



**A COMPARISON STUDY OF STRATEGIES ADOPTED FOR RESILIENCE
BETWEEN INTERNATIONAL AND ALL INDIA INTER UNIVERSITY PLAYERS**

SONAM

*(Research Scholar) Indira Gandhi Institute of Physical Education and Sports Sciences
New Delhi-110018*

Abstract

Resilience is individual's capacity to deal with adversity and to cope up with that. The purpose of the present study was to compare the various Strategies adopted by International and All India Inter University level players to deal with Resilience. Five International and Five All India Inter University level players, belong to different games, age ranged from 20-25 years 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 specific difference between the strategies adopted by International and All India Inter University sportsperson was not found and their Hard work, Dedication, Mental Skills, Confidence, Courage and being Optimism are those strategies which help them to become Resilient.

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



Scholarly Research Journal's is licensed Based on a work at www.srjis.com

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)

Individual's resilience can be checked when they face difficult situation and how they response and manage those situations. Resilience is not a trait, which is Rare's ability instead of this resilience is a process that can be found in the average individual and can be learned

and develop by virtually anyone. There is a misconception that resilient people always display optimism in all situations and never experience negative emotions or thoughts. Contrary to this reality remains of that resilient are how easily and effectively an individual cope up with their difficulties and navigate their way around crises by using effective methods. Resilience is the different responses by different people towards threatening, or stressful situations. Resilient individuals tend to recover from setbacks or trauma and portray a common set of characteristics that help them cope with challenges in life (McAllister & McKinnon, 2009; Herrman et al., 2011).

International sport is a sport in which the participants represent different countries example Olympic game, FIFA, Common Wealth Games etc., whereas in National level of sports the participants represent different states of a country example Senior National, Federation cup, All India Inter University etc.

Resilience can be a confidence-builder in sports. 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 compare the various “STRATEGIES ADOPTED BY INTERNATIONAL AND ALL INDIA INTER UNIVERSITY LEVEL SPORTSPERSONS DEALING WITH RESILIENCE”.

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 five International and five All India Inter University players belonging to different games include Handball, Basketball, Volleyball, Football, Cricket, Gymnastics, Fencing and Badminton were selected to act as subjects. The age of subjects ranged from 20-25 years. Convenient sampling technique was applied to select the subjects from various games.

Collection Of Data

The data for the present study was collected from five International and five All India Inter university players belong to different games. 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 five International and five All India Inter University players 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 & 2 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 from International Sports persons

STATEMENT	PERCENTAGE	UMBRELLA TOPIC
1. Confident	80%	Personality
2. Happy	80%	
3. Passion	60%	
4. Responsible	40%	
1. Dedicated	60%	Commitment
2. Hard Work	100%	
3. Regular	40%	
1. Mental Peace	20%	Mental Skill
2. Meditation	40%	
3. Focus	20%	
1. Courage	40%	Intrinsic Motivation
2. Satisfaction	40%	
1. Family	80%	Social Factors
1. Fame	40%	Extrinsic Motivation
1. Positive Thought	80%	Optimism
2. Deterministic	40%	

The table no 1 demonstrates about the various strategies of the subjects which they use to deal with Resilience. The table shows that 80% of subjects were Confident, 80% Happy, 60% passionate and 40% responsible towards their game. Researcher has given all these statements i.e. Confident, Happy, Passion and Responsible under the umbrella topic Personality and explain that their Personality help them to deal with resilience.

Table further demonstrates that 60% of subjects Dedicated, 100% Hard Worker, and 40% Regular. Researcher has given all these statements i.e. Dedicated, Hard work, and Regular under the umbrella topic Commitment and explain that their Commitment help them to deal with resilience.

Table further demonstrates that 20% of subjects use Mental peace, 40% practice Meditation and 20% of subjects keep Focus. Researcher has given all these statements i.e. Focus, Meditation and Mental Peace under the umbrella topic Mental Skill and explain that their Mental Skills help them to deal with resilience.

Table further demonstrates that 40% of subjects have Courage and 40% want Satisfaction with their performance. Researcher has given both these statements i.e. Courage and Satisfaction under the umbrella topic Intrinsic Motivation and explain that their Intrinsic Motivation help them to become Resilient.

Table further shows that 80% of subjects have family support. Researcher has given the statement 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 40% of subjects want fame. Researcher has given the statement i.e. fame under the umbrella topic Extrinsic Motivation and explain that their Extrinsic Motivation help them to deal with resilience.

Table further demonstrates that 80% of subjects have positive thoughts and attitude and 40% Deterministic. Researcher has given both of the statements under umbrella topic Optimism and explains that Optimism thoughts and attitude help them to deal with resilience.

