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스포츠 매니지먼트 석사 학위논문

Competition Stressors and Coping Strategies
Among Individual and Team Sport Athletes:
A case study of female Jordanian national players

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서울대학교 대학원
체육교육과
Doha Alzghoul



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**Competition Stressors and Coping Strategies Among
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지도교수 이 용 호

이 논문을 스포츠 매니지먼트 석사 학위논문으로 제출함
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Doha Alzghoul

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위원장	<u>이 옥 선</u>	(인)
부위원장	<u>이 충 근</u>	(인)
위원	<u>이 용 호</u>	(인)

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Abstract

Competition Stressors and Coping Strategies Among Individual and Team Sport Athletes:

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Doha Alzghoul

Global Sport Management, Department of Physical Education

The Graduate School

Seoul National University

While the countless setbacks that is faced by athletes throughout their athletic career help build their mental toughness on one hand, most of it may result in affecting their psychological state in a negative manner and stand in the way of achieving their goals on the other. Perhaps the pioneering endocrinologist Hans Selye's statement "It's not stress that kills us; it is our reaction to it" briefly outlines the relationship between stress and coping, or the reason our coping methods can affect the outcomes of every situation.

Since stress and coping are two faces of the same coin, the ability of utilizing the best coping strategy is very crucial for enhancing and maintaining

the athletic performance and it is emphasized by adapting with the on-going challenges in the most effective way possible. Therefore, learning about stressors is important for the understanding of coping and coping effectiveness.

The main purpose of this study was to examine the stressors and coping strategies among Team and individual sport athletes in Jordan. Six female athletes aged between 18-26 years (M age= 23.16 years), participated in semi-structured interviews, which were deductively content analysed. Findings suggest that both team and individual female sport athletes reported common and different sport-related stressors, all athletes reported injury as their main physical-related stressor, yet individual sport athletes were distinguished from team sport athletes by the physical discomfort stressor whereas team sport athletes by lack of sleep. When it comes to performance, team sport athletes reported selection and teammate performance as their main stressors. Individual Sport athletes reported coach as their main external stressor.

Team and individual sport athletes both reported using mainly problem-focused coping strategy. However, team sport athletes reported more use of information seeking, reflection and communication whereas individual sport athletes used increasing effort and concentration. Team sport athletes used acceptance and behavioural avoidance more than Individual sport athletes.

The findings of this study have shown that gender and type of sport played a role in the influence of stressors experienced and coping strategies employed by athletes during major sport competitions. Future research should look at female and type of sport more deeply to explain why females' athletes experience certain physical related stressors and the differences between female individual and team sport competitors in terms of physical related stressors and coping strategies in the competition environment.

Keywords: Competition Stressors, coping strategies, individual sport athletes, team sport athletes, female Jordanian athletes, Jordanian national players

Student No: 2018-23880

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List of Acronyms

APA – American Psychological Association

GAS – General Adaptation Syndrome

HMB – Heavy Menstrual Bleeding

PA – Primary Appraisal

SA – Secondary Appraisal

Glossary

STRESS & COPING

<i>Glossary Term</i>	<i>Glossary Definition</i>
COPING	Coping refers to the thoughts and actions we use to deal with a threatening situation. (Centre for Studies on Human Stress, 2019)
COPING STRATGEY	Reflect the repertoire of responses to the stress that the individual has available and can use successfully and can be divided into three major categories: active coping, passive coping, and avoidance. (Sahler & Carr, 2009)
COPING STYLE	A coping style is a typical manner of confronting a stressful situation and dealing with it. There are three basic coping styles: task-oriented, emotion-oriented and avoidance oriented (Endler, 1997).
COPING RESPONSES	Are behavioral responses, which refer to what people do in confronting stress. (Nolen-Hoeksema & Davis, 1999)
COMPETITIVE STRESS	The negative emotional reaction of an athlete when he or she feels that his or her self-esteem is threatened during a competition. The threat comes from an imbalance between the performance demands of a competition and the athlete's perception of his or her own ability to meet those demands successfully. (The Oxford Dictionary of Sport Science & Medicine , 2006)
PSYCHOLOGICAL STRESSORS	Any events, situations, individuals, comments, or anything we interpret as negative or threatening. (Centre for Studies on Human Stress, 2019)
STRESS APPRAISAL	Refers to the process by which individuals evaluate and cope with a stressful event. (Lazarus, 1999)
PRIMARY APPRAISAL	The initial evaluation of a situation's relevance to one's moral norms and personal preferences and to

	the likelihood of reaching one's goals. (Lazarus, 1999)
SECONDARY APPRAISAL	One's evaluation of his or her ability to cope with the consequences of an interaction with the environment, which follows a primary appraisal. (Lazarus, 1999)
PASSIVE COPING	Is stress-management strategy in which a person absolves himself or herself of responsibility for managing a stressor and instead relinquishes control over its resolution to external resources, such as other people and environmental factors. Individuals who cope passively often withdraw from interpersonal relationships and instead engage in such activities as hoping, praying, or avoiding the stressor. This type of coping strategy generally is considered maladaptive (Brown & Nicassio, 1987).
ACTIVE COPING	Is a stress-management strategy in which a person directly works to control a stressor through appropriately targeted behavior, embracing responsibility for resolving the situation using one's available internal resources. This type of coping strategy may take various forms, such as changing established habits. Active coping generally is considered adaptive (Brown & Nicassio, 1987).
PROBLEM-FOCUSED COPING	A stress-management strategy in which a person directly confronts a stressor in an attempt to decrease or eliminate it. (Lazarus & Folkman, 1984)
EMOTION-FOCUSED COPING	A stress-management strategy in which a person focuses on regulating his or her negative emotional reactions to a stressor. (Lazarus & Folkman, 1984)
AVOIDANCE COPING	Any strategy for managing a stressful situation in which a person does not address the problem directly but instead disengages from the situation

and averts attention from it. (**Roth & Cohen, 1986**)

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Chapter 1. Introduction

1.1 Background

Stress levels can differ significantly from one individual to another and the impact of stress upon athletes indicates the need of ways to manage it. Factors such as genetics, past experiences and coping response plays a huge role in influencing the athlete stress levels. The American Psychological Association (APA) divided stress into three types; Acute stress, episodic acute stress and chronic stress. Stress in sport context may be acute, episodic or chronic. Acute stress is the most common type of stress, it is short-term and stems the demand and pressures of the recent past and anticipated demands and pressures of the near future.

In sports, stress is episodic since it occurs during the competition, whether during a friendly match, or a world championship it is considered a challenge for the athlete and can develop not only into an episodic stressor that affects one in the long term, but also impact the athlete outside the court. The relationship between stress and performance has been portrayed by the stress response curve created by Nixon (1979). In addition, pressure, an important stressor, has also a crucial influence on an individual's response to stress.

