

A Comparative Study between Effects Coping Strategies of Pakistan & Yemen Handball Players

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ABSTRACT

Aim of the Study: The main purpose of current research is to compare coping strategies (psychological, physical, and social profiles) and their influence on the performance between Pakistani & Yemen handball players at professional level.

Methodology: The population of this research was athletes who belong to two different countries Pakistan and Yemen. A total of N=28 (14 each) professional handball players were selected to perform this research. The Athletic Coping Strategies Inventory-28(ACSI-28) used to measure the provided information. The data was collected through questionnaires and source of the data was Whatsapp, email, Instagram, telephonic calls and voice message as well.

Findings: The data were analyzed through SPSS (version-26), and the results revealed that Pakistani handball players pragmatic upset and feel pressure when their coach instructed them during stress conditions. The reliability of data is checked through Cronbach's alpha and its value was 0.79. The validity checked through a pilot study. The study has a strong finding and illustrated that a significant thinking between Pakistani and Yemeni handball players regarding performance to manage mistakes as instructed by coach behavior, management of aggression and for better play, as coping fear of failure as concert with imagination.

Conclusion: The study concluded that Pakistan athletes were far behind in utilizing the psychological coping strategies as compared with Yemen handball athletes. The study also concluded that if proper coaching & professional education provided the study should be in reverse framework.

Keywords: Coping Strategies, Coping & Inventory, Handball Players.

Introduction

Coping strategies are important techniques that assist athletes to develop the self confidence and values which are necessary for incorporating sports life. Coping can be described in terms of strategies, tactics, responses, cognitions, or behavior {Pete, Chanal and Doron 2023}. Actual coping is a phenomenon that can be noticed either by introspection or by observation, and it includes internal events as well as overt

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actions. Coping strategies is the part of the experience which provides mastery level players with the opportunity to become aware of and engage in different critical situations as concerned with male female flexibility along with male and female physiological coping technique through stretching (Pete, Chanal, and Doron, 2023; Tallet, Sajjad & Arshad., 2018; Gill, S., Noor, S., & Ahmed, E., 2019; Gill et al., 2021; Gill et al., 2022). Coping strategies can influence players, sports career as well as their capabilities. Although sports education is vital and spread through proper channel by well structured organized college circles. As most of the athletes showed their developing countries progress as incorporate with psychological training sessions in their training. Lazarus & Folkman (1984), advocated that coping technique is such a important skill that involves both intellectual and behavioral exertions which utilize for the achievements of overreaching goals of extrinsic and intrinsic needs.

Coping strategies not only develop the self confidence to elite athletes but it raised the confidence as an individual or as a part of team. Various countries used coping strategies in their well-known sports (e.g cricket, boxing, martial arts and taekwondo) not only to train their elite athletes for handling stress but also help in developing self esteem, confidence and poise well in more effective manner. The study of Lazarus and Folkman (1984) have concluded that coping is a dynamic process of cognitive and behavioral attempts to deal with internal or external demands which are experienced as draining or exceeding the individual's resources. In addition, coping strategies are also self belief which played a significant role in enlightening the athletes to understand of how these skills are important in different games & sports. These skills/strategies provide elite athletes directions that are quite challenging during competitions. Moreover, it helps to boost the confidence, motivation and knowledge which are an obligatory in performing crucial situation. So, athletes must develop a range of cognitive and behavioral coping skills to manage the competitive stress (Scanlon, Stein & Ravizza, 1991). A researcher Rose et al. (2023) conducted a quantitative analysis in which he took endurance athletes to check the affect of strategies resulted in optimistic approach.

Coping skills potential of impact on athletes is yet to be tapped in Pakistani sports industry, very few researches have discussed these skills and their effects on athletes in significant manners. This research is the primary attempt in Pakistan, as no research has been conducted or identified the type of coping strategies utilized by any national sports team from Pakistan. Moreover, Coping skills are used in rehabilitation through (Physiological & Psychological rehab programs) which showed optimistic results (Gill et al., 2021: Gill et al., 2021 and Gill et al., 2022)

Research Question

Are Pakistani Handball athletes handling coping strategies better than Yemen Athletes?