The graphical represented is presented from figure no 1 to 16

Pesonality

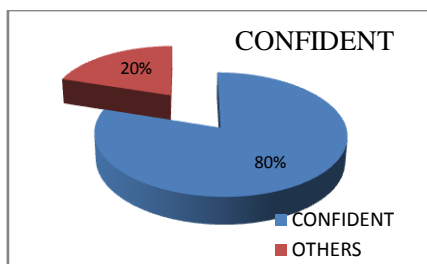


Fig no 1 The graphical representation to the the Data on Confident

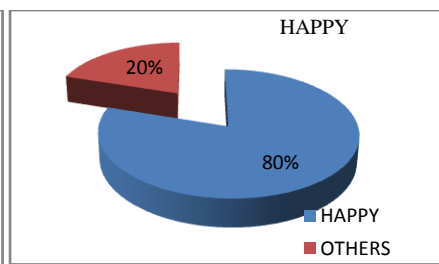


Fig no 2 The graphical representation to Data on Happy

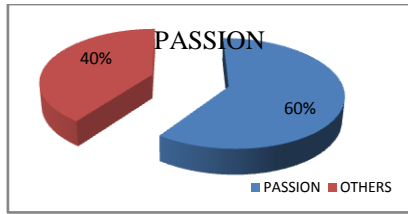


Fig no 3 The graphical representation to the Data on Passion
COMMITMENT

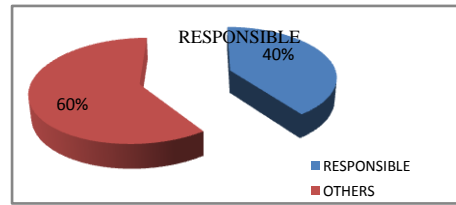


Fig no 4 The graphical representation to Data on Responsible

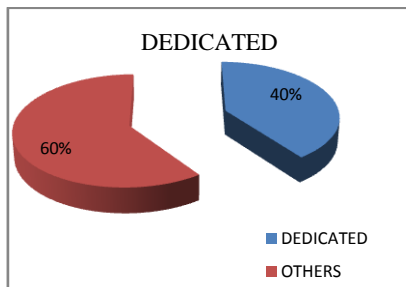


Fig no 5 The graphical representation to the Data on Dedicated

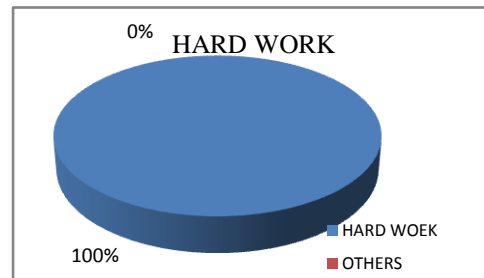


Fig no 6 The graphical representation to Data on Hard Work

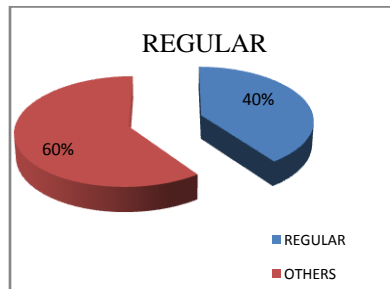


Fig no 7 The graphical representation to the Data on Regular
Mental Skill

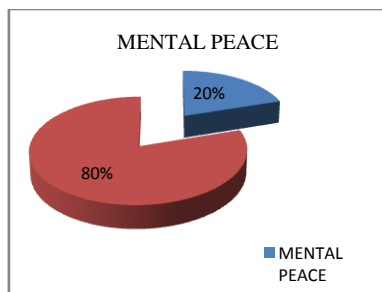


Fig no 8 The graphical representation to the Data on Mental Peace

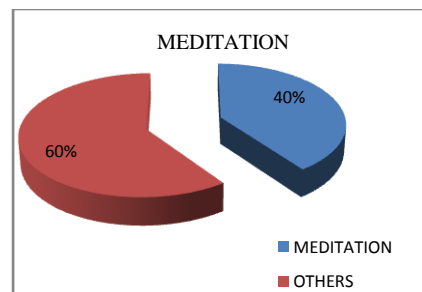


Fig no 9 The graphical representation to Data on Meditation

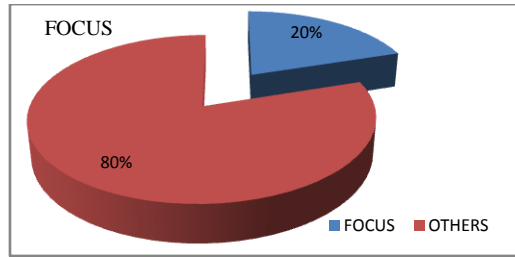


Fig no 10 The graphical representation to the Data on Focus

INTRINSIC MOTIVATION

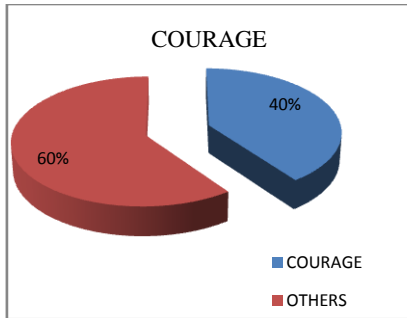


Fig no 11 The graphical representation to the Data on Courage

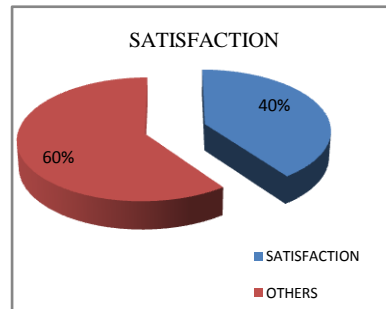


Fig no 12 The graphical representation to the Data on Satisfaction

