



RESILIENCE STRATEGIES ADOPTED BY OPEN GAME SPORTSPERSON

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Abstract

Resilience is individual's capacity to deal with adversity and to cope up with that. The purpose of the present study was to investigate the various Strategies adopted by Open type of game sportsperson to deal with Resilience. Nine All India Inter university players (male and female) age ranged from 20-25 years, belong to different Open type of games include Handball, Basketball, Volleyball, Football, Badminton Fencing and Cricket were selected as the subject of the study. The subjects were interviewed by the mean of self prepared questions so as to collect necessary data. The obtained data was recorded then transcripts were prepared, key words (Umbrella Topics) were identified and allotted to each group of response, and then analyzed by computing percentage. Conclusion of study revealed that their Passion towards their game, Confidence, Hard Work, Dedication, Family Support and Mental Skill were those strategies which they used to become Resilient.

Keywords: *Resilience, Personality, Commitment and Mental Skills.*



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Introduction

Resilience refers to the capacity of an individual to deal with adversity. By dealing and coping with your past and current negative events you will able to handle your future negative events. Resilience cannot one's capacity to withstand stressors but it is the ability to spring back from adversity and successfully adapt to it. It is a universal capacity that allows a person, group or community to prevent, minimize or overcome the damaging effects of adversity. (Annalakshmi Narayanan, 2008)

Resilience is one such moderator that has helped us to understand why one person reacts with negative symptoms to an objectively minor event when someone else may not experience distress even in the face of apparent major disruption. According to Rutter (1987), resilience is a set of protective factors that modify, ameliorate, or alter a person's response to some environmental hazard that predisposes one to a maladaptive outcome. Braddock, Royster,

Winfield, and Hawkins, (1991) employed the term in a similarly general way by conceptualizing resilience as an individual's positive response to situations of stress and adversity. Resilience is the process of capacity for, or outcome of successful adaptation despite challenging or threatening circumstances (Masten, Best and Garmezy, 1990)

Open types of games are those games where the competition situations are unpredictable and continuously changeable. In open type of games, every match has a different situation with different tactics of players. Example: Handball, Football, Badminton and Basketball etc.

Resilience can be a confidence-builder in sports. Athletes who have a negative attitude about their abilities do not have high levels of confidence that their talents are being recognized. People who have strong confidence in themselves are likely to be more resilient when a setback occurs, because they know they are capable of a better outcome. The more you are resilient, the more confident you will begin to feel about your sports abilities. Resiliency in sports allows athletes to put the past behind them and focus on the present and future. Resilience is the strength to succeed over adversity, (Mark Katz, a San Diego-based psychologist and resilience coach). Developing “mental toughness” or resilience will help an athlete perform well in the face of adversity. A resilient athlete is one who is able to overcome setbacks, remain confident, and focus on the present (Solomon and Becker, 2004).

Purpose

The purpose of the present study was to investigate the various “RESILIENCE STRATEGIES ADOPTED BY OPEN GAME SPORTSPERSON”.

Procedure And Methodology

In this graphical representation and statistical procedure has been computed for analysis the data.

Selection Of Subject

For the present study, keeping in mind the status and understanding of the problem total number of Nine (male and female) All India Inter University players belonging to different Open type of game include Handball, Basketball, Volleyball, Football, Cricket, Badminton and Fencing were selected to act as subjects. Convenient sampling technique was applied to select the subjects from various individual games.

Collection Of Data

The data for the present study was collected from Nine All India Inter university players (male and female) belong to different Open type of games. The age of subjects ranged from 20-25 years. The subjects were interviewed by the mean of self prepared questions so as to collect necessary information in regard to strategies adopted by them to dealing with

resilience. The relevant data was gathered in the form of information and the responses were later transcripts then analyzed and interpreted. The number of responses gathered in the form of reply through interview was considering as data.

Analysis Of Data And Result Of The Study

The data collected through self designed questionnaire from Nine All India Inter University Open type of game players (male and Female) was recorded then transcripts were prepared, key words (Umbrella Topics) were identified and allotted to each group of response, and then analyzed by computing percentage. The result pertaining to the responses i.e. Resilience was interpreted in the form of Umbrella Topic then presented in Table no.1 and pictorial representation in the form of pie diagram have been presented from figure no 1 to figure no.

Table no.1: Resilience strategies identified among Open type of Game Sports persons

STATEMENT	PERCENTAGE	UMBRELLA TOPIC
1. Confident	44%	Personality
2. Happy	89%	
3. Passion	33%	
4. Responsible	33%	
1. Hard Work	78%	Commitment
2. Dedicated	44%	
3. Regular	22%	
1. Desire to Achieve	33%	Intrinsic Motivation
2. Courage	11%	
3. Interest	22%	
1. Fame	33%	Extrinsic Motivation
2. Praise	22%	
1. Family	89%	Social Factors
1. Focus	22%	Mental Skill
2. Mental Peace	11%	
3. Fear Free	33%	

The table no 1 demonstrates about the various strategies of the subjects which they use to deal with resilience. The table shows that 44% of subjects have confident, 89% feel happy, 33% have Passion and 33% responsible towards their game. Researcher has given all these statements i.e. confident, Happy, Passion and Responsible towards their game under umbrella topic Personality and explain that their personality help them to deal with resilience.