Significant of the Study

The current study is to check the importance of the coping strategies among handball players, the study will not only helped for coaches, trainers, doctors and professionals to come over from coping strategies but also develop confidence, motivation and self esteem which resulted in enhancing the performance and produce best results in mega events. Furthermore, the current research determined to identify coping strategies used to investigate the capabilities of international handball players of Pakistan and Yemen at professional level.

Hypotheses

- H₀:** Yemen athletes (Handball) are performed better in coping strategies as compared with Pakistan athletes during competition
- H₁:** Yemen athletes (Handball) are not performed better in coping strategies as compared with Pakistan athletes during competition

Methodology

Research Design

The present study emphasizes the comparative study between Pakistan & Yemen handball athletes as best utilizing coping strategies. The research based on quantitative research paradigm which utilized survey research tool with purposive sampling.

Sampling

A total of N=28 athletes of handball which consisted of both Pakistan and Yemen athletes. Sample of n=14 each athletes have been selected from both countries. 100 forms were served to handball athletes, only 28 have been returned with optimistic response.

Data Collection Tool

The Athletic Coping Skill Inventory (ACSI-28) was used as tool of data collection. The ACSI-28 is the most widely used and tested inventory to assess coping strategies. The inventory was used with permission of original authors. Items of the questionnaire consisted of 28-item with a 4 likert scale implementation.

Data Analysis

The analytical portion has been completed through SPSS (Statistical Package for Social Science) version-26 software and analyzed through descriptive statistics (frequencies, percentage, and mean, Std. deviation), chi-square, and p-value. The reliability has been checked through Cronbach's alpha and its value was 0.79. The validity also checked through pilot study.

Results

The data of the research has been collected and represented in the following Table 1. The survey research showed Mean \pm SD along with chi square value along with the significant p-values of all the questions collected data of both the countries. The whole questionnaires which consisted of different coping techniques (coping with Adversity, peaking pressure, goal setting, mental pressure, concentration, freedom from worry, confidence and motivation & coach ability) showed different data and its mean \pm S.D values along with chi square value and p-values respectively. The Table 1 showed complete results and analysis of two countries which showed significant results at $p < 0.05$. The result showed that the Yemen handball athletes showed improvement in coping strategies while perform in stress and pressure conditions as compared with Pakistan Handball athletes.

Table 1: Coping with Adversity

| Sr. # | Item | Team | | Almost Never | Some Times | Often | Almost Always | Mean \pm SD | Chi-square | p-value |
|-------|---|----------|-------|--------------|------------|-------|---------------|-----------------|------------|---------|
| 1 | I stay positive and enthusiastic during competition, no matter how badly things are going | Pakistan | Count | 6 | 6 | L | L | 1.78 \pm 0.89 | 2.52 | 0.47 |
| | | | % | 42.86% | 42.8% | 7.14% | 7.14% | | | |
| | | Yemen | Count | 1 | 7 | 3 | 3 | 2.57 \pm 0.94 | | |
| | | | % | 7.1% | 50.0% | 21.4% | 21.4% | | | |
| 2 | For me, I maintain emotional control regardless of how things are going | Pakistan | Count | 2 | 4 | 3 | 5 | 2.79 \pm 1.12 | 1.89 | 0.59 |
| | | | % | 14.3% | 28.6% | 21.4% | 35.7% | | | |
| | | Yemen | Count | 2 | 5 | 5 | 2 | 2.50 \pm 0.94 | | |
| | | | % | 14.3% | 35.7% | 35.7% | 14.3% | | | |
| 3 | When things are going badly, I tell myself to calm, | Pakistan | Count | 5 | 5 | 2 | 2 | 2.07 \pm 1.07 | 5.24 | 0.16 |
| | | | % | 35.7% | 35.7% | 14.3% | 14.3% | | | |
| | | Yemen | Count | 2 | 2 | 4 | 6 | 3.00 \pm 1.11 | | |
| | | | % | | | | | | | |