One of the most noticeable effects of stress in one's life is the changes in his performance. While we can easily recognize the consequences of normal or excessive amounts of stress through mere observation, it's best to learn about the scientific relationship between stress and performance (Bali, 2015).

Many studies have shown that learning about stress and coping and its impact upon the performance alone was not enough (Lisa, Sandra, & Frank, 2011) in fact the coping effectiveness and the success of ratio of coping strategies turned out to be significantly higher in good competitions than in bad competitions according to the study, which means that the result seems to confirm the importance of successful coping for performance (Adam, Remco, Andrew, Jamie, & Stephen, 2007) and indicates that coping was more effective in good competitions.

1.2 Statement of the problem

Although numerous studies were conducted on stress resources and coping styles in different sport aspects by specifically investigating stress and coping styles during practice and competition (Laura & Swettenham, 2018), or generally identifying stressors and coping styles (Kathleen, Paul, Matthew, Ben, & Glynda, 2017).

Some discussed stress resources and coping styles in terms of gender, type of sport and skill differences (Adam, Remco, Andrew, Jamie, & Stephen, 2007) and while research into stress and coping has mostly focused either on measuring the stressors and coping style by using samples from certain sport, like cricket (Thelwell, 2007) and basketball (Mark Howard Anshel, 2014) or using samples from multiple sports like soccer, hockey, handball, volleyball (Kim, Won, Sim, & You, 2013) most of these studies have shown the common stress resources and coping strategies and styles employed by individual and team sport athlete apart.

Few researches discussed and compared in depth the differences of individual and team sport athletes some examined the reason behind using a specific coping style more than the other. some of these studies concluded that athletes from individual sport have reported different coping styles which included self-talk and blocking (Nicholls, Holt, & Polman, 2005) whereas the team sport athletes reported goal setting and seeking social support (Park, 2000).

Furthermore, based on the finding of Park's research, individual sport athletes reported more frequent use of coping strategies comparing with team sport athletes however, Nicholls and his colleagues' findings showed that little is known about the reason why individual sport athletes report more use of coping strategies and that additional research is needed to look deeply into the

differences between individual and team sport athletes (Adam, Remco, Andrew, Jamie, & Stephen, 2007) related to the competition environment to examine specifically about the stressors faced by individual and team sport athletes and the coping styles they use.

Therefore, the purpose of this research was to examine the stressors and coping strategies among female team sport athletes and individual sport athletes in Jordan.

1.3 Significance of the study

This study provided information to understand the stressors and coping differences specifically among Jordanian female individual and team sport athletes. According to previous studies, Gender, type of sport, and skill are variables that influence stressors and coping during sport. And studies recommended to look at these variables in more depth (Adam, Remco, Andrew, Jamie, & Stephen, 2007).

Moreover, other studies mentioned that to better understand the role of culture in sport psychology and specifically in the choice of coping behaviors, more research is urgently needed (Dollen, Grove & Pepping, 2015) whereas others stated researchers shall continue to explore and classify stress/coping behaviours used by elite performers in different performance domains, since it

would clarify the individual differences to variability (Poczwadowski & Conroy, 2002) and that researchers could examine the intensity of stressors as a function of gender, which may hold the key to discovering more about coping and gender. (Adam, Remco, Andrew, Jamie, & Stephen, 2007)

In addition, the findings will be beneficial for guiding applied consultancy work and help to develop specific interventions based on type of sport.

1.4 Objectives of the Study

In order to examine the stressors and coping strategies among female individual and team sport athletes in Jordan, the following objectives have been set to accomplish the purpose of this study:

- 1.** To explore the type of stressors that the Jordanian female individual and team sport athletes are experiencing in the competition environment;
- 2.** To discover the coping strategies employed by Jordanian female individual and team sport athletes in the competition environment;
- 3.** To state the differences between individual and team sport Jordanian female athletes by:

- a. Presenting the stress sources of individual and team sport Jordanian female athletes and their mostly reported stressors within each stress source category.
- b. Presenting the coping strategies employed by individual and team sport Jordanian female athletes and their mostly reported coping style within each coping strategy category.

1.5 Research Questions

The first research question was developed to explore the stressors that the Jordanian female Individual and team sport athletes faced in the competition environment.

RQ1. What stressors are encountered by Jordanian female individual and team sport athletes in the competition environment?

The second research question was developed to discover the coping strategies that the Jordanian female individual and team sport athletes employed during the stressful situations in the competition environment.

RQ2. What coping strategies are employed by Jordanian female individual and team sport athletes to deal with stress in the competition environment?

The third research question was developed to state the differences of stressors experienced and coping strategies employed by Jordanian female individual and team sport athletes in the competition environment.

RQ3. What are the differences in the experienced stressors and employed coping strategies between Jordanian female individual and team sport athletes in the competition environment?

Chapter 2. Literature Review

2.1 Stress and Sport Psychology

According to Lazarus & Folkman (1984) the concept of stress began to gain recognition in the 14th century, and at that time it was identified as, hardships, straits, adversity or affliction (Lumsden, 1981). As a concept it did not earn its importance until the late 17th century when Hooke used stress in the context of physical sciences, and it was not made systematic until the beginning of the 19th century. “Load” was defined as the external force that created the ratio of the internal force to the area which it acted upon, known as “stress” whereas “strain” on the other hand was the deformation or the distortion of the object (Hinkle L. , 1977). Later, in 1936, the term stress was used in a very special way by Hans Selye, to mean the set of bodily defences against any form of noxious stimulus (psychological threats included), the reaction was known as GAS or General Adaptation Syndrome. Hinkle (1977) also accords an important role in the evolution of the stress concept in Medicine to Harold G. Wolff, who wrote about life stress and disease in 1940-1950 (e.g., wolff).

While Selye and Cannon perceived stress as the reaction of an organism besieged by environmental demands and noxious, Wolff on the other hand regarded stress as a state of the body, yet it was not defined by him

systematically as Selye did. Nevertheless, Hinkle (1974) stated about stress shows that he described stress as a “dynamic state” he used stress in biology to indicate that state within a living creature which results from interaction of the organism with noxious stimuli or circumstances, he added that is a dynamic state within the organism; it is not a stimulus, assault, load, symbol, burden, or any aspect of environment, internal, external, social or otherwise. Both definitions of Selye and Wolff are both important for the following reasons:

1. Stress as used in the physical sciences refers to an inactive body that is strained by environmental loads whereas in the biological context stress is an active process of “fighting back”; the living body engages in adaptational efforts crucial to maintenance or restoration of equilibrium, this concept was based on the discovery of the sugar-storing functions of the liver by the French physiologist Claude Bernard (1815-1878).
2. Stress as a biological process of defence offers an interesting analogy to the psychological process known as “coping” in which the person struggles to manage the psychological stress.
3. The concept of a dynamic state points out important aspects of stress processes that without it might be missed, such as the resources available for coping, their costs, including disease and distress, and their benefits, including growth of competence and the joy of triumph against adversity.

