

Examination of the Psychological Resilience of Athletes Dealing With Different Team Sports

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Abstract

The purpose of this study is to examine the psychological resilience of athletes who are dealing with different sports teams. 300 hundred male athletes (football; 80, volleyball 80, basketball; 80, and handball; 60) who involved in different sports teams with at least five years of regular training history were included in the study. The psychological resilience scale developed by Friborget al. (2003) was used to determine the psychological resilience of the subjects. SPSS 22.0 program was used in the statistical analysis of the study. When the results of the study were examined, no statistically significant difference was found in the psychologic durability levels of the athletes dealing with the fields of football, basketball, volleyball, and handball ($p>0.05$). As a result, it was observed that male athletes dealing with different kinds of team sports had similar psychological resilience levels. It is thought that this is due to the fact that all athletes adapt themselves to the needs of their branches with extra motivation for success and for proving their talents within the team for success.

Keywords: psychological resilience; team sports; sport

1. Introduction

The concept of psychological resilience, which is the ability of people to recover or overcome various difficulties and hardships encountered in life has been the subject of many researches in the literature (Çetin et al., 2015). The first researches on the concept of psychological endurance are focused on comparison of those who can be successful with those who can not be successful under difficulties and identification of various personal factors of successful ones (Garmezy, 1991; Garmezy et al., 1984, Luthar, 2003; Masten, 2001; Werner & Smith, 1982; Werner & Smith, 2001).

Findings on the contribution of physical activity to improving human health and living standards are clear (Kaya et al., 2017).It has been found that internal-external locus of control are presented on the individuals engaged in professional or amateur sports who adopt a physically active lifestyle and in the researches, individuals who consider training as important and those who interpret themselves physically active also interpret themselves as internal control-oriented rather than external (Dyrstad et al., 2007; Snyder&Spreitzer, 1979; Koca et al., 2003). As it suggests here athletes who are well trained feel themselves psychologically ready as well.

Coping with psychological pressure and stress during sports events is a competence as important as coping with competitors. Conditions such as competition times, continuity of strength and resilience, being able to resist fatigue create pressure on athletes psychologically as well as mentally and physiologically (Fauvel and Ducher, 2009; Li et al., 2009; Christian et al., 2013).

An important role in athletes performance in exercises and sports competitions gains value from the point of view of psychological resilience, self-perception, coping with difficulties, struggling and persistence (Wolfson & Neave, 2007). The concept of psychological endurance, which is also considered as a personality trait plays an important role also in the behavior of coaches and athletes (Altıntaş, 2017). Therefore, to be able to evaluate the physiological and psychological situations that athletes encounter as positive and to be successful, psychological resilience and locus of control are important for them.

The purpose of the present research, based on all this information is to study the psychological endurance of athletes dealing with team sports from different branches and to interpret the results according to the specific characteristics of the branches.

2. Method

2.1 Study Design

300 hundred male athletes (football; 80, volleyball 80, basketball; 80, and handball; 60) who involved in different sports teams with at least five years of regular training history were included in the study. The psychological resilience scale developed by Friborget al. (2003) was used to determine the psychological resilience of the subjects. The participants filled in informed consent form and they were told that it was important to read the questions and fill in the questionnaire form carefully in terms of the validity and reliability of the study.

2.2 Psychological Resilience Scale

In the research, “psychological resilience scale for adults” developed by freiborg et al. (2003) was used. The scale consists of six dimensions, including the ‘structural style’, ‘perception of the future’, ‘social competence’, ‘family harmony’, ‘self-perception’, and ‘social resources’. The Turkish validity and reliability study of the scale was done by Basim and Çetin (2011). Cronbach Alpha values for the reliability of the scale in the current research were found as; 0.78 for ‘self-perception’, 0.74 for ‘perception of the future’, 0.84 for ‘social competence’, 0.81 for ‘family harmony’, 0.80 for ‘social resources’, and 0.73 for ‘structural style’.

2.3 Data Analysis

SPSS version 22.0 was used for statistical analyses. Normality assumption was examined with Shapiro-Wilk test. In case of normal distribution, branches were analyzed with ANOVA test. p value of less than 0.05 was considered as statistically significant.

3. Results

Table 1. Descriptive statistics of the age of participants according to their branches

Branch	n	Mean	S.D.	Min.	Max.
Football	80	20.98	1.87	18.00	25.00
Volleyball	80	21.00	2.01	18.00	28.00
Basketball	80	21.10	1.63	18.00	24.00
Handball	60	21.40	1.89	19.00	26.00

Table 2. Comparison of the branches' psychological resilience scores according to different sub-dimensions.