| | | | | | | | | | | |
|--|---|----------|-------|--------|--------|--------|--------|-------------|------|------|
| | and this works for me. | | % | 14.3% | 14.3% | 28.6% | 42.9% | | | |
| 4 | When I feel myself too tense, I relax my body and calm myself | Pakistan | Count | 1 | 5 | 2- | 6 | 2.93 ± 1.07 | 3.38 | 0.34 |
| | | | % | 7.1% | 35.7% | 14.3% | 42.9% | | | |
| | | Yemen | Count | 1 | 2 | 6 | 5 | 3.07 ± 0.92 | | |
| | | | % | 7.1% | 14.3% | 42.9% | 35.7% | | | |
| Peaking Pressure | | | | | | | | | | |
| 5 | I tend to play better under pressure because, I think more clearly | Pakistan | Count | 1 | 5 | 6 | 2 | 2.64 ± 0.84 | 4.28 | 0.24 |
| | | | % | 7.1% | 35.7% | 42.9% | 14.3% | | | |
| | | Yemen | Count | 1 | 3 | 3 | 7 | 3.14 ± 1.03 | | |
| | | | % | 7.1% | 21.4% | 21.4% | 50.0% | | | |
| 6 | Pressure situations are challenges for me that I always welcome | Pakistan | Count | 0 | 6 | 6 | 2 | 2.71 ± 0.73 | 6.18 | 0.11 |
| | | | % | 0.0% | 42.9% | 42.9% | 14.3% | | | |
| | | Yemen | Count | 1 | 4 | 2 | 7 | 3.17 ± 1.17 | | |
| | | | % | 7.1% | 28.6% | 14.3% | 50.0% | | | |
| 7 | The more pressure during a game, more I enjoy the game | Pakistan | Count | 3 | 7 | 1 | 3 | 2.29 ± 1.07 | 5.11 | 0.17 |
| | | | % | 21.4% | 50.0% | 7.1% | 21.4% | | | |
| | | Yemen | Count | 1 | 5 | 6 | 2 | 2.64 ± 0.85 | | |
| | | | % | 7.1% | 35.7% | 42.9% | 14.3% | | | |
| 8 | When the pressure is on, I make fewer mistakes because I concentrate better | Pakistan | Count | 6 | 5 | 2 | 1 | 1.85 ± 0.95 | 2.12 | 0.55 |
| | | | % | 42.86% | 35.7% | 14.29% | 7.14% | | | |
| | | Yemen | Count | 2 | 2 | 5 | 5 | 2.93 ± 1.07 | | |
| | | | % | 14.3% | 14.3% | 35.7% | 35.7% | | | |
| Goal Setting / Mental Preparation | | | | | | | | | | |
| 9 | On a daily weekly basis, I set very specific goal for myself that guide what I have to do | Pakistan | Count | 5 | 6 | 0 | 3 | 2.07 ± 1.14 | 2.62 | 0.19 |
| | | | % | 35.7% | 42.9% | 0.0% | 21.4% | | | |