4. Viewing stress as a dynamic state, turns attention into the ongoing relationship between the organism and the environment, interplay and feedback. In addition, we are less likely to settle for an incomplete and inadequate definitions of stress that are only based on what is happening within the organism.

Numerous of sociologists tended to prefer the term strain over stress, they used it to describe social disruptions or disorganizations, which at the that time created an overlap between stress in sociology and stress in psychology.

One of the earliest psychological application of the term stress was during the second world war due to war's effect on the stress theory and research shown by the work of (Grinker & Spiegel, 1945) and with the advent of Korean War, many studies were directed at the effects of stress on adrenal-cortical hormones and on skill performance.

2.2 Competitive, Organizational and Personal Stress

Initially, the Sport Psychology literature in the context of stress was mostly focused and steered into discovering the stressors experienced by athletes. A study done by Gifford & Noblet (2000) identified numerous different sources of stress, which afterward was categorized into 16 stressors that goes under 6 themes, the themes included:

1. competition related stressors (i.e. Worries about performance, expectations, standards);
2. Organizational related stressors (i.e. negative aspects of organizational systems and culture, negative aspects of interpersonal relationships, demanding nature of work itself);
3. Personal Stressors such as (problems associated with non-work interface);

Many researchers has shown more interest in examining the organizational and competitive stressors (Hardy, Woodman, & Lew, 2001), (Fletcher et al, 2010); (Didymus & Fletcher, 2017); (Nicholls, Levy, Grice, & Polman, 2009) rather than personal ones, resulting in personal stressors being the least cited type of stressors, perhaps the reason lies in the fact that competitive and organizational stressors are directly associated with the athlete's performance and his athletic environment.

Organizational stress has been defined by many researches as “Work-related social psychosocial stress” or as a conceptualized as an interaction between the employee and the work environment (Shirom, 1982). When aligning it with Lazarus (1966) conceptualization of stress, organizational stress resides neither in the work environment nor in the individual. Instead it is the individual’s cognitive appraisals of the situation within the work environment that is related to the process of organizational stress. Hardy, Woodman, & Lew (2001) conceived the Organizational stress in sport as an interaction between the individual and the sport organization which that individual is operating. McKay, Niven, Lavalley, & White (2008) defined personal stressors as “*an ongoing transaction between an individual and the environmental demands associated primarily and directly with personal life events*” and as mentioned before personal stressors may be considered as the least stressors of an impact on sporting performance, in fact an organizational stressor such as transport, although experienced frequently may not produce an intense cognitive or emotional response as personal issues which may not be experienced as much has the capacity to have a larger impact on an individual’s cognitions.

Studying the three categories of stress can provide a very valuable framework. Moreover, it might provide an insight into the athlete’s cognitive responses as well as emotional and behavioral. However, the study of stressors

alone reveals only one side of the transactional process which also involves the resulting appraisals and coping strategies employed. If coping strategies can be successfully coupled with stressors it could further develop applied practice for sport psychologists, coaches and athletes (Weston, 2009)

Studying competitive stress just like personal and organizational stressors, is very essential to indicate performance. In addition, my research focus will be narrowed to the stress that is related to competition environment.

2.4 Stress in the competition environment

According to Hanton, Thomas & Mellalieu (2009) competitive stress is considered one of the most studied and frequently cited within the field of applied sport psychology which is due to the fact that it is linked to the stressful nature of elite sport, and the demands associated with the competitive environments that surround the athlete recently. Many researches in applied sport psychology have studied the different stressors, or demands, that performers may have to deal with in stressful situations (Nicholls, Levy, Grice, & Polman, 2009); (Kim, Won, Sim, & You, 2013); (Gifford & Noblet, 2000) (Hanton, Thomas & Mellalieu, 2009).

The literature suggests that aspects of competition (e.g., thinking about performance, the goals that may have been set, and perceived levels of physical

and mental preparation), interpersonal relationships (e.g., expectations from teammates, coaches, family members), financial matters (e.g., funding issues, sponsors), traumatic experiences (e.g., the risk and consequence of injury), and the weather and environmental conditions can result in athletes having different anxiety responses. Several studies have also been done to evaluate the impact of competitive stress and investigate and understanding it (Hanton, Neil, & Mellalieu, 2008).

Mellalieu, Neil, Hanton, & Fletcher (2009) observed that stress research in sport is increasingly adopting a transactional perspective; a conception that considers a more dynamic relationship between an individual and his or her environment, and that may help to better explain how factors within this stress process, such as demands, cognitions, and emotions, affect performance (Lazarus & Folkman, 1984). According to Hanton, Neil, & Mellalieu (2008) performers may experience a number of different emotions, all of which can be preceded by different appraisals of a variety of stressors, and that may have diverse action tendencies.

Fletcher, Hanton & Mellalieu, (2006) identified a number of conceptual issues that have important implications for study design and data interpretation within the area of competition stress, one of these issues relates to the stressors that have been presented in the literature. Specifically, some

investigations labelled performers' cognitive and emotional responses to demands as sources rather than consequences of the stress process. (Hanton, Neil, & Mellalieu (2008) highlighted the following examples: treated unfairly by the coach (Anshel & Sutarso, 2007) negative thoughts (Dugdale, Eklund, & Gordon, 2002), and anxious about defending because we are anxious to protect the goal (Holt & Hogg, 2002). Employing such statements as stressors may cloud psychologists' understanding of the stress process because the initial demands that precede such appraisals or emotions could be overlooked.

2.5 Coping in Sport

2.5.1 Coping strategies and styles

Perhaps the constant use of coping strategy and a coping style with the stress and coping literature made the both terms integrated in a way it became hard to distinguish the differences between it. According to Sahler & Carr, (2009) coping skills can be conceptualized as a combination of coping style and range of implementable coping strategies and they defined coping style as a mixture of attributional style (perceived source of stress, locus of control, optimistic or pessimistic outlook on finding a solution) and personality characteristics, such as risk tolerance, sense of self-efficacy, and introversion or extroversion whereas they stated that coping strategies reflect the repertoire of responses to the stress that the individual has available and can use

successfully. Sahler & Carr (2009) divided coping strategies into three major categories: active coping, passive coping, and avoidance. An approach like music therapy, discussed later, combines active and passive coping. Avoidance can be understood as denial: it is as if the person has decided that there is no stressor, and therefore there is no need to change behaviour.

