



Sporting Resilience: Difference Based On Sports Type And Gender

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ABSTRACT

This study explores the concept of resilience in sports, acknowledging its significance for athletes' performance. While resilience has gained increasing attention among researchers, policymakers, and practitioners, consensus on the primary contributors to resilience remains elusive, particularly in sports. The research aims to assess the levels of resilience among athletes participating in different sports (volleyball, athletics, and judo-wrestling) and to examine gender-based differences in resilience. A sample of 600 athletes aged 18-28, comprising equal numbers of male and female participants, was selected from various competitions. Data analysis was conducted using ANOVA and post hoc tests to identify statistical differences between groups. Hypotheses suggested that volleyball players exhibit higher resilience levels than athletes in athletics and judo-wrestling, and male athletes would demonstrate higher resilience than females. Results indicated insignificant differences in resilience across sports categories. However, male athletes exhibited higher resilience in combat and team sports, while female athletes showed higher resilience in individual sports. These findings contribute to understanding resilience dynamics in sports, highlighting potential gender and sport-type influences.

Keywords: Resilience, sports, Performance, Stressors Protective factors

Introduction

The prevalence of sports in a widespread population globally is emerging swiftly, and the entire perspective and texture of sports has been transformed. Earlier, it was believed that participation and performance in sports require physical toughness and enormous physical activity (Ullah & Khan, 2021). Although, as a result of relentless efforts put in by various eminent sports psychologists, this perception has been changed now, it is asserted that to perform better at an elite level every athlete must possess the skills of brawn and brain simultaneously ((Vealey, 2007), (Hardy et al., 1996), (Gould & Whitley, 2009). It has been acknowledged that every time a player competes to achieve desired goals, have to deal with different types of potential stressors, including pain, fear, lack of confidence, and coach stress (Dale, 2000). Such stressors if not dealt with properly leads to the failure of athletes. Therefore, sports psychologists have globally admitted and accepted the necessity of coping with such performance stressors so that athletes may be able to optimize their performance ability and performance errors they commit.

Researchers have found that most of the athletes are applying additional mental efforts to enhance their performance (Cthelwell et al., 2010), few of them advocated the vitality of psychological skills as basic necessity for the achievement of peak performance and positive states in sports (Hardy et al., 1996), doing so not only results in their successful performance but increases personal well being too. Every player commits frequent errors while performing at various stages of their career, therefore, sometimes take hold of a player from achieving success at major competitions. The players who take these errors as part of their routine and carry on learning and improve from such mistakes. This has attracted the sport psychologists to find out those hidden psychological factors which are indispensable to sports performance at any level. One of such buzzing psychological concepts that has been studied the most and has become cynosure for researchers in sports is "resilience". Resilience is the ability, which assists an individual to successfully transform their depressive circumstances and threatening situations to achieve positive results ((Jacelon, 1997) (Windle,

2011). It is an umbrella term which encompasses the stressors encountered and protective factors assisting to resist against these stressors by the athletes.

Sports incorporate stress hence stressors are pervasive in sports and athletes come across through a lot of stressors regularly in respective games they play (Mellalieu et al., 2006) and in order to perform better every athlete requires the efficiency to successfully cope these stressful situations (Holt & Hogg, 2002). Except few, all sports persons experience stress during their sporting career (Scanlan et al., 1991). It is not necessary for everyone to encounter major disasters to be considered as resilient but for someone they may be the modest disruptions that are present in our daily life events (Davis et al., 2009). Most of the earlier researchers suggested that resilience is an individual quality which some have and some do not have, in other words it was considered as a personal trait, however, it is not a trait that individuals have or do not have, rather a dynamic process (Rutter, 2012), (Hjemdal et al., 2006), (Egeland et al., 1993), et al., (Masten, 2001), involving behaviors, thoughts and actions that can be learned and developed in anyone (Block & Block, 1980) (Luthar et al., 2000) and (Connor & Davidson, 2003). It enables a person to enhance the personal assets by comprising numerous factors which assist to negotiate well, adapt, and manage the substantial source of stress protecting from negative situations ((Windle, 2011) (Fletcher & Sarkar, 2013).

Sports psychologists considers it as an imperative mental attribute that every individual or team player must have and plays imperative role to adequately adjust the stressors (Friborg et al., 2003), also assists a person to remain determined and prosper further on even when encountered by adversities (Hoover-Dempsey et al., 2005). People with resilience are highly motivated, have higher level of self- confidence (Chan, 2000) and are able to better employ social coping strategies (Yi-Frazier et al., 2010), whereas the individuals with a low level of resilience fail to thrive out of with stressful situations.

This Study has put forth both protective factors and stressors which are pre-requisites for resilience. Protective factors normally pass on to personality distinctiveness and environmental possessions that support in preventing maladjustment within an individual to defiant the effect of risk (Punamäki et al., 2001) and are also considered as an asset or resource against adversity (Hobfoll, 1991). They are indispensable to positive adaptation; nevertheless, provide assistance in preventing psychological disturbances.

Moreover, it is not as simple as it looks to participate and be successful at elite level, in fact, for these athletes have to begin preparing themselves from a younger age (Gould & Whitley, 2009), also have to undergo lot of rigorous and substantial training schedule and demands. During this process of preparation and participating at different levels, every athlete faces numerous personal, organizational and competition stressors throughout their career (Fletcher & Sarkar, 2013).