| | | Yemen | Count | 3 | 5 | 4 | 2 | 2.36 ± 1.01 | | |
| | | | % | 21.4% | 35.7% | 28.6% | 14.3% | | | |
| 10 | I tend to do lots of planning about how to reach my goals | Pakistan | Count | 2 | 6 | 4 | 2 | 2.43 ± 0.94 | 1.51 | 0.68 |
| | | | % | 14.3% | 42.9% | 28.6% | 14.3% | | | |
| | | Yemen | Count | 1 | 4 | 5 | 4 | 2.86 ± 0.95 | | |
| | | | % | 7.1% | 28.6% | 35.7% | 28.6% | | | |
| 11 | I set my own performance goals for each practice | Pakistan | Count | 1 | 5 | 4 | 4 | 2.79 ± 0.98 | 3.77 | 0.29 |
| | | | % | 7.1% | 35.7% | 28.6% | 28.6% | | | |
| | | Yemen | Count | 3 | 2 | 7 | 2 | 2.57 ± 1.02 | | |
| | | | % | 21.4% | 14.3% | 50.0% | 14.3% | | | |
| 12 | I've my own game plan worked out in my head long before the game begins | Pakistan | Count | 7 | 4 | 0 | 3 | 1.93 ± 1.21 | 8.28 | 0.04 |
| | | | % | 50% | 28.6% | 0.0% | 21.43% | | | |
| | | Yemen | Count | 1 | 2 | 5 | 6 | 3.14 ± 0.95 | | |
| | | | % | 7.1% | 14.29% | 35.7% | 42.86% | | | |
| Concentration | | | | | | | | | | |
| 13 | I can handle unexpected situations in my sports very well | Pakistan | Count | 2 | 3 | 6 | 3 | 2.71 ± 0.99 | 1.38 | 0.71 |
| | | | % | 14.3% | 21.4% | 42.9% | 21.4% | | | |
| | | Yemen | Count | 1 | 5 | 4 | 4 | 2.79 ± 0.98 | | |
| | | | % | 7.1% | 35.7% | 28.6% | 28.6% | | | |
| 14 | When I am playing sports, I can focus on my attention and block out distractions | Pakistan | Count | 1 | 5 | 7 | 1 | 2.57 ± 0.76 | 1.34 | 0.72 |
| | | | % | 7.1% | 35.7% | 50.0% | 7.1% | | | |
| | | Yemen | Count | 0 | 5 | 7 | 2 | 2.79 ± 0.69 | | |
| | | | % | 0.0% | 35.7% | 50.0% | 14.3% | | | |
| 15 | It is easy for me to keep distracting thoughts from interfering with something, I am | Pakistan | Count | 2 | 4 | 6 | 2 | 2.57 ± 0.94 | 2.29 | 0.52 |
| | | | % | 14.3% | 28.6% | 42.9% | 14.3% | | | |
| | | Yemen | Count | 2 | 4 | 3 | 5 | 2.79 ± 1.13 | | |
| | | | % | 14.3% | 28.6% | 21.4% | 35.7% | | | |