2.5.2 Coping in Sport literature

The scientific literature consists of an abundance of definitions and descriptions of coping. Most prominent in the sport psychology literature are the trait and process (Also known as transactional or relational) perspectives. Within the trait approach, individuals are classified according to their stable coping styles, and measured generally through interviews or questionnaires (Penley, Tomaka & Wiebe, 2002). Carver, Scheier & Weintraub (1989) suggested that the trait approach assumes that *“people do not approach each coping context anew, but rather bring to bear a preferred set of coping strategies that remains relatively fixed across time and circumstances”*. The trait approach is reflected in the wording of questions, where participants are asked what they usually do to handle a situation (Aldwin, 1994). Alternatively, the process or transactional approach states that coping with stress is a dynamic and recursive process that involves interactions between a person’s internal

(i.e. beliefs about self, goals, and values) and external (i.e. situational) environments (Lazarus, 1999).

Coping from this perspective has been defined as “*constantly changing cognitive and behavioural efforts to manage specific external and/or internal demands that are appraised as taxing or exceeding the resources of the person*”. Lazarus & Folkman (1984) and Lazarus (1999) identified primary and secondary appraisal as crucial constructs in the stress appraisal and coping relationship. Primary appraisal has to do with whether what is happening is perceived to be relevant to goal commitments, values, beliefs about self, and situational intentions. Goal commitment has been viewed as a crucial factor, as without goal commitment “*there is nothing of adaptational importance at stake in an encounter to arouse a stress reaction*” (Lazarus, 1999). If an evaluation is made that what is happening is important to the person and endangers the wellbeing of the person, there are four alternative appraisals. Harm/loss consists of damage that has already occurred. Threat consists of potential damage in the future. Challenge is when people feel joyous about an ensuing struggle. Benefit was added to the revised model and is described as an individual gaining or benefitting from a stressful situation.

That is, the person can feel positively toned emotions immediately following the event as well as experiencing long-term positive emotions.

Secondary appraisal is the cognitive evaluative process of the coping options available to the person, especially when there has been an appraisal of harm/loss or threat. Secondary appraisal is not actual coping, but the instance where the individual decides what they are going to do to cope.

Coping as a trait and a process was cited in 64 papers according to Nicholls & Polman (2007) systematic review, explicitly found support for the trait approach. That is, they found evidence for coping consistency or styles. This was the case in studies on table tennis players (Krohne & Hindel, 1988) and Korean (Yoo, 2001). In both studies, it was reported that elite performers deal with stressful situations by consistently using avoidance coping strategies. The systematic review study shows that 13 studies support the trait perspective as the swimmers reported consistent coping in training. However, coping was not found to be consistent in competition. Most of studies (46) either explicitly supported or adopted the process perspective of coping (Nicholls & Polman, 2007). A crucial aspect of the model proposed by (Lazarus & Folkman, 1984) was the interaction between stressors and the coping strategies deployed.

Anshel & Jamieson (2001) and Anshel, Tumoana, & Williams (1997) found that the stressor faced by participants affected the type of coping strategy deployed by the athlete, lending support to the transactional perspective on coping. Other papers have also found evidence to support the process

perspective. Gould, Finch, & Jackson (1993) and Poczwadowski & Conroy (2002) found evidence from retrospective interviews to suggest that coping occurs as a dynamic process. The athletes used a variety of different coping responses, often in response to the same stressor. Caution is warranted though, as most of the studies have been retrospective in nature rather than using longitudinal prospective designs to examine coping as a process (Lazarus, 2000). In this respect, Gaudreau & Blondin (2004) found evidence that coping changes across different phases of competition. Similarly, using an idiographic prospective design, Holt & Dunn (2004) found that coping responses influenced subsequent stress appraisals and coping. Finally, seven studies were found to be a theoretical in nature. That is, they did not state whether their findings supported either a trait or process perspective.

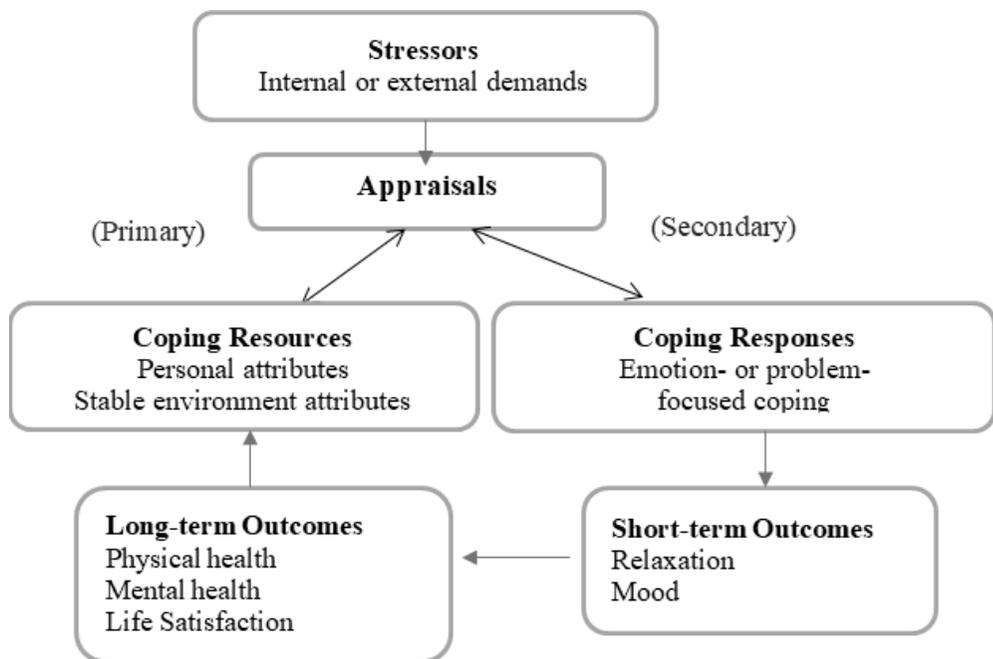
2.6 The Transactional/Relational Model of Stress and Coping

According to Lazarus & Folkman (1984) stress is a product of neither the environment nor the person but their interaction. People are not passive recipients of environmental demands; they actively select and shape the environments of their lives to a greater or lesser extent which means that the social and work environments are selected by people based on their own personal values, preferences, abilities. Through this selectivity and cognitive processes such as appraisal, an organization of person and environment

variables emerge, as illustrated by the psychological stress states of harm, threat, and challenge.

This means that we cannot focus only on what is wrong with individuals (as its most widespread bias of treatment) rather consider the characteristics of their environments and how they are selected. According to Lazarus’s transactional theory appraisal is considered a crucial element of stress process.

Figure 1 *Transactional model of Stress and Coping by Lazarus & Folkman.*



Primary appraisal (PA) is the process of categorizing environmental conditions in relation to their significance on the well-being of a person. Encounters can be appraised as: (a) irrelevant, (b) benign-positive, or (c)

stressful (Lazarus & Folkman, 1984). Stress has been defined as the “quality of experience, produced through a person–environment transaction, that, through either over arousal or under arousal, results in psychological or physiological distress” (Aldwin C. M., 2007). When an encounter has been appraised as irrelevant, the individual perceives the situation as non-threatening to their values or beliefs and no further action is required in terms of coping. Benign-positive appraisals occur if the outcome of a situation is evaluated as enhancing the well-being of a person or has the potential to do so.

