



A COMPARATIVE STUDY OF SPORTS PSYCHOLOGICAL COPING SKILLS OF MALE AND FEMALE TAEKWONDO PLAYERS

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ABSTRACT

The purpose of this study was to compare the sports psychological skills of male and female players. A sample consisted of thirty male and female Taekwondo players, who participated in State Taekwondo championships held at Bilaspur 2025. The Athletic Coping Skills Inventory-28 prepared and developed by Smith et al. 1995 was used to measure the seven dimensions of psychological characteristics i.e. Coping with a diversity, Peaking under pressure, Goal setting and mental Preparation, Concentration, Freedom from worry, Confidence and achievement motivation, and Coach-ability. To find out the significance of differences between male and female Taekwondo Players. the Means, Standard deviations and t –ratio were computed. Results of the study indicated that the male Taekwondo players had better sports psychological skills than female Taekwondo Players. Female Taekwondo players had better concentration ability than their counter parts. Male and female Taekwondo Players also expressed similar psychological skills for the set of seven factors of athletic coping skill inventory.

Keywords: Males, Females, Taekwondo, Psychological Characteristics, Coping Skills

1. INTRODUCTION

First of all, the inclusion of sports psychology was much more important to the Eastern European countries. Secondly, the approach to sports psychology is different. Sport psychologists in the USA work directly with the athletes, whereas, the Eastern Europeans believed that the coach should be the sport psychologist. In other words, the job of the sport psychologist is to help educate the coach. Furthermore, coaches in the former GDR completed a thorough training program that included extensive education in Sports Psychology.

In western countries, coaches are seldom required to have formal training or to work closely with sport science practitioners or researchers (Roberts and Kimiecik (1989). Few athletes have received psychological training that in any way approaches the

complexity of their physiological training, even though many athletes believe that the mental aspects of their sport prevail over the physical aspects. One of the benefits of more research on psychological variables in gymnastics.

Anxiety has been the psychological factor most commonly linked to these sporting injuries, and there are reports of a high frequency of injuries in gymnastics. Elite gymnasts were found to have the highest anxiety level when compared to elite athletes from eight different sports. Little attention has been paid to the relationship of anxiety and injury in gymnastics (Kolt & Kirkby, 1994).

Players of different levels of play might display differences among the various psychological factors. Also, it was believed that identifying the psychological factors that

influence soccer performance could provide important information to improve the athlete's preparation for the game, influence the occurrence of injuries and lead to intervention methods to improve fair play (Junge and his associates, 2000).

The mental skills are most important for the athlete to develop in order to enhance and optimize their coping skills. One concern that Baltzell had, however, was the lack of correlation between Coping and the Coping with Adversity subscale in the ACSI-28. Baltzell asserts that these two scales should be more closely related since theoretically, those athletes who cope effectively would also cope with adversity (Baltzell, 1999).

One important question is which psychological inventory will best assess these characteristics. If only one characteristic is being studied, then the best test would be one specific for that characteristic. However, when trying to predict success in a sport like individual or team game, or trying to identify one of several psychological constructs to determine strengths and weaknesses, the Athletic Coping Skills Inventory-28 has emerged as one of the best (ACSI-28; Smith, Schutz, Smoll, & Ptacek, 1995).

The purpose of this study was to compare the psychological characteristics of male and female Taekwondo players of Chhattisgarh. It was also hypothesized that there will no significant difference between male and female players of Chhattisgarh.

2. METHODOLOGY

2.1 Sample:

A sample consisted of thirty male and female Taekwondo players of Chhattisgarh, who participated in State Taekwondo championships held at Bilaspur 2025. The mean and SD of age in case of male and female for total sample were 21.66 ± 3.61 and 20.09 ± 2.15 years.

2.2 Instrumentation:

The Athletic Coping Skills Inventory-28 prepared and developed by Smith et al. 1995 was used to measure the seven dimensions of psychological characteristics in the form of personal coping resources of university athletes i.e. Coping with adversity, Peaking under

pressure, Goal setting and mental Preparation, Concentration, Freedom from worry, Confidence and achievement motivation, and Coach-ability.

2.3 Procedure:

The test was administered on the subjects during when they were not quite busy and has sufficient time to give correct response of the questions cited in the questionnaire.

3. RESULTS

To find out the significance of differences between male and female Taekwondo Players, the Means, Standard deviations and t –ratio were computed and data pertaining to this have been presented in Table 1 . Significant level was set at .05 level.

TABLE 1
SIGNIFICANCE OF DIFFERENCES BETWEEN MEAN SCORES OF MALE AND FEMALE TAEKWONDO PLAYERS ON SEVEN DIMESIONS OF PSYCHOLOGICAL CHARACTERISTICS

S.NO	Psychological Factors	Sex	Mean	MD	σ DM	t-ratio
1.	Coping with adversity	Male	2.194	0.153	0.216	0.582
		Female	2.041			
2.	Coach-ability	Male	1.666	0.125	0.184	1.828
		Female	1.541			
3.	Concentration	Male	2.125	0.041	0.228	1.809
		Female	2.166			
4.	Confidence and achievement motivation	Male	2.277	0.312	0.178	0.100
		Female	2.145			
5.	Goal setting and mental preparation	Male	2.375	0.146	0.192	0.376
		Female	2.229			
6.	Peaking under pressure	Male	2.263	0.01	0.209	0.048
		Female	2.250			
7.	Freedom from worry	Male	1.027	0.194	0.259	1.250
		Female	0.833			

Insignificant at .05 level.

$t_{.05} (28) = 2.05$

It is evident from Table 1 that the statistically significant difference was not found between male and female Taekwondo players in coping with adversity, coach ability, concentration, confidence and achievement motivation, goal setting and mental preparation, peaking under pressure, freedom from worry factors of psychological characteristics, as the obtained t – values of 0.701, 0.290, 0.676, 0.746, 0.675, 0.00, and 0.449 respectively were lesser than the required value of $t_{.05} (28) = 2.05$

4. DISCUSSION

Male Taekwondo players obtained significantly higher mean scores than their counter parts in 6 of the 7 sport psychological variables, namely adversity, confidence, goal setting, and worry except concentration . Results of t-ratio indicated the statistically insignificant differences between male and female Taekwondo players of on psychological variables. Which may be due to similarity in bounce back quickly from mistakes and setbacks, accept constructive criticism, ability to maintain unexpected situation, confidence, goal setting of specific performance, focus without worry on performance in competitive situations and perform well under pressure. In all these variables of coping skills, it was seen that the male Taekwondo players had better skills in

comparison to female Taekwondo players. This was partially supported by Kruger, Piennar, Plessis & Rensburg (2012). It was also hypothesized that “There will no significant difference between male and female players of Chhattisgarh” is totally accepted

5. CONCLUSIONS

1. Male Taekwondo players had better coping ability than female Taekwondo Players.
2. Male and female Taekwondo Players expressed similar psychological ability for the set of seven factors of psychological characteristics.
3. Female Taekwondo players had better concentration ability than their counter parts

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