Comparison of Stress Degree and The Methods to cope with stress in both Athletes and Non-Athletes adults

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ABSTRACT

Stress is unavoidable in the life. Stress or the psychological pressures are increasing gradually in the new age. People should face these pressures, it means that it is not possible to omit stress in the life, it is better to search the ways to overcome stress in the different ways. The choice of propriate way will influence in one’s physical and psychological health. This study is to compare the stress degree and the ways to overcome them in both athlete and non-athlete people, who were occasional in the example including 200 athlete and non-athlete persons in the instruction organ. There were meaningful difference between athlete and non-athlete persons in the ways of overcoming stress and the degree of stress. It seems the degree of stress in non-athlete persons are more than athlete ones.

Key words:

Introduction

Stress is a negative passion including the biochemical, physiological, understanding, behavioral changes. Lazarus [18] says:

Stress is a combination of different difficulties (which originate of the series of intentions) which induce the pressure on the system, either they are physiological or social, or psychological. He believes the examination plays an important role in the stress. While stress comes to the fore, one’s intentions, and his environment are perceived as one’s capability to either decrease or increase the changes. The first perception is called, "the process of examination" (qut. in Health journal , 2001). Alavi believes, "stress is kind of emotional and physical depression which appears through the actual, imagitional problems" [12]. "The other definition of stress that it is energy which produces changes if it appears through pressure on a system. In other words, while the psychological, social energy destroys the person’s balance of his soul as "an event" or "situation", they are called stress [13]. "Stress is unavoidable element of compitative exercises [10]. "The persons usually commit a series of actions, while they face the stress and its bad effects, these actions are called "defendence" [7]. So, it is necessary to omit the source of stress, but, sometimes, the person is not able to omit the sources of stress, hence he will decrease it.

On the other hand, Lazarus et. al believes that "stress is a means to fit "individual- environment" [18]. It means that a person face the situation of stress, then regarding his past experiences, and his nature, he will examine the situation. This examination will assign the degree of stress, then he will defend himself according to his special caracteristiques.

The first struggle to defend against the stress is definable in a collection of internal, psychological processes, which save the person in the dangers, the orignon of this concept is based on psychotrapy in which the defendence is a method to solve the internal tensions, hence it is individual-based. The word of "confrontation" in the society of psychology-psychotrapy means to cope with the problems in order to succeed [4].

Stone et al believe "defendence is the conscious struggle to face the source of stress"

Campass [15] believes that the confrontation is a method to compromise the source of stress, for example an athlete will debate the referee, if he takes, this action is influencing to depression in the athlete, which leads to decrease the stress [19].

Folkman and Lazarus says that the defendence is a complex process which will be changed according to the source of stress and pressures, hence it covers one’s behavioral, knowing struggles, then they emphasize on the defence as an active process, which will change the source of stress. Therefore, the defendence is a dependable factor to the field which
relates to both one’s examination of the source of stress, and the sources to face the stress.

In fact, the methods of confrontation including one’s behavioral, knowing actions to decrease the psychological pressures or eradicate the sources of stress constitutes in three types.

A) The issue-based method: In which one concentrates on the problem, he tries to solve it logically. This method includes the change of goals, finding the replaced methods in order to reach goals.

B) The passion-based method: In which one tries to control passions, and psychological reactions to face the problem, it includes the different ways such as the self-obsessed mind or the tension of sensations, imagination, or other catious actions to influence in the rules. While an athlete pleases in the play, it will be an example for the passion-based method.

C) The avoidance-based method: In which one tries to avoid the situation of stress through searching the social dependence, hence the avoidance and degrading the problem is the method.

Therefore, the methods of confrontation are able to 1) either decrease or omit the sources of stress 2) to change one’s examination of source of stress 3) to control or to decrease the miserable sensations of stress [22,21].

Every method of confrontation is useful by itself, for example, while the avoidance-based method is useful, either the source of stress is not known, or the problem is not controlled, and one’s self-confidence is weak. While issue-based method is important, the problem is controllable, the source of stress is known [20].

Orbak believes, while people use the issue-based methods, and while they use the passion-based methods, they will succeed.