Like irrelevant appraisals, no coping is required after a benign-positive appraisal. Finally, when a situation is perceived as stressful, four possible stress appraisals can be made, all of which require the mobilization of coping (1) harm/loss refers to damage that has already occurred; (2) threat concerns harms and losses that are anticipated in the future; (3) challenge is when a person anticipates a future gain from the encounter; and (4) benefit is when a gain has occurred. (Lazarus, 1999).

When a person is in trouble, it is essential that something is done to manage the situation. In such a situation, “a further form of appraisal becomes salient, that of evaluating what might and can be done” (Lazarus & Folkman, 1984) – this is known as secondary appraisal.

Secondary appraisal (SA) is an evaluative process that assesses the coping options available, the likelihood that a coping strategy will achieve what it is supposed to do, and whether the person will be able to deploy a set number of coping strategies effectively. Research has emphasized that primary appraisal does not necessarily come first and that primary and secondary appraisals do not act independently of each other. Indeed, Lazarus and Folkman (1984) proposed an “interaction” between primary and secondary appraisals that determines the intensity of feelings that the appraisal of each stressor elicits. The transactional or relational model by Lazarus and Folkman (1984) has been the most cited model of stress and coping in sport (Adam, Remco, Andrew, Jamie, & Stephen, 2007) .

Chapter 3. Methodology

3.1 Research Design

To conduct the study, I used qualitative approach. The interview questions were build based on previous studies and the research design of this study followed the steps of (Reeves, Nicholls, & McKenna, 2009) qualitative study which was conducted to compare two group of athletes according to age and found best suitable to follow for the case of my study.

3.2 Data Collection

3.2.1 Interview Protocol

Semi-structured interviews were conducted by the researcher; a former female competitive soccer player (9 years of experience). All interviews took place throughout skype and were recorded as video and audio. The duration of the interviews ranged from 25–70 minutes in length, with most interviews lasting approximately 45 minutes.

3.2.1 Interview Guide

An interview consisting of open-ended questions was developed based on the previous literature of competition stress and coping (Nicholls et al, 2009) (Swettenham, Eubank, Won & Whitehead, 2018); (Reeves, Nicholls &

McKenna, 2009); (Nicholls et al, 2007) . The interview guide consisted of three parts. In part 1, participants were provided with general information about the study and clarification of the term “Competition Environment”. I provided a simplified version of azarus & Folkman (1984) definition of stress and coping.

Later, I explained the different type of stressors within the competition environment. Part 2 I started with an ice breaker question that is linking to stress and coping in order to know more about the nature of the participants’ sport and to avoid starting with a question that is overly broad and lack reference to the main topic (Agee, 2009). I asked participants to describe competition stressors that they “experienced in their last or previous world champion or Olympic Games” and then later, participants were asked how they specifically coped with each stressor mentioned in the prior question.

The interviews were conducted in a manner that placed the participant as the “expert” and enabled the participants to tell their stress and coping experiences (Smith & Osborn, 2007).

I used prompts to collect more details from participants and support understanding, the prompts included “Could you tell me more about that?” and “how did you respond to that situation?”. In order to evaluate the appropriateness of the interview guide for athletes, I conducted individual pilot

interviews with an individual and team sport athletes. Participant opinions were collected based on how clear the questions are and understandable is the topic discussed. As a result, the questions were rephrased, and the definitions of stress and coping were simplified.

3.2.3 Participants

Six female national level athletes aged between 18 and 26 years (M age = 23 years), were recruited through their national team coaches. The sample comprised Team sport athletes; Football (n =1) Basketball (n=1) Handball (n=1) and Individual sport athletes; Taekwondo (n=1) Badminton (n=1) Track and field (n=1). Participants' national team experience ranged from 1 to 12 years (M = 8 years).

3.2.4 Procedure

The coaches of the athletes informed the national players details regarding the nature and the purpose of the study. Participants were informed that participation was voluntary, and it would not affect their national position in any way. Assurance was given that all information would be confidential and anonymous. Six athletes were collaborative and agreed to be interviewed.

3.3 Data Analysis

All interviews were transcribed and translated from Arabic into English to produce 98 A4 pages of double-spaced text. To ensure the transcript's

accuracy and quality in interviews the process of translation was done by a professional translator who is bilingual in both languages and it followed a certain protocol. (Birkhead, Fernandez, & Egger, 2017). Later, the transcripts were read and re-read to enable the researcher to become familiar with the data and to approve of the translation. Stressors and coping styles were selected from transcripts and were then grouped into categories taken from previous studies and followed the method of Reeves, Nicholls, & McKenna (2009) using the constant comparative method (Strauss and Glaser, 1967).

Chapter 4. Findings

This chapter presents and discusses the findings of data analysis. It includes two main parts: tables and descriptive qualitative findings. The data analysis procedure revealed total of 25 stressors under the following categories: physical related stressors (n = 7), performance related stressors (n = 7), confidence related stressors (n = 2), External stressors (n = 9).

4.1 Competition stressors encountered by Jordanian female national players

The tables below reveal the stressors that the Jordanian female individual and team sport athletes encountered during the competition environment which answers the first research question.

Table 1 illustrates the physical related stressors which included injury, fatigue, nutrition, lack of sleep, menstrual cycle, and fitness/weight. In that category team sport athletes reported encountering the following stressors; injury, nutrition, fatigue and lack of sleep, whereas individual sport athletes reported more stressors comparing with team sport athletes and the stressors included; injury, nutrition, fatigue, lack of sleep, menstrual cycle and fitness/weight.

Table 1

Number of athletes reporting physical related stressors and total number of citations

Competition Stressors	Team Sport Athletes		Individual Sport Athletes	
	No. of Athletes (3)	No. of Citations	No. of Athletes (3)	No. of Citations
Injury	3	10	3	8
Fatigue	1	3	1	1
Nutrition	1	1	2	2
Lack of sleep	2	4	2	5
Menstrual Cycle	0	0	2	6
Fitness/Weight	0	0	2	4

Table 2 shows the performance related stressors which included team performance, individual performance, tactic, technical, selection, training, outcomes. In the performance related stressors team sport athletes had one more stressor than individual sport athletes, they reported facing the following stressors; team performance, individual performance, tactic, technical, selection, training, outcomes whereas individual sport athletes reported having the same stressors except for selection which was not cited at all by individual sport athletes.

Table 2

Number of athletes reporting performance related stressors and total number of citations.

