



The Comparison of Coping Styles with Anxiety in Men and Women Elite Karate

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ABSTRACT: Stress is one of the most important reasons of appearing bodily and psychic disorders. Regarding the importance of coping against stress in athletes operation, this research determines the coping styles against stress among the men and women elite karate in Alborz. In the comparison study, forty-one men elite karate and twenty-five women elite karate were selected by accessible sampling. To determine the coping styles against stress, it was used Andler and Parker questionnaire (1990). For analyzing data, it was used the descriptive statistics and khido test in a good level ($\alpha < 0/05$). The results showed that 17/5% of men and 16% of women have used the coping style against the avoidance stress. 36/3 % of men and 18% of women have used the emotion-focused style and 46/2% of men and 66% of women have used the problem-focused style. According to the criteria khido ($x_2 = 5/77$) with meaningful level ($p = 0/04$), there are a meaningful disorder between coping style against stress in women and men elite karate. Regarding the prevailing style in two groups, the coping style is problem- focused and it is necessary for the tutors to teach students how to evaluate and find the problem in facing with stressful situation. Tutors should also reinforce students' social dexterity to provide the coping means against stress factor and escaping from the stressful factor.

Key words: Problem - focused style, emotion- focused style, avoidance style, elite karate.

INTRODUCTION

Stress is one of the most important reasons of appearing bodily and psychic disorders especially in athletes. Prevalence of stressful factors such as psychic or bodily mistake commission, pain experiencing, cheating observation or competitor success, referee penalty and tutor reprimand (Besharat, 1383) is unavoidable in order to preserve athlete health and athletics success.

Coping processes are activities, cognitive actions and individual behavior for managing stress. The researchers believe that coping is equivalent with intelligence quest in facing with stressful factors (Stone *et al.*, 1992). The researchers also classified the coping strategy in different forms. According to the copying process orientation, one of the general classifications divide the coping strategies to perception problem , individual feeling, problem- focused coping and emotion - focused coping (Zazarus and Folkman, 1984). Problem- focused coping called task- focused coping (Endler and Parker, 1990).

To adjust the stressful factors and to achieve the aim, a person directly copes with stressful situation. Therefore, problem - focused coping is process-oriented and it is goal achievement by changing the relationship between individual and environment. Problem- focused coping examples are as follows: describing the stress and external obstacles, changing goals, finding the substitution procedures in the goals achievement, searching the social support, active avoidance of stressful factors through interval creation and having speech final nature (Krohne Hindel (1988); Auerback (1992), in order to adjust the stressful factors and achieve the goals in emotion- focused coping , a person regulate the related cases with stressful factors (Lazarus and Folk man, 1984). Regarding the stressful factors and evaluating interpretation, the emotion-focused coping style effects on the individual spirit. Therefore, the emotion- focused coping is dealing with important change of stressful factor.

In order to answer the replacement, an athlete may say: "I'm happy that the tutor replaced me; I was too tired" or "I could not continue playing game because of severe pain" (Sarafino 1994). Endler and Parker (1990) believe that emotion-focused coping is a kind of personal orientation. (Like excitement answers, denying and specter reactions). If an athlete is puzzled in competition after a physical fault, positive statement (like continue or concentrate) incarnation of doing successful technique and tranquility reduce intervention thoughts. Then they facilitate coping process. Urbakh (1996) believes that the coping result would be better if: A) in checking situations, problem-focused coping is on priority and B) in non-checking situation, problem-focused coping is used. The results of most available researchers have shown the problem-focused style for coping with stress among the athletes. As an example, Lijing and Liuhe (2008) showed that 61/07 percent of professional basketball players had problem-focused style and 38/93 percent had avoidance style. Ramazani Nejad (2011) showed that the coping with problem-focused stress is more common than coping with emotion-focused stress among the national athletes of individual courses in Iran. Furthermore, the results of Gaudrean et al., study (2002) shows that the golfers who used the problem-focused style had the most successful operation.

In the other classifications, Roth and Cohen (1986) have classified these styles to the approach and avoidance coping. The main feature of encountering coping style is facing with stressful factors in order to improve the results. Some of these coping styles include starting, direct operation, increasing individual efforts in the use of pre-designed coping strategies. The main feature of avoidance coping style is being far from the stressful factors. Some examples of this style include dissembling, not paying attention, cognition interlude creation, help-seeking from the others and paying attention to the other duties, Endler and Parker (1990). The use of these methods causes the improvement of athlete operations in many sports situations. Some groups of researchers showed the use of encountering coping style in among the different sport courses of athletes. However, the other group believe that the avoidance coping is more common (Green and Weinberg 2001, Gan 2005, Nicholas, Holt, Polman and James 2006, Ghahramani, Beshearat and Farsi 2013). Some of the researchers have reported the use of both the avoidance and encountering methods (Richard, Neil and Jain 2006, Balighi 1386). Tendency to use a special style depends on the special characteristics of athletes. Among the different sports,

karate course is a good example of a sport competition with high levels of temporal-spatial limitations that needs high-speed reactions (Mory, Ohtani and Imanaka 2002). Due to available limitations, different styles of karate tolerate psychic pressures. As the coping style or stress is in direct connection with successful operation, so it is necessary to investigate about the stress style in elite karate players for guiding the novice players. It is probable that the differences in these characteristics is due to the gender kind in the use of this style which has often been considered. Then, the aim of this researcher is to determine and to compare the common coping style against the stress in among the men and women karate players in Alborz.