Table further demonstrates that 78% of subjects are Hard Working, 44% dedicated and 22% regular towards their goal. Researcher has given all these statements i.e. Hard work, dedicated and regular towards their goal under the umbrella topic Commitment and explain that their Commitment help them to deal with resilience.

Table further demonstrates that 33% of subjects have Desire to Achieve, 11% have Courage and 22% have Interest towards their game. Researcher has given all these statements i.e. Desire to Achieve, Courage and Interest under the umbrella topic Intrinsic Motivation and explain that their Intrinsic Motivation help them to become Resilient.

Table further demonstrates that 33% of subjects want Fame and 22% want praise. Researcher has given both of these statements i.e. fame and praise under the umbrella topic Extrinsic Motivation and explain that their Extrinsic Motivation help them to deal with resilience.

Table further shows that 89% of subjects have family support. Researcher has given the statements i.e. family support under the umbrella topic Social Factors and explain that their Social Support help them to deal with resilience.

Table further demonstrates that 22% of subjects keep Focus, 11% use Mental peace and 33% Fear free. Researcher has given all these statements i.e. Focus, Mental Peace and Fear free under the umbrella topic Mental Skill and explain that their Mental Skills help them to deal with resilience.

The graphical represented is presented from figure no 1 to 15

Personality

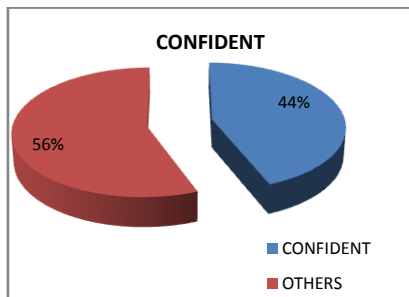


Fig no 1 The graphical representation to the the Data on Confident

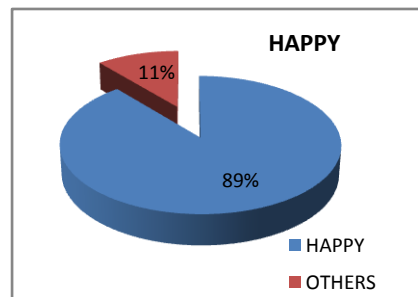


Fig no 2 The graphical representation to Data on Happy

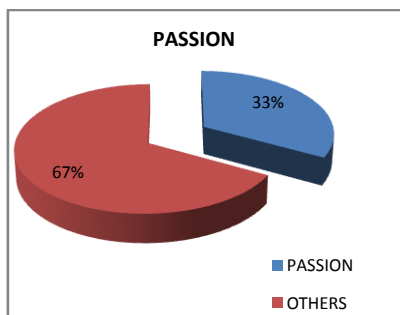


Fig no 3 The graphical representation to Data on Passion

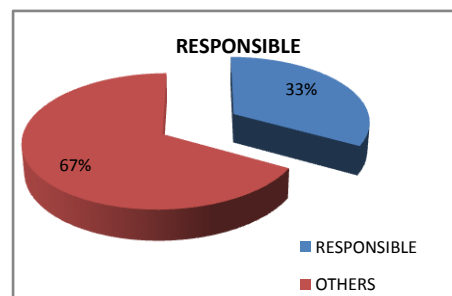


Fig no 4 The graphical representation to the data on Responsible

COMMITMENT

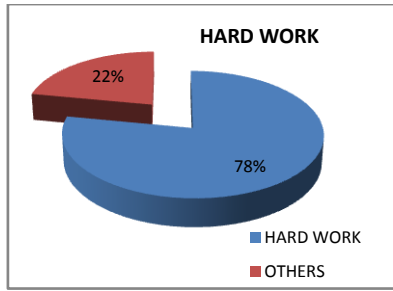


Fig no 5 The graphical representation To the Data on Hard Work

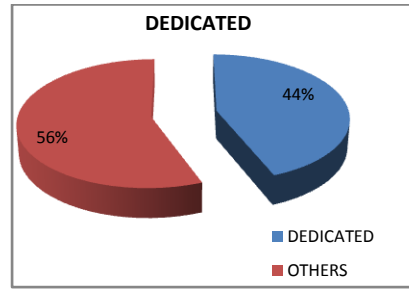


Fig no 6 The graphical representation to the Data on Dedicated

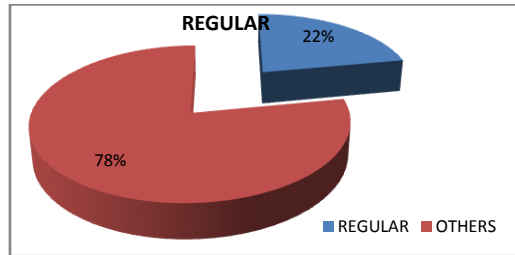


Fig no 7 the graphical representation to The Data on Regular
INTRINSIC MOTIVATION