SOCIAL FACTOR

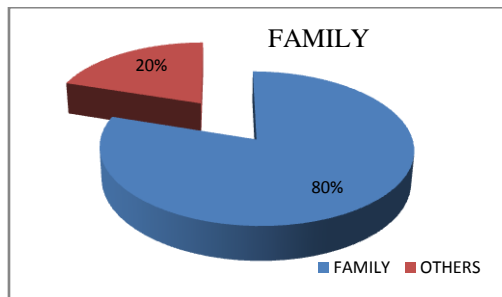


Fig no 13 The graphical representation to the Data on Family

Extrinsic Motivation

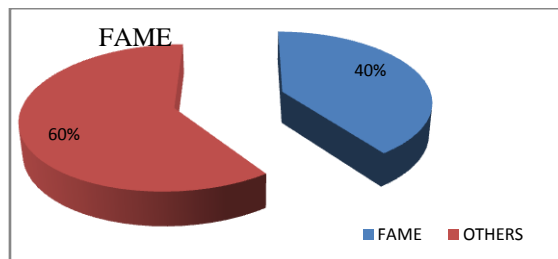


Fig no 14 The graphical representation to the Data on Fame

Optimism

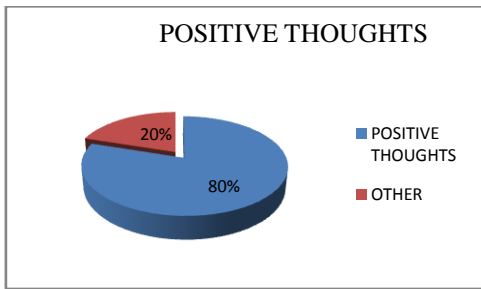


Fig no 15 The graphical representation to the Data on Positive thoughts

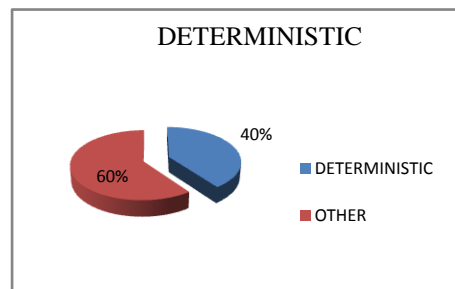


Fig no 16 The graphical representation to the Data on Deterministic

Table no.2: Resilience strategies identified from All India Inter University level Sports persons

STATEMENT	PERCENTAGE	UMBRELLA TOPIC
1.Happy	80%	Personality
2.Confident	40%	
3.Passion	40%	
1.Dedicated	40%	Commitment
2.Hard Work	60%	
3.Regular	20%	
1.Desire to Achieve	60%	Intrinsic Motivation
1.Expectation	60%	Social Factors
2.Family	60%	
1.Praise	80%	Extrinsic Motivation
2. Fame	40%	
1.Positive Thoughts	60%	Optimism

The table no 2 demonstrates about the various strategies of the All India Inter University level subjects which they use to deal with resilience. The table shows that 80% of subjects feel happy, 40% confident and 40% have passion towards their game. Researcher has given all these statements i.e. happy, confident and passion towards their game under umbrella topic Personality and explain that their personality help them to deal with resilience.