Competition Stressors	Team Sport Athletes		Individual Sport Athletes	
	No. of Athletes (3)	No. of Citations	No. of Athletes (3)	No. of Citations
Performance Related Stressors				
Team Performance	3	10	1	2
Individual Performance	2	8	2	6
Technique	1	1	1	1
Tactic	1	3	2	2
Selection	3	4	0	0
Training	2	3	2	2
Outcomes	1	2	1	3

The third table illustrates the confidence related stressors which included criticism and lack of confidence. Team sport athletes did not report having lack of confidence as a stressor unlike individual sport athletes who reported having criticism and lack of confidence under the confidence related stressors.

Table 3

Number of athletes reporting confidence related stressors and total number of citations.

Competition Stressors	Team Sport Athletes		Individual Sport Athletes	
	No. of Athletes (3)	No. of Citations	No. of Athletes (3)	No. of Citations
Confidence Related Stressors				
Criticism	1	1	1	1
Lack of confidence	0	0	3	6

The last table of the experienced stressors exemplifies the external stressors; referee, federation, equipment and tools, family, work/school, audience, coach, team official, relationship issues.

Table 4. *Number of athletes reporting external stressors and total number of citations*

Competition Stressors	Team Sport Athletes		Individual Sport Athletes	
	No. of Athletes (3)	No. of Citations	No. of Athletes (3)	No. of Citations
Referee	1	2	0	0
Federation	1	2	1	1
Equipment and tools	3	4	2	3
Work/school	2	2	0	0
Family	3	4	2	4
Audience	1	1	1	1
Coach	1	1	3	6
Team official	2	2	2	3
Relationship Issues	0	0	1	1

4.1.1 Team Sport Athletes Stressors

In total, the team sport athletes reported 20 stressors from all the categories and the stressors, included the following:

1. Physical related stressors: Injury, fatigue, nutrition, lack of sleep.
2. Performance related stressors: Team performance, individual performance, tactic, technical, selection, training, outcomes
3. Confidence related stressors: Criticism.

4. External stressors: referee, federation, equipment and tools, family, work/school, audience, coach, team official.

4.1.2 Individual Sport Athletes Stressors

The Individual sport athletes reported having the total of 21 stressors from all the categories and the stressors included:

1. Physical related stressors: Injury, fatigue, nutrition, lack of sleep, menstrual cycle, fitness/weight.
2. Performance related stressors: Team performance, individual performance, tactic, technical, training, outcomes.
3. Confidence related stressors: Criticism, lack of confidence.
4. External stressors: Federation, equipment and tools, work/school, audience, coach, team official, relationship issues.

For more details please refer to the Appendix II – Athlete Stressors and Coping Strategies Charts.

4.2 Coping strategies employed by Jordanian female national players

The coping strategies employed by Jordanian female athletes are illustrated in the tables shown below. The tables listed below shows the number of athletes and their reported coping strategy within each dimension for both Individual and team sport athletes. Table 5 exemplifies the problem-focused coping styles; Information seeking, problem solving, planning, increasing effort, concentration, communication, reflection.

Table 5

Number of emotion-focused coping styles and citation reported by Jordanian female individual and team sport athletes.

Coping Strategy (Active)	Team Sport Athletes		Individual Sport Athletes	
	No. of Athletes (3)	No. of Citations	No. of Athletes (3)	No. of Citations
Problem-focused coping styles (Total)				
Information Seeking	2	3	1	1
Problem Solving	2	2	3	11
Planning	2	6	2	3
Increasing Effort	1	8	2	12
Concentration	0	0	2	4
Communication	2	3	1	1
Reflection	2	3	0	0

Table 6 of the coping strategies illustrates the emotion-focused coping styles used within team and individual sport Jordanian female athletes, which included social support, self-blame, positive self-talk.

Table 6

Number of emotion-focused coping styles and citation reported by Jordanian female individual and team sport athletes.

Coping Strategy (Passive)	Team Sport Athletes		Individual Sport Athletes	
	No. of Athletes (3)	No. of Citations	No. of Athletes (3)	No. of Citations
Emotion-focused coping styles (Total)				
Social Support	2	3	1	3
Self-blame	1	1	0	0
Positive self-talk	2	5	2	6
Relaxation	0	0	1	1
Acceptance	3	3	2	3

Table 7 of the coping strategies illustrates the Avoidance coping styles used within team and individual sport Jordanian female athletes, which included cognitive avoidance, behavioural avoidance and Lack of coping.

Table 7

Number of avoidance coping styles and citation reported by Jordanian female individual and team sport athletes.

Coping Strategy	Team Sport Athletes		Individual Sport Athletes	
	No. of Athletes (3)	No. of Citations	No. of Athletes (3)	No. of Citations
Avoidance coping styles (Total)				
Cognitive Avoidance	0	0	1	1
Behavioral Avoidance	1	1	1	3
Lack of coping	3	6	1	3

4.2.1 Team Sport athletes Coping Styles

According to the tables listed previously the team sport athletes reported a total of 12 coping styles which included 6 problem-focused coping styles, 4 emotion-focused coping styles and 2 avoidance coping styles. With problem-focused coping strategy being cited the most among all.

4.2.2 Individual Sport Athletes Coping Styles

Individual sport athletes on the other hand had a total of 13 coping styles of which; 6 were from the problem-focused, 4 emotion-focused and 3 from the avoidance coping strategies.

For more details please refer to the Appendix II – Athlete Stressors and Coping Strategies Charts.

4.3 Team Sport Athletes' Experiences of Competition Stress and Coping Pre and During World Championships/Olympic Games.

This section provides detailed accounts of the most frequently reported stressors and specific coping strategies and styles used by team sport athletes (24-25 years). The most reported stressors were Injury, team performance, selection and external stressors such as referee and family. In coping with these stressors team sport athletes reported using mostly problem focused more than

emotion focused coping strategies of which the most frequently cited strategies included reflection, Information seeking and communication such as seeking information regarding their injury condition, reflecting on their own performance, and communicating with teammate or coach in case of misunderstanding or conflict. In regarding to avoidance strategies, avoidance was rarely reported, and only behavioural avoidance was employed concurrently with emotional focused strategy.

4.3.1 Injury

Injury was a notable stressor appraised by team sport athletes, with players mostly being concerned about getting back to training after recovery or getting injured during the competition. The following quotes from participant 1 (football player) illustrates her experience of injury and getting back to training after recovery:

So here one of the major stressors for me was training and getting my fitness back without getting my body injured or fatigued, so the most important thing for a football player or any athlete is not getting injured during this period because this period is the most important and sensitive period since you have a championship ahead of you and you get really careful not to overload yourself because an injury may occur suddenly if you were not careful.

Participant 1 explained that getting back to training itself was not stressing her as much as coming back after an injury. Team sport athletes described the feeling of coming back to training after recovery as one of the very stressful situations. The following quote by participant 3 illustrates the feeling described previously:

Usually when you have this period of intense trainings and intense preparations for the competition, the pain from the previous injury comes back... like you start to feel it and you start thinking "Oh. okay. I can feel my injury" not the injury itself but the pain resulted from the weakness of muscles due to injury. So, when I start feeling the pain in my knees I get really stressed because I start to think "since the competition is coming soon, I may not be able to be like, fully ready.