| | | | | | | | | | | | |
|--|---|----------|-------|--------|--------|--------|--------|-------------|-------|------|-----|
| 16 | watching or listening to I feel easy to direct my attention and focus on a single object or person. | Pakistan | Count | 3 | 7 | 3 | 1 | 2.14 ± 0.87 | 3.82 | 0.28 | |
| | | | % | 21.4% | 50.0% | 21.4% | 7.1% | | | | |
| | | Yemen | Count | 1 | 4 | 6 | 3 | 2.79 ± 0.89 | | | |
| | | | % | 7.1% | 28.6% | 42.9% | 21.4% | | | | |
| Freedom from Worry | | | | | | | | | | | |
| 17 | While competing, I worry to make mistakes or failing to come through. | Pakistan | Count | 3 | 4 | 3 | 4 | 2.57 ± 1.16 | 4.75 | 0.19 | |
| | | | % | 21.4% | 28.6% | 21.4% | 28.6% | | | | |
| | | Yemen | Count | 0 | 4 | 7 | 3 | 2.93 ± 0.73 | | | |
| | | | % | 0.0% | 28.6% | 50.0% | 21.4% | | | | |
| 18 | I put a lot of pressure on myself by worrying about how I will perform. | Pakistan | Count | 1 | 7 | 3 | 3 | 2.57 ± 0.94 | 2.96 | 0.39 | |
| | | | % | 7.1% | 50.0% | 21.4% | 21.4% | | | | |
| | | Yemen | Count | 4 | 4 | 4 | 2 | 2.29 ± 1.06 | | | |
| | | | % | 28.6% | 28.6% | 28.6% | 14.3% | | | | |
| 19 | I ponder about and imagine what will happen if I fail or screw up. | Pakistan | Count | 6 | 6 | 2 | 0 | 1.71 ± 0.73 | 0.21 | 0.98 | |
| | | | % | 42.86% | 42.86% | 14.3% | 0.00% | | | | |
| | | Yemen | Count | 2 | 6 | 2 | 4 | 2.57 ± 1.09 | | | |
| | | | % | 14.3% | 42.9% | 14.3% | 28.6% | | | | |
| 20 | I stay positive and enthusiastic during competition, no matter how badly things are going. | Pakistan | Count | 1 | 8 | 3 | 2 | 2.43 ± 0.85 | 1.45 | 0.69 | |
| | | | % | 7.1% | 57.1% | 21.4% | 14.3% | | | | |
| | | Yemen | Count | 1 | 2 | 4 | 7 | 3.21 ± 0.98 | | | |
| | | | % | 7.14% | 14.2% | 28.56% | 50% | | | | |
| Confidence and Achievement Motivation | | | | | | | | | | | |
| 21 | I feel confident that I will play well. | Pakistan | Count | 3 | 3 | 3 | 5 | 2.71 ± 1.21 | 1.29 | 0.73 | |
| | | | % | 21.4% | 21.4% | 21.4% | 35.7% | | | | |
| | | Yemen | Count | L | 4 | 4 | 5 | 2.93 ± 0.99 | | | |
| | | | % | 7.1% | 28.6% | 28.6% | 35.7% | | | | |
| 22 | I get the most out of my talent and skill. | Pakistan | Count | 3 | 7 | L | 3 | 2.29 ± 1.07 | 4.79 | 0.19 | |
| | | | % | 21.4% | 50.0% | 7.1% | 21.4% | | | | |
| | | Yemen | Count | 2 | 4 | 6 | 2 | 2.57 ± 0.94 | | | |
| | | | % | 14.3% | 28.6% | 42.9% | 14.3% | | | | |
| 23 | When I fail to get my goals, it makes me try even harder. | Pakistan | Count | 2 | 7 | 4 | 1 | 2.29 ± 0.83 | 3.75 | 0.29 | |
| | | | % | 14.3% | 50.0% | 28.6% | 7.1% | | | | |
| | | Yemen | Count | L | 6 | 2 | 5 | 2.79 ± 1.06 | | | |
| | | | % | 7.1% | 42.9% | 14.3% | 35.7% | | | | |
| 24 | I do not have to be pushed, to practice or play hard, I give 100%. | Pakistan | Count | 2 | 4 | 2 | 6 | 2.86 ± 1.17 | 5.495 | .139 | |
| | | | % | 14.3% | 28.6% | 14.3% | 42.9% | | | | |
| | | Yemen | Count | 2 | 9 | 2 | 1 | 2.14 ± 0.78 | | | |
| | | | % | 14.3% | 64.3% | 14.3% | 7.1% | | | | |
| Coach Ability | | | | | | | | | | | |
| 25 | If a coach criticizes or shouts at me, I correct the mistake without getting upset about it. | Pakistan | Count | 5 | 5 | 3 | L | 2.00 ± 0.96 | 6.01 | 0.11 | |
| | | | % | 35.71% | 35.71% | 21.4% | 7.14% | | | | |
| | | Yemen | Count | 1 | 1 | 4 | 8 | 3.3 | | | 0.9 |
| | | | % | 7.14% | 7.14% | 28.57% | 57.14% | | | | |
| 26 | When a coach or manager criticizes me I become upset rather than feel helped. | Pakistan | Count | 3 | 5 | 5 | L | 2.29 ± 0.92 | 4.07 | 0.26 | |
| | | | % | 21.4% | 35.7% | 35.7% | 7.1% | | | | |
| | | Yemen | Count | 3 | 4 | 2 | 5 | 2.64 ± 1.22 | | | |
| | | | % | 21.4% | 28.6% | 14.3% | 35.7% | | | | |
| 27 | I enhance my skills by listening | Pakistan | Count | 2 | 4 | 6 | 2 | 2.57 ± 0.94 | 3.49 | .033 | |
| | | | % | 14.3% | 28.6% | 42.9% | 14.3% | | | | |