Table further demonstrates that 40% of subjects dedicated, 60% hard working and 20% regular towards their goal. Researcher has given all these statements i.e. dedicated, hard work 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 60% of subjects have desire to achieve. Researcher has given the statement i.e. desire to achieve under the umbrella topic Intrinsic Motivation and explain that their Intrinsic Motivation help them to deal with resilience.

Table further shows that 60% of subjects have family support and from 60% of subjects have expectations. Researcher has given both of these statements i.e. family support and expectations under the umbrella topic Social Factors and explain that their Social Support help them to deal with resilience.

Table further demonstrates that 80% of subjects want praise and 40% want fame. Researcher has given both these statements i.e. praise and fame under the umbrella topic Extrinsic Motivation and explain that their Extrinsic Motivation help them to deal with resilience.

Table further demonstrates that 60% of subjects have positive thoughts and attitude. Researcher has given the statement under umbrella topic Optimism and explains that Optimism thoughts and attitude help them to deal with resilience.

The graphical represented is presented from figure no 17 to 28

Personality

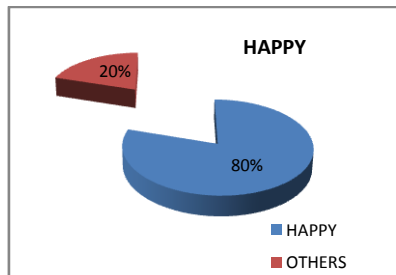


Fig no 17 The graphical representation to the the Data on Happy

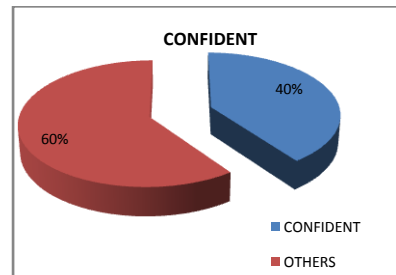


Fig no 18 The graphical representation to Data on Confident

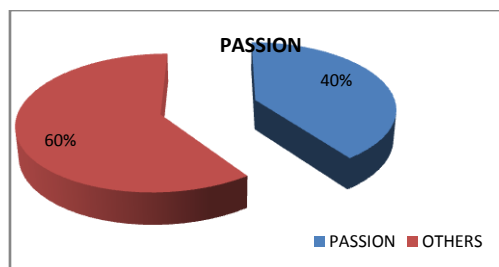


Fig no 19 The graphical representation to the Data on Passion

Commitment

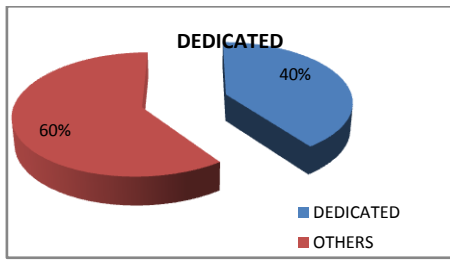


Fig no 20 The graphical representation to the the Data on Dedicated

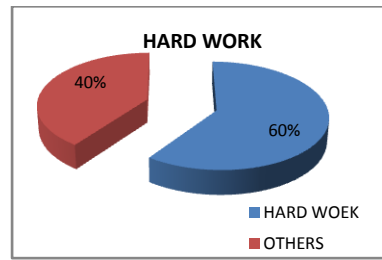


Fig no 21 The graphical representation to the Data on Hard Work

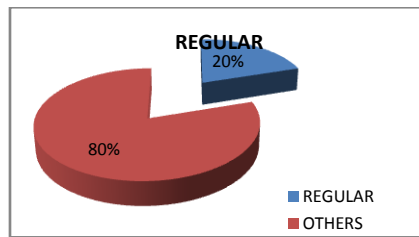


Fig no 22 The graphical representation to the Data on Regular

Intrinsic Motivation

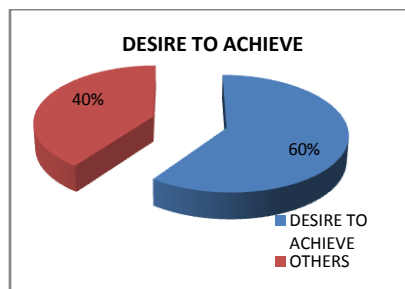


Fig no 23 The graphical representation to the Data on Desire To Achieve

SOCIAL FACTOR

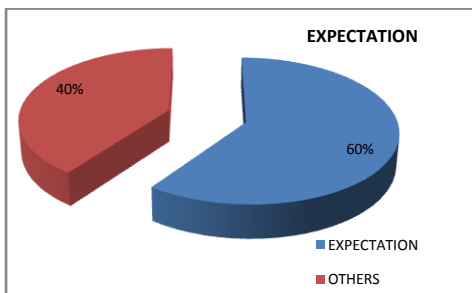


Fig no 24 The graphical representation to The Data on Expectation

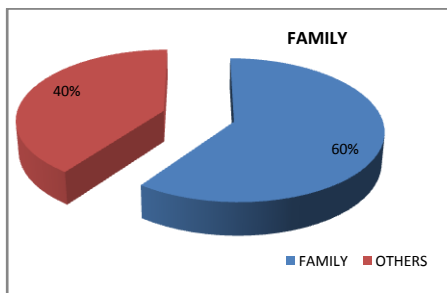


Fig no 25 The graphical representation to the Data on Family

EXTRINSIC MOTIVATION

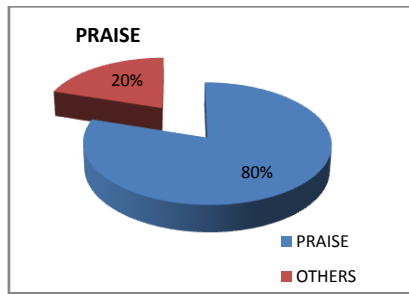


Fig no 26 The graphical representation to the Data on Praise

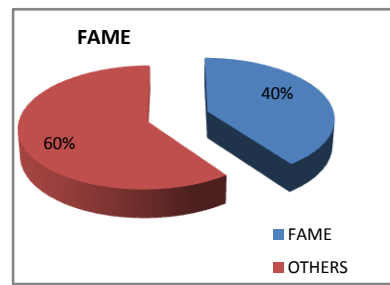


Fig no 27 The graphical representation to the Data on Fame