Regarding the research findings, those methods which are concentrated on the passions are based on the negative emotions, and those of positive emotions of duty will be increased among the athletes in the competitions. The methods which are based on duties will increase the physical anxiety, while the methods which are based on passions will increase the knowing anxieties [16].

It is necessary to say, we should be patient, self-confident in order to concentrate on the problem [17].

Argayel [1] believes that the regular exercise will provide the persons for the calm, pleasant life. It means sport is a means to decrease one’s stress. There are some key concepts in Lazarus’s definitions of confrontation with issue:

1- Confrontation is guided by permanent factors of personality
2- The logical ways to confront the problems are assigned by goals in the environment. Therefore, confrontation is a struggle to face the problems, it does not lead to success, these struggles include the behavioral, knowing actions.

This study is to examine the following hypotheses:
- Regarding stress, there is a meaningful difference between the athletes and non-athletes.
- Regarding the methods of confrontation, there is a meaningful difference between the athletes and non-athletes.

Methodology:

This study is based on descriptive-searching method in the light of post-event.

The society of study includes whole teachers of instruction organ in Kermanshah city who are chosen according to random examples among the athlete and non-athletes including 200 persons.

In order to collect data, the following questionnaires:
- The questionnaire to face the stress: This questionnaire was designed by Andler and Parker in 1990, in order to examine the ways people face their problems. This test including 48 cases, and three styles of 1- basic confrontation, which are issue-based, it means to control passions and to manage to solve the problems step (16 cases) 2- the passion-based method, in which one does not concentrate on the passion, itself, instead, he concentrates on solving the problems in order to decrease the negative passions (16 cases), 3- the avoidance-based method, in which the person avoids to face the problems (16 cases).

The final coefficient of three levels of questionnaires revealed in Ghoreishi’s studies in 1985, they were applied in the issue-based method %58, passion-based method %55, and the avoidance-based method %83. Besides, the questionnaires were used in Bahrami’s studies in 1987 which were based on the issue-based method %82, and the passion-based method %76, and the avoidance-based method %82 [9].

The history of stress in Holmz-Rahe’s life: It was composed by Holmz and Rahe [14] in order to examine the degree of stress including 33 cases. Holmz and Rahe assigned the authority of this test by pre-autority %72 and the final one based on re-examination method %82. Baraheni [3] reported the permanency of this test in Iranian example according to re-examination %79, besides, its narratology was reported %74 according to knitted factor [8].

Findings:

The middle age of groups was 24.86.
The middle education of groups were %75 A.A, %21 B.A. and %4 M.A.
The first hypothesis: Regarding stress there is meaningful difference between the athletes and non-athletes.
It concluded that there is a meaningful difference between the athletes and non-athletes in the light of stress (P < .0008).

The second hypothesis: there is a meaningful difference between the athletes and non-athletes in the methods to face the stress.

The conclusions of table (2) shows that there is a meaningful difference between athletes and non-athletes in the methods of confrontation (sig= %004). Besides, there is a meaningful difference between the athletes and non-athletes in the issue based method (sig= %0001) and the passion-based method (sig= %001), but there is not a meaningful difference between them in the avoidance-based method (sig= %3) in the level of %05 and the certification of %95.

Conclusion:

It concludes that there is a meaningful difference between the athletes and non-athletes in the degrees of stress, it means the athletes experience the less stress than non-athletes with the certification of %95, hence it is proved that sport is a factor to save a person, hence it is able to either decrease the stress or it is influencing while a person exercises sport.

There is a meaningful difference between athletes and non-athletes in the methods to face the stress, in other words, athletes are more successful to face the stress, because they may use the methods of confrontation in the competitive in order to cope with the stress.

There is a meaningful difference between the athletes and non-athletes in the methods to face the stress in fact, the issue-based methods are used by most among the athletes. Usually, non-athletes use the passion-based methods, but there is not a meaningful difference between athletes and non-athletes in the avoidance-based method.

These findings are aligned with Abolghasemi’s studies (2008) to examine the methods in order to face the stress through sport.

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