| | | | | | | | | | |
|----|--|----------|-------|------|-------|-------|-------|-------------|-----------|
| | carefully to advice and instructions from coaches and managers. | Yemen | Count | 1 | 1 | 7 | 5 | 3.14 ± 0.87 | |
| | | | % | 7.1% | 7.1% | 50.0% | 35.7% | | |
| 28 | When a coach/manager tells me how to correct a mistake I have made. I tend to take it personally and feel upset. | Pakistan | Count | 3 | 4 | 5 | 2 | 2.43 ± 1.02 | 3.77 0.29 |
| | | Yemen | Count | 1 | 7 | 2 | 4 | 2.64 ± 1.01 | |
| | | | % | 7.1% | 50.0% | 14.3% | 28.6% | | |

Findings & Discussion

This research revealed that different coping strategies used by both teams of handball athletes, but their implementation and output showed a huge difference in performance, as they have different environment of absorption. Although both countries (Pakistan and Yemen) handball athletes used almost same coping strategies regarding performance but it should present different output results, which depend on multiple factors and adaptation of different methodologies as well as communication. Different researchers used different coping techniques and findings that their team & individual player's performance enhanced. The initial result taken as baseline result which has been used in the end as a comparison with other data The result indicated that an upset position depend on the direction of coach as the athletes felt destruction in peaking pressure, concentration, goal setting mental preparation, freedom from the worry confidence and feeling mental preparation. During their performance, they did not focus on their game plan and latest coping approach as well as critical situation, under pressure condition, a lot of planning for goal achievements, feeling confidence, always optimistic at coach's criticism, keeping distracting thoughts from interfering, pushed himself to hard practice, management of unpredicted situations, somatic relaxation in tension, control yourself under challenging situations & emotional control.

The result indicated that, proper planning guidelines and best implemented coping strategies helped to achieve their futuristic goals. The statistical analysis also showed from both teams there is a significant difference related to discuss statements used in the ACSI-28 inventory. Most of the athletes of Pakistan have observed that they feel stress, pressure and upset after their coach instructions as there is a communication gap between two countries hand ball athletes. The Yemen athlete's performance percentage showed that they play better under pressure and during stress situation as their coaches and professionals utilized coping techniques in their training, practice and feedback sessions. While in the pressure and stress situation the coach criticism under this condition (handball players) showed almost equal responses. The research also showed that there were significant differences with respect to the statements of goal specificity on regular basis, enthusiasm during competition, thinking of others regarding performance, to manage mistakes by coach behavior, management of aggression for better play, cope with fear of fail in performance with imagination, better concentration during fewer mistakes. In this research Yemen athletes responded stronger opinions as compared with Pakistan. Similarly, using of psychological coping strategies are best utilized by Yemeni players as they set their goals on regular basis and are very enthusiasm during competition. Moreover, they manage their aggression for better play, showed highly concentration during mistakes & close context performances. The research exposes that more than 75% responses of both countries are strong to cope with respect to ACSI-28 and approximately, 25% Yemeni players are showing strong depiction. Therefore, Yemeni players are better as compare to Pakistani players in coping skills and shows that they are stronger as compared to Pakistani players.

Conclusion

The study concluded that psychological coping skill/strategies between the Yemen and Pakistan handball athletes might have power for predicting future talented elite level handball players of Pakistan and Yemen. The research concluded on the behalf of statistical inference that Yemen players are in best of usage in confidence & achievement, coach abilities freedom and worry, concentration, goal setting, mental approach, peaking pressure and coping with adversity (Coping Strategies) as compared with Pakistan handball players. Pakistan athletes have a communication gap with the foreign coaches as they adopted less coping techniques and skills as compared with Yemen handball athletes.

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Conflict of Interest


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