-Active Stress Coping Strategies						1	0.504** 0.000
7	Social Support							1

** Correlation is significant at the 0.01 level (2-tailed).

This table shows that the relationship between subscales of stressor and subscales of coping strategies. The Correlation coefficient of these study variables Work Related Causes of Stress and Preventive Stress Coping Strategies are listed in above table, which shows that the Work-Related Causes of Stress level is positively negligible correlated (r=0.03) with Preventive Stress Coping Strategies with non-significant value (p=0.743).

The Correlation coefficient of these study variables Work Related Causes of Stress and Pro-Active Stress Coping Strategies are listed in above table, which shows that the Work-

Related Causes of Stress level is negatively negligible correlated (r=-0.018) with Pro-Active Stress Coping Strategies with non-significant value (p=0.844).

The Correlation coefficient of these study variables Work Related Causes of Stress and Social Support are listed in above table, which shows that the Work-Related Causes of Stress level is positively low correlated (r=0.244) with Social Support with significant value (p=0.007).

The Correlation coefficient of these study variables Role Related Causes of Stress and Preventive Stress Coping Strategies are listed in

above table, which shows that the Role Related Causes of Stress level is negatively negligible correlated ($r=-0.016$) with Preventive Stress Coping Strategies with non-significant value ($p=0.858$).

The Correlation coefficient of these study variables Role Related Causes of Stress and Pro-Active Stress Coping Strategies are listed in above table, which shows that the Role Related Causes of Stress level is positively negligible correlated ($r=0.102$) with Pro-Active Stress Coping Strategies with non-significant value ($p=0.266$).

The Correlation coefficient of these study variables Role Related Causes of Stress and Social Support are listed in above table, which shows that the Role Related Causes of Stress level is positively negligible correlated ($r=0.127$) with Social Support with non-significant value ($p=0.167$).

The Correlation coefficient of these study variables Physical Environmental Causes of Stress and Preventive Stress Coping Strategies are listed in above table, which shows that the Physical Environmental Causes of Stress level is positively negligible correlated ($r=0.069$) with Preventive Stress Coping Strategies with non-significant value ($p=0.456$).

The Correlation coefficient of these study variables Physical Environmental Causes of Stress and Pro-Active Stress Coping Strategies are listed in above table, which shows that the Physical Environmental Causes of Stress level is negatively negligible correlated ($r=-0.10$) with Pro-Active Stress Coping Strategies with non-significant value ($p=0.277$).

The Correlation coefficient of these study variables Physical Environmental Causes of Stress and Social Support are listed in above table, which shows that the Physical Environmental Causes of Stress level is positively negligible correlated ($r=0.102$) with Social Support with non-significant value ($p=0.266$).

The Correlation coefficient of these study variables Inter Personal Related Sources of Stress and Preventive Stress Coping Strategies are listed in above table, which shows that the

Inter Personal Related Sources of Stress level is positively high correlated ($r=0.528$) with Preventive Stress Coping Strategies with significant value ($p=0.000$).

The Correlation coefficient of these study variables Inter Personal Related Sources of Stress and Pro-Active Stress Coping Strategies are listed in above table, which shows that the Physical Inter Personal Related Sources of Stress level is positively negligible correlated ($r=0.184$) with Pro-Active Stress Coping Strategies with significant value ($p=0.044$).

The Correlation coefficient of these study variables Inter Personal Related Sources of Stress and Social Support are listed in above table, which shows that the Inter Personal Related Sources of Stress level is positively low correlated ($r=0.245$) with Social Support with significant value ($p=0.007$).

Management Strategy for Stress

Since nature of stress differs from case to case, accordingly its scoping and management strategy vary in relation to situation. Stress management is a psychological field and different types of behavioural interventions are employed for its proper management (Lambert, Minor, Wells & Hogan, 2015). A number of experimental studies have been carried out to find out its coping strategies in different environments. Following are some of the research findings of American Psychiatric Association (2013) in shape of stress management tips to cope with stress.