		n	Ort.	S.S.	Min.	Maks.	F	p
Structural Style	Football	80	3.49	0.80	1.50	5.00	0.673	0.570
	Volleyball	80	3.28	0.81	1.75	4.75		
	Basketball	80	3.42	0.84	2.00	5.00		
	Handball	60	3.55	1.09	1.00	5.00		
	Total	300	3.43	0.88	1.00	5.00		
Perception of the Future	Football	80	3.60	0.78	2.50	5.00	1.312	0.273
	Volleyball	80	3.56	0.81	1.50	5.00		
	Basketball	80	3.80	0.81	2.00	5.00		
	Handball	60	3.89	0.89	1.75	5.00		
	Total	300	3.70	0.82	1.50	5.00		
Family Harmony	Football	80	3.64	0.71	2.17	5.00	1.986	0.119
	Volleyball	80	4.01	0.65	2.67	5.00		
	Basketball	80	3.91	0.80	1.83	5.00		
	Handball	60	3.93	0.74	2.33	5.00		
	Total	300	3.87	0.73	1.83	5.00		
Self-Perception	Football	80	3.60	0.66	2.67	5.00	1.699	0.170
	Volleyball	80	3.70	0.61	2.67	5.00		
	Basketball	80	3.83	0.83	2.17	5.00		
	Handball	60	3.94	0.57	3.17	5.00		
	Total	300	3.76	0.69	2.17	5.00		
Social Competence	Football	80	3.50	0.63	2.17	4.67	0.906	0.440
	Volleyball	80	3.56	0.67	2.17	4.83		
	Basketball	80	3.68	0.69	2.50	5.00		
	Handball	60	3.73	0.74	1.33	5.00		
	Total	300	3.61	0.68	1.33	5.00		
Social Resources	Football	80	3.67	0.70	2.43	5.00	1.783	0.153
	Volleyball	80	3.98	0.63	2.14	5.00		
	Basketball	80	3.96	0.61	2.71	5.00		
	Handball	60	3.89	0.78	2.14	5.00		
	Total	300	3.88	0.68	2.14	5.00		

Inter-branches psychological endurance scores were studied with ANOVA test and no statistically significant difference was found in any sub-dimension ($p>0.05$) (Table 2).

4. Discussion

When the results of the current research were examined, and when the psychological endurance of the athletes engaged in different team sports was examined, no statistical significance was found ($p<0.05$) (Table 2). Although these scores were different branches, they showed that branches with similar competition systems and psychological preparation structures had similar psychological resilience between the same age groups.

In the study of the literature, it has been observed that several psycho-social researches have been conducted on athletes, trainers and managers interested in different branches by dealing with different variables (Riemer & Chelladurai, 1995; Summers & Russel, 1991; Maby, 1997; Garland & Barry, 1988; Gordon, 1998; Prapavessis, 1991; Doğan et al., 2018; Koç and Ermiş, 2016; Kabadayı et al., 2017; Cavusoglu et al., 2017; Bostancı et al., 2017; Bayram et al., 2017; Keskin et al., 2016; Bostancı, 2014; Ermiş, 2019). Yet, psychological endurance researches on athletes are still limited.

When the researches in connection with the sport on the psychological resilience are examined, Altıntaş (2017) studied the relationship between psychological endurance of basketball coaches and leadership levels in his research and determined that leadership characteristics improved as the level of psychological resilience of trainers increased and thought that this situation was because of establishing a positive relationship between the ability of basketball coaches of maintaining, planning and organizing of their daily work and features such as doing regular exercise, being programmed in sports environment, loving teaching. Grant et al., (2009) found that coaches working regularly and systematically had higher psychological resilience and lower levels of depression and stress as a result of their work. These results in the work of Grant reveal the thought that psychological satisfaction levels of coaches with regular jobs are enough but psychological satisfaction levels of coaches who do not work regularly may vary. Likewise, considering that the subjects in our study are also active athletes, and therefore, they are thought to have enough and similar scores especially in terms of perception of the future. Similar to these studies, Köksal (2008) determined after his study on the coaches that trainers with high self-efficacy and self-confident exhibit more democratic behaviors. This thought has revealed the reflection that trainers with high self-efficacy may have higher psychological resilience. Kaya et al., (2017), in terms of the differences of subjects according to gender in their research about the psychological resilience of sports science students according to different variables, have found a significant difference in the locus of control and in the family harmony dimension, one of psychological resilience sub-dimensions; in terms of the age variable, they have also found a significant difference in the social resources sub-dimension among the psychological resilience sub-dimensions and in the social competence sub-dimension among the psychological resilience sub-dimensions among the place variables they grow. Basım and Çetin revealed parallel results with the work of Kaya in 2011. It is thought that these differences arised from the differences of variables such as age, gender, location of subjects participating in the study. When considered in this aspect, and thought that the average age of the subjects in our study was very close to each other and they all were interested in team sports, it would be considered normal for any difference to occur. Yanılmaz (1999), in his study of the preservice teachers' psychological resilience, found significant differences in different variables. They determined that especially in gender variables, females had higher levels of psychological resilience than males. Researches have revealed significant differences especially in age variable (Hjemdal, 2006; Kaya et al., 2007; Kırırnoğlu et al., 2012). This difference is thought to be effective on psychological resilience depending on growth and life experience, because humans have been acquiring many environments throughout life, have different needs and accordingly can change himself both physically and psychologically.

As a result, the results of our study revealed that athletes engaged in different team sports had similar psychological resilience. This situation is due to the fact that all athletes try to prove themselves for success within the team and they adapt themselves to the need of their branches with extra motivation for success. However, data were collected from similar age groups and only male athletes in our study. Therefore, further researches are thought to intend to contribute to different groups in terms of both age and sex, and at the same time not only to team sports but also to individual sports in sports science and social space literature.

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