Participant 1 and Participant 3 reported being very stressed about getting ready and worrying about reaching to the competition with no injury or fatigue. The following quote is how Participant 1 dealt with this disturbing experience:

The mental knowledge and toughness, is very important, you have to be self-aware that what is happening is temporary and to tell yourself that you will be better, is not enough, I had a

really good therapist and doctor, when you have such a doctor, one who you can trust and knows what he is doing you will feel less worried.

Participant 1's coping response to the stressor was typical of a team sport athlete. She used problem solving to try and deal with the discomfort feeling using information seeking and reflection strategies which lead to lessen her stress and make her more confident. Participant 3 reported dealing with the situation in a similar manner:

What I used to do to overcome it was to sit alone and reflect and think to myself, sometimes I would start reading some researches about my condition, how serious is it, how intense, then I would try to push myself and tolerate the pain but if see that the injury is kind of serious that I need recovery and recovery plan and I need time to heal, then I wouldn't risk it.

As a consequence of having a previous injury, participant 1 reported that getting back to training and with low expectation of performance made her confidence dropped. The following quote illustrates how she dealt with this situation:

When your teammates support you, they encourage you and tell you that you can do it, and that you will get more confident,

when they give you this support it helps a lot and it gets easier for you than for example a tennis player who has no teammates in that case.

Participant 1 reported that team support and communicating with teammate regarding this stressful situation helped a lot to boost her confidence and decrease the amount of stress she felt. Participant 1 reported that having teammates helped her to cope successfully suggesting that if she compared her situation with an individual sport athlete in that case wouldn't be the same.

4.3.2 Team Performance

Team sport athletes reported being concerned about their teammates not putting much effort and making errors. The following quote from participant 3, a basketball player, describes her experience with teammate making an error during the match: *"I would only feel less motivated or annoyed if she was careless. You know, she acts like she doesn't care. Like she didn't even realize what she did and her the mistake."*

Participant 3 reported using communication to cope with the pressure resulting from her teammate making errors during the match, as the following quote illustrates:

*I would try to advise her like to, to guide her to try to push her.
So, the most important thing to me in that case is that she*

realized she made the mistake and she's trying so hard to make it up for us.

Team sport athletes predominantly employed problem-focused strategies such as communicating to other players to manage the stress coming from a teammate making an error during the match. Team sport athletes also reported being concerned about one of their best team-mates not performing in match due to injury as participant 2, a handball player, explained in the following quote:

When a great player in our team is injured this stress me out, and it affects my overall performance, because I would feel less confident and less motivated to play, and I've seen that in my other teammates too.

This example demonstrates that one stressor can result in apprising another, for the team sport athlete's injury doesn't affect only the injured player but also the other team members as in it would make them less confident about playing without their teammate. Participant 2 did not report using any coping strategies to overcome this stressor.

One of the team sport athletes (participant 1) mentioned being stressed about her position relating to making more errors as a centre back player, the following quote illustrates her worries:

So, the position of the centre back is sensitive, for example if a midfielder made a mistake or made an error, the players behind him/her can actually cover it up, if the Stricker did a mistake and didn't actually score it will not affect the team as much as the centre back fatal because if he/she actually lost the ball to the striker from the other team, the striker's chances to score are higher, so the sensitivity of the position also puts a huge stress on the athlete.

She added: *"You have to be focused all the time because any error or mistake can result in a goal".*

The second quote illustrates that participant 1 used concentration as coping strategy in order to avoid making any mistake that would result in a goal.

4.3.3 Selection

Selection was a major stressor for team sport athletes. The following quote from Participant 3 describes her feeling about her going through the procedure of selection:

Whenever I had to go through the procedure of selection, you know, it used to place a lot of stress on me. I was challenging

myself most of the time to be selected. And this thing was not easy at all.

The following quote illustrates how Participant 3 dealt with being stressed of the selection procedure:

I used to overthink my performance trying not to make any errors. It was like me thinking about the negative part of my performance and try to enhance or improve my performance. And whenever I see that negative thing, I try to either improve myself or not do it at all avoid doing it.

In dealing with the stressor above, Participant 3 used behavioural avoidance to try and avoid making any errors, increasing effort to enhance her performance and reflecting on the negative aspects of which she needs to work on. This example typified the coping responses among team sport athletes as reflection was a notable problem-focused coping strategy reported and was often used alongside with information behavioural avoidance strategy to deal with performance stressors. Another stressor among team sport athletes was worrying about not getting selected by the coach. The following quote from Participant 1 illustrates how she felt about getting selected by the coach:

I get really stressed for the selection process, when the coach of the national team is about to select the players whom are

going to play for the national team, this is the period when most of the athletes including me get stressed a lot.

Participant 1 used problem- focused coping to deal with the above stressor as the following quote shows:

In the selection process, no one can actually help you but yourself, everyone is competing with everyone, I can't just go to my friend in my team and seek social support because she is also having the same stress, so in this case she is my opponent and I can't actually talk to her about this, you have to educate yourself over how to handle the stress and to manage yourself, it differs from a person to person, me personally what I used to do was, I used to reflect on my performance.

Interestingly, Participant 1 mentioned that during the selection period seeking social support from a teammate would not be helpful since her teammate is having the same stressor which made her consider her teammate as an opponent. This might raise two very important questions, how often does a stressful situation force the team sport athlete into considering a teammate as an opponent and does the gender or the personality type influence this, future research might consider look deeply into this.

4.3.4 Family Stressors

Team sport athletes reported family stressors, which included: family issues and being watched during the match by a family member. Participant 3 described her experience of stress regarding any family issue as the following:

I couldn't achieve that fully and I wasn't able to stop thinking about the same thing that is stressing me. Like, it would stay in the back of my head most of the time and it could prevent me from focusing 100% on what I was doing or how I was performing. Nowadays, I'm learning how to separate, to give everything it's time, to put more effort. But at the same time, it's still not easy to me when it comes to the problems that's too big to ignore or too big to let go. For example, like when it's something that has to do with my family. There's no way I could let go of it.

Participant 3 described she would cope to find a solution by increasing effort alongside with using avoidance coping strategy. However, she reported that if the problem was too big to handle, she wouldn't be able to cope.

The following quote from Participant 1 provides an account of her feeling when her father was watching her during the match “*And I also feel stressed when I know that my dad is watching me, this kind of stress that when*

someone you care about is watching and you get stressed and it affects your performance". Participant 1 response to not being able to deal with this stressor provides a good example of how the Jordanian team sport athlete's performance can be greatly affected by this specific stressor.