- i. **Locating and determining the Basic factors responsible for causing Stress:** By doing so it will enable the person to keep a vigilant eye upon the surroundings, common happenings, activities, trend and attitude of the person (Klimley, Van Hasselt & Striping, 2018).
- ii. **Employing a Healthier and Practical ways of coping Stress:** Unhealthy and unsocial coping strategies like smoking, drinking,

- using drugs and pills, withdrawing from family and friends etc. are the different forms of unhealthy and unsocial coping strategies. As these actions and interventions may timely prove to be effective in subsiding stress but their long term impact upon health and social life is much more damaging and deteriorating in later life (Kimble et al., 2018).
- iii. **Keep on Moving:** Research has confirmed that during the state of stress, engagement in physical activities of either nature which suits one's choice may prove to be very useful in reducing the stress. Physical engagement in activities like playing, jogging, music, dancing, walking, cycling, exercises etc. prove to be very helpful and productive in relieving the feelings of stress (Kilpatrick et al., 2018).
- iv. **Keeping in Contact and Interact with Nears and Dears:** Keeping social links with the people like family, colleagues, class-fellows, relatives, teachers, coach, teammates, friends, etc. are the fastest and most efficient way to overcome the feelings of stress and to avoid overreacting to internal or external events that are worrying (Kaufman, Allbaugh & O'Dougherty Wright, 2018).
- v. **Apply the Practice of the 4 "A"s:** Despite the fact that there are diverse types of stressors and they affect the people in different ways but, practicing the formula of four "A"s is quite effective and successful in preventing and eradicating stress associated with the workplace, family gatherings, everyday activities, colleagues, etc. Four "A"s stands for Avoid, Alter, Adapt or Accept (Kaur, Chodagiri & Reddi, 2013).
- a. Avoid means to avoid the people who cause stress for you;
 - b. Alter means to change the environment, situation, attention etc. causing the stress. In other words, compromise with the environment.
 - c. Adapt means to adjust oneself to the prevailing environment.
 - d. Accept means to go with the things which cannot be changed, so accept them as part of the game.
- vi. **Allocate Regular Time for Fun and Entertainment:** Allocation of proper time in the daily routine for getting oneself relaxed and refreshed is a wise step in avoiding stress. Always keep alive the sense of humour and pay due attention to the recreation and enjoyment.
- vii. **Maintain and Follow Healthy Lifestyle:** Avoid using caffeine, alcohol, cigarettes and drugs, get enough sleep, do regular exercises and take balanced diet etc. are positive steps in preventing and controlling the stress.

Conclusion

From the findings of the present study it is concluded that there are a number of stressors which work as causative factor for the onset of stress among males Volley Ball players. These factors include performance edge of the opponents, personal and team's poor performance, continuous mistakes committed during the competition, selfish behavior of the players, partial behavior of the referee, uncertainty of selection, change in playing position, poor fitness level, previous failures, extra ordinary demands of management, expectation of people and new playing venue. Major stressors discovered from the study

include mental stressor, Psychological stressor and Emotional stressor. Players follow different coping strategies for stress management which include engaging in some sort of exercises and physical work, keeping oneself busy, altering attention, taking liquid drinks or water, and thinking about future planning etc.

Before the launching of this study it was assumed that stressors had no role in the development of stress among the males' players. However, the analysis of data contradicted the hypothesis maintaining that stressors play vital role in creating stress among players. The players were given seventeen options and in all the cases players reacted the same way expressing stress. Therefore, the hypothesis is rejected and the study concluded that there is stress perceived and confronted by college players. The study revealed that all the college players follow stress coping strategies, however, which may not be fruitful and effective. Hence the proposed hypothesis is rejected that the college player use specified coping mechanism. The hypothesis that there is no significant difference between the coping mechanism employed by senior and junior players is accepted, as there is not much difference in the coping strategies adopted by the senior and junior college players of Volley Ball in district Rahim Yar Khan.

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