From the above discussion, it is clear that resilience has a positive relationship with the performance of sports persons. Still, there exists a dissonance among the researchers about whether there is a difference in the level of resilience among the players of different sports. Hence, the researcher in this research has tried to fill the gap regarding this through this research. Reflecting all, this study has analyzed the relationship between resilience among different sports categories (Volleyball, Judo-Wrestling and Athletics). It was hypothesized that (a) Players of volleyball (team game) would be more resilient as compared to the players of athletics (individual game) and Judo & wrestling (combat game); (b) male players have higher level of resilience as compared to their female counterparts.

Material and Methods

• 2.1. Design and Participants

Study was descriptive in nature and athletes of three different sports were taken as population for this study, A total of 600 players who have participated in All India University games ranging between the age group of 18-28 years from the games like volleyball, athletics and judo-wrestling were selected as samples through convenience sampling under non-probability technique of sampling. Further the sample was divided into male and female players for three different games selected for this study, in which 300 female and 300 male participants were again divided into 200 samples in each of the three selected sports.

• 2.2. Instrument



Figure 1. Variables contributing resilience in sports.

Resilience level of the players was assessed through self-designed questionnaire of Resilience in sports, comprising of 50 items, in which a total of 13 variables were chosen by the researcher after intense review of literature on sports resilience. Among these 13 variables 06 were stressors and 07 were protective factors, as shown in the figure 1. This scale was constructed meticulously by following the procedure to construct it, which included intense review of literature to find out the variables contributing resilience in sports. During this process 37 variables were selected to frame 171 items, and then it was sent to 15 experts of the area for establishment of content validity. After their reviews and suggestions, the scale was delimited to 13 variables and 50 items. The items finalized comprises of stressors and protective variables. A pilot study was done on 100 samples and then finally the developed scaled was administered on 1031 samples for standardization and validation. The reliability of the questionnaire was 0.79 obtained through Cronbach's Alpha test of Reliability, whereas the validity for the questionnaire was 0.52 which is acceptable.

• 2.3. Procedure

Data was collected from the samples with the help of self-prepared questionnaire; questionnaire was given to subjects, dictated by the researcher and asked to respond the items as they feel. Subjects were briefed about the nature and purpose of questionnaire and were also directed that none of the item should be left undone. They were awarded that there is no pass and fail like situation in it, only they have to do is to fill the responses patiently and honestly after being read by the researcher. They were also suggested to ask again to researcher if they did not get clear meaning of any of the item.

3. Results

• Descriptives statistics

	N	Mean	SD	Std. Error	95% Confidence Interval for Mean	
					Lower Bound	Upper Bound
Combat	200	167.2800	17.21784	1.21748	164.8792	169.6808
Individual	200	168.3700	20.42496	1.44426	165.5220	171.2180
Team	200	166.1550	17.26096	1.22053	163.7482	168.5618
Total	600	167.2683	18.35441	.74932	165.7967	168.7399

Table 1. Shows mean, standard deviation and Standard Error for combat, team and individual game players.

• ANOVA

Comparison among group and within group mean for different groups of sports.

	<i>Sum of Squares</i>	<i>df</i>	<i>Mean Square</i>	<i>F</i>	<i>Sig.</i>
Between Groups	490.663	2	245.332	.728	.484
Within Groups	201303.135	597	337.191		
Total	201793.798	599			

Table 2. Comparison of mean values between the group and within the group

• Multiple Comparisons

Dependent Variable: Comparison among three different groups of sports

			<i>Mean Difference (I-J)</i>	<i>Std. Error</i>	<i>Sig.</i>
Tukey HSD	Combat	Individual	-1.09000	1.83628	.824
		Team	1.12500	1.83628	.813
	Individual	Combat	1.09000	1.83628	.824
		Team	2.21500	1.83628	.450
	Team	Combat	-1.12500	1.83628	.813
		Individual	-2.21500	1.83628	.450
LSD	Combat	Individual	-1.09000	1.83628	.553
		Team	1.12500	1.83628	.540
	Individual	Combat	1.09000	1.83628	.553
		Team	2.21500	1.83628	.228
	Team	Combat	-1.12500	1.83628	.540
		Individual	-2.21500	1.83628	.228

Table 3. Shows the comparison of all three groups independently with each other, the p-value for all groups is greater than 0.05.

4. Discussion

After analyzing the data, it was found that there does not exist a significant relationship among the players of different selected games and their resilience level. However, (Reche-García et al., 2020) have found a significant difference in the resilience level of athletes of different sports categories. After data analysis our results does not support to consider the same, so our first hypothesis of having a significant difference in level of resilience among players of different sports categories is rejected. Moreover, this study supports the findings of (Piskorska et al., 2017), that while assessing the mental attributes of players of any game, during competition stress and coordinative abilities of the players must be assessed so that we can come to a better conclusion, which was not done in this study, hence it is considered as one of the main limitations. Second hypothesis of the study was that level of resilience in male players would be higher than their female counterparts was accepted after data analysis, results of the study resemble (Codonhato et al., 2018). Similarly, few studies from general population also support our result related to gender and level of resilience (Rodriguez-Rey et al., 2016).

5. Conclusions

On the basis of results obtained from the samples selected for this study, who were the players of volleyball, athletics and judo-wrestling of both male and female genders, it was hypothesized that (a) Players of volleyball (team game) would be more resilient as compared to the players of athletics (individual game) and Judo & wrestling (combat game); (b) male players have higher level of resilience as compared to their female counterparts. Results obtained showed an insignificant difference in the resilience level of athletes of different sports categories whereas, on the basis of mean difference it was found that resilience level of male players was higher in combat sports and team games having mean difference of 167.33 for male players and 167.22 for female players in combat sports and 168.83 for male players and 163.57 for female players playing individual sports. However, the mean values for female players (171.60) were higher than male players (165.00) playing individual sports.

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