METHODOLOGY

The comparison kind of research and the research participants were sixty-six elite karate (41 men and 25 women) who had black belt dan one. At least all of them were participated in national team more than one time and all of them were selected by accessible sampling. To determine the coping style with stress, it was used the Endler and Parker (1990) questionnaire. The perpetuity and description of this questionnaire has been reported more than 8% in different researches. In this research the α - Cronbach coefficient is about ($\alpha = 0/72$). It has been reported that avoidance style is ($\alpha = 0/63$), problem-focused style ($\alpha = 0/84$) and emotion-focused style is $\alpha = 0/7$.

For analyzing the data, it was used the khido test in meaningful level ($\alpha < 0/01$)

FINDINGS

The research participants were 66 karate (41 men and 25 women) with the mean age of (women: 5/03 +19/36 and men: 4/22+2/22) in among the participants, forty two of them (28 men and 14 women) were from the controlled styles, fifteen people of them (8 men and 7 women) and also nine people of them (5 men and 4 women) were from the free styles.

According to the information of table 1 and Table 2, it can be viewed that the 17/05% of men karate were from the coping style with the stress of avoidance style, 36/3% emotion-focused style and 46/3% problem-focused style which in comparison with women karate, there were 16% avoidance style, 18% emotion-focused style and 66% problem-focused style. The test khido ($x = 5/77$) also showed that there is a meaningful difference level ($\alpha = 0/04$) between coping styles with the stress of men and women karate.

Table 1: Coping styles against the karate stress.

Total	Women karate players	Men karate players	Group style	
			Observed redundancy	Expected redundancy percent
11 11/0 %17	4 4/5 %16	7 6/5 %17/5	Observed redundancy	avoidance
			Expected redundancy percent	
			percent	
35 35/0 %53/8	15 11/9 %66	20 23/1 %46/2	Observed redundancy	Problem-focused
			Expected redundancy percent	
			percent	
20 20 %29/2	6 8/6 %18	14 11/4 %36/3	Observed redundancy	Emotion-focused
			Expected redundancy percent	
			percent	
66 65 %100	25 25 %100	41 40 %100	Observed redundancy	total
			Expected redundancy percent	
			percent	

Table 2: Khi 2 test for karate coping styles.

Meaningful level	Freedom degree	The amount of khido
0/046	2	5/776

DISCUSSION AND CONCLUSION

The results showed that there is a meaningful difference in coping styles against the stress of men and women karate. The men and women karate are mostly equal in the use of avoidance style (17/5% and 16% respectively) but the women karate more use the problem-focused coping than men karate players (66% in contrast with 46/3%). On the contrary, the men karate uses emotion-focused coping than women karate (36/3% in contrast with 18%). These findings reported that there is not a meaningful difference in women and men athletes (Balighi, 1386; Kent; Gaudreau, Malika and Thierry, 2005). The choice of coping style depends on different factors, which one of them is gender kind. On the other side, coping theoretical literature put emphasis on the relation of coping style with personal characteristics (Rout and Kohen, 1986; Allen, Greenlees and Jones, 2011). This sport course is one of the most effectual factors choosing the special coping style. However, it is not clear that these differences are in relationship with gender difference or personal

characteristics. Sport course and other variables such as skill level, people ability and culture and further researches achieve the persuading reasons on difference with men and women coping styles. However, the most important finding of the research is problem-focused style that was the predominant coping style with stressful factors in both women and men karate groups. Some of the findings of researches have shown that the women more use the emotion-focused coping and men use more use the problem focused style (Scalant, 1991; Anshel, 1998; Pensggered, 2003) which is indirect. It is probable that the reason of these contradictories is the use of different tools, sport courses and different skill levels of athletes. On the other sides, the research findings are not unilateral with many results of the researches such as Liging and Liyoh: (2008), Ramazaninejad (2011), Anshell (200). It seems that the coping style against stress Is successful in relation to the operation. The results of Gaudreau (2002) shows that the golfers who used the problem-focused style had the most successful operation.

On the contrary, the golfers who used the avoidance style had the weakest operation. Furthermore, many athletes who applied avoidance coping style had reported the most negative emotions. Dell (200) Halt, Hoog (2003) and Gerard (1995) have shown that the problem- focused styles are suitable in personal courses. They have showed that the emotion-focused coping is along with reducing operation (quoting Nicholas, 2006). As the karate operation is more successful than the other sport courses, we can find that having the problem-focused style is one of the most successful factors in facing with stressful conditions. On the other words, Iranian karate concentrates on successful situations than not facing with them. They also concentrate on their operation and their duties. Therefore, if the karate could not solve their problem through problem-focused style, then they solve their problem by emotion-focused style. The choice of avoidance style is on the last preferences in among the karate. According to the coping theoretical models against the stress (Endler and Paker,1990), the problem-focused coping is the best way for managing the conditions. Then it seems that regarding the nature of karate courses, cognitive evaluations and concentration on the issue would be the most beneficial factor for karate operation in stressful conditions. Generally, the results show that the gender kind is as one of the most effectual factors in choosing the coping styles against the stress. Furthermore, the karate aim and the best results achievement in coping against the problem-focused stress show that the novice players can benefit from the experienced players. Furthermore, the experienced karate can guide the novice karate in choosing the coping style. In addition, it is good to make familiar with the other individual sport courses' tutors especially epic techniques with the coping style against the stress in order to inform the athletes the ineffectiveness of other coping styles than problem-focused style.

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