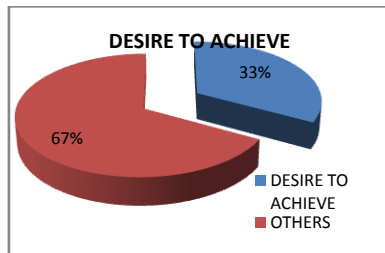


Fig no 8 The graphical representation to The Data on Desire to Achieve

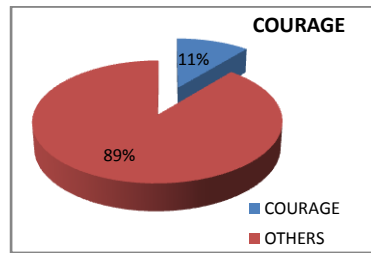


Fig no 9 The graphical representation to the Data on Courage

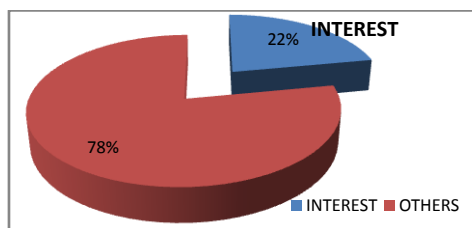


Fig no 10 The graphical representation to the Data on Interest
EXTRINSIC MOTIVATION

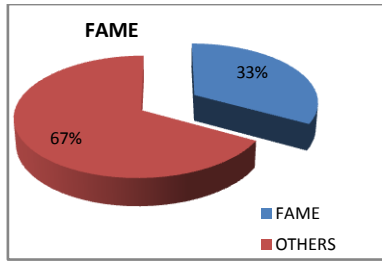


Fig no 11 The graphical representation to the Data on Fame

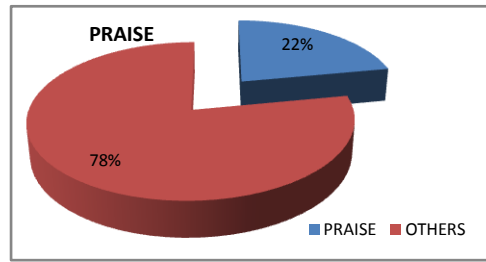


Fig no 12 The graphical representation to the Data on Praise

SOCIAL FACTOR

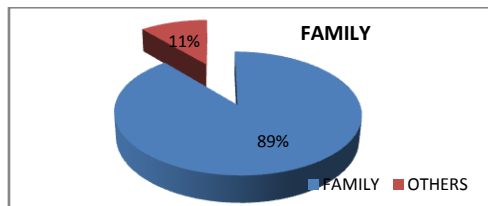


Fig no 13 The graphical representation to the Data on Family

MENTAL SKILL

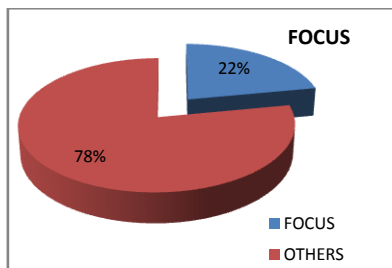


Fig no 14 The graphical representation to the Data on Focus

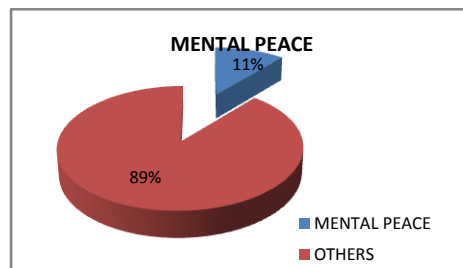


Fig no 15 The graphical representation to Data on Mental Peace

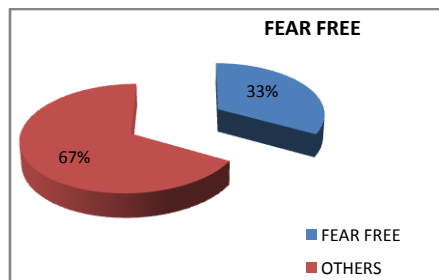


Fig no 16 The graphical representation to the Data on Fear Free

Conclusion

Within the limitation of the study following conclusions are drawn.

- 1) Passion, Happiness and Confidence which comes under the Personality umbrella topic has been observed as most important strategies adopted by team game sportsperson to deal with Resilience.

- 2) Hard Work, Dedication and Regularity which indicates the Commitment of the person has been considered as the most important strategy.
- 3) Desire to Achieve and Interest which come under Internal Motivation has been observed as the most important strategy adopted by team game sportspersons to deal with Resilience.
- 4) As far as Extrinsic Motivation is concerned Praise and Fame has been considered as most important strategy.
- 5) In Social Factor the family support has been considered as most strategy to deal with Resilience.
- 6) In Mental Skill Focus and Mental Peace has been considered as most strategy to deal with Resilience.

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