Optimism

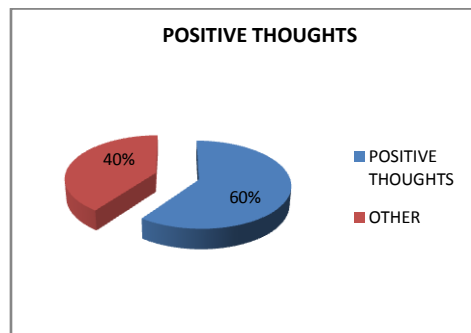


Fig no 28 The graphical representation to the Data on Positive Thoughts

Conclusion

Within the limitation of the study following conclusions are drawn. There is no specific difference between the strategies adopted by International and All India Inter University sportsperson and the strategies are:

- 1) Confidence, passion, happy and being responsible which comes under the Personality umbrella topic has been observed as most important strategies adopted by International All India Inter University sportsperson to deal with Resilience.
- 2) Hard Work, Dedication and Regularity towards their goal which indicates the Commitment of the person has been considered as the most important strategy.
- 3) In Social Factor the family support has been considered as most strategy to deal with Resilience.
- 4) Desire to Achieve and Courage which come under Internal Motivation has been observed as the most important strategy adopted by both male and female sportspersons to deal with Resilience.
- 5) As far as Extrinsic Motivation is concerned Praise and Fame has been considered as most important strategy.

- 6) Being Optimistic is an important strategy where a sportsperson become Deterministic with Positive Thoughts.
- 7) In Mental Skill Focus, Meditation and Mental Peace has been considered as most strategy to deal with Resilience.

References

Books And Journals

- © *Journal of the Indian Academy of Applied Psychology*, April 2008, Vol. 34, Special Issue, 110-118.
Fletcher, David, and Mustafa Sarkar. "A grounded theory of psychological resilience in Olympic champions." *Psychology of Sport and Exercise* 13.5 (2012): 669-678
- Mummery, W. K., Schofield, G., & Perry, C. (2004).** *Bouncing back: the role of coping style, social support and self-concept in resilience of sport performance.* *Athletic Insight*, 6(3), 1-15.
- Narayanan, A. (2008).** *The resilient individual: Personality analysis.* *Journal of the Indian Academy of Applied Psychology*, 34, 110-118.
- Schinke, R. J., Peterson, C., & Couture, R. (2004). *A protocol for teaching resilience to high performance athletes.* *Journal of Excellence*, 9, 9-18.

Websites

- believeperform.com/performance/resilience-in-sport/
<http://breakingmuscle.com/sports-psychology/athletic-resilience-coaching-athletes-to-success-after-mistakes>
<http://www.appliedsportpsych.org/resource-center/resources-for-athletes/overcoming-performance-errors-with-resilience/>
<http://www.sportpsychologytoday.com/sport-psychology-for-athletes/resilience-and-overcoming-performance-errors/>