A notable commonality between all Jordanian female team sport athletes was their answer regarding whether menstrual cycle has ever stressed them out before or during the competition environment. Participant 3 stated the following *"For some reason I play better when I'm on my period. I feel like, it's great now that I have it on an important game. So, I would perform better"*

The following quote illustrates how Participant 1 answered to the same question asked regarding stressing due to menstrual cycle:

When the team official figures out that one of the girls will get her period soon during the competition they stress you out about taking pills to prevent the period from coming at that time, so you won't have period during the game or during the competition. When the team official tells me to drink lemon juice so I won't get my period and my performance would not be affected by period it bothers me a lot.

Participant 1 reported getting stressed of not having her menstrual cycle during the competition by being forced into taking pills to prevent her menstrual cycle, which resulted in her being even more stressed about her

performance being affected. In consistency with what participant 1 & 3 mentioned above, participant 2 answered to the question as the following “*Yes of course, but me personally I like to play while I’m on period*”.

4.4 Female Individual Team Athletes’ Experiences of Competition Stress and Coping, Pre and During World Championships/Olympic Games.

This section provides a detailed account of the prominent stressors and specific coping strategies reported by individual sport athletes. Individual sport athletes reported more stressors than Team sport athletes with the most frequently cited being: Injury, Fitness and weight, Menstrual cycle, Lack of confidence and coach. Individual sport athletes used problem-focused, Emotion-focused and Avoidance coping strategies to cope with these stressors. The most frequently cited problem-focused is problem solving and concentration. Emotion-focused coping strategies such as relaxation and positive self-talk were also employed by individual sport athletes with positive self-talk being cited the most, whereas avoidance coping strategies were less commonly employed to cope with stressors.

4.4.1 Injury

Injury was prominent stressor among individual sport athletes. Like team sport athletes, individual sport athletes mentioned being stressed about getting injured before the competition. The following quote is from Participant

6 (Badminton athlete) provides an account of her feelings about getting injured prior to competition:

I injured my ankle and had a tear in my muscle, so I was really really stressed about going back to training with this injury. Whenever I think about my injury during the training or the match, I always get anxious and it makes me feel like I can't play anymore.

The following quote illustrates how participant 6 dealt with the injury:

I was lucky to have a coach who is really educated when it comes to physical and mental health. He used to tell me don't think about it, just do your best and don't think about the injury itself. I did as he says, and it worked every time for me.

Participant 6's coping response highlights the use of emotion-focused coping through social support from her coach. Using social support as a coping strategy among individual sport athletes was rarely reported yet the overall citation of emotion-focused coping strategy employment was higher in individual sport athletes than in team sport athletes. The following quote from Participant 5 illustrates her experience of injury:

I consider that the court and the Training environment as my home. So, I don't feel stressed there. But there is one stressful

situation that I can mention, when I got injured in 2012. And I had an operation ACL operation for my knee. And I decided to come back and play in the world championship in 2013.

Participant 5 reported coping with this difficult situation in the following way:

I just started to believe that this surgery 100% succeed. And I also believe that I've given my 100% effort in therapy, recovery and training. And at the competition, I just felt this is the time to show that the hard work I've done is going to pay off. So, I was confident about myself. That's how I overcome the stress. Being comfortable and confidence in these situations helps a lot in overcoming such stressors.

The coping strategy Participant 5 employed typify the most cited emotion-focused strategy used by individual sport athletes which is positive self-talk. Participant 5 used positive self-talk (believing that the recovery is working, and the surgery was successful to lessen her stress). She also reported using problem focused coping strategies such as setting plans and increasing effort as the following quote illustrates:

When I got injured, for example, I had a plan and wrote a schedule to help me get back. So, this is what happened; I started to write day by day what I must do to improve and

strengthen my weak knee. So that's how you overcome the stress in the competition.

Participant 4 who is a Track & field athlete reported feeling very stressed when she felt that her warming up mistake may result in an injury few moments before the competitions and she described her experience as the following:

But I felt so stressed once when I did a mistake while warming up, I warmed up and then I sat down when I was supposed to move and little bit in order my body not to cool down, so then when I stood up and started to run again my leg got stiffed and this was just before the competition in few moments.

Participant 4 reported coping with the pressure by using both problem-focused and emotion-focused strategies such seeking information and social support from her doctor as the following quote shows “*At that time what I did, I asked for the therapist’s help and my leg was okay afterwards and I competed, and everything was okay*”.

4.4.2 Coach

Stressors coming from the coach were cited frequently among individual sport athletes. Athletes reported making the athlete feel down,

yelling at the athlete, comparing athlete with another athlete, letting coach down, the absence of coach as stressors. Individual team athletes reported being affected by the coach as the following quote from Participant 6 illustrates:

Actually, there is one thing that stresses me out. I've never told that my coach or anyone, I used to get stressed, when you know, as every coach want to discover new talents, right? And once they find younger athletes, they want them to get better and they want them to become as good as the athletes they currently have or even better. So, I used to get stressed about the fact that my coach compares me with another athlete.

Participant 6 responded to coach comparing her with another athlete in the following way “*So, what I would do, I would wake up early the next day and go to practice earlier than all of the athletes and finish practice even later*”. Participant 6 reported coping with this stressor by using problem-focused strategies such as increasing effort. Participant 5 who is a Taekwondo athlete described her experience with this the coach stressor as the following:

For me, in the court, I study the person and I know what to do. But if I felt that the coach is yelling in the back, this puts a huge stress on me because I'm a person who likes to focus, in this case I tell the coach before the game not to shout at me during the fight.

The use of communication as a problem-focused by an individual sport athlete was unique comparing with team sport athletes. Another athlete talking about coach stressor was the track and field athlete, Participant 4 explained the following:

When we are practicing, he would constantly say to me that this athlete will be the champion, she will get in the first place. Like I wouldn't achieve anything over her performance.

The following quote illustrates the strategies Participant 4 used to deal with the above stressor:

At the beginning I felt upset but then I had this urge to take it as a challenge and prove him that I'm good too and I started to think that way, I stopped being stressed or afraid, I was feeling comfy.

Participant 4's quote highlights the use of positive self-talk during the competition. Emotion-focused coping strategies were cited by both team sport athletes and individual sport athletes. However, team sport athletes tend to use social support more, on the other hand individual sport athletes cited more use of positive self-talk. Participant 6 also described her experience when she participated without her coach in one championship as the following:

Oh, yes, I usually got really stressed during the match when I didn't have my coach with me to guide me and direct me. So, at that moment I felt lost like I can't make any decision when I was playing, I felt totally lost and stressed.

Participant 6 reported using social support from her coach during that stressful event as the following quote illustrates *“I spoke to my coach and he told me just play and don't think about the result. My coach knew how bad the situation was, so he was trying to be supportive.”* Participant 6 added *“In that competition the only thought I had during the matches was just to play and finish the match. I wasn't thinking about how I should play or perform. I wasn't aiming to perform well either”*

The quote above rationalizes that using one coping strategy can lead to the use of another, in the case of participant 6, she sought social support from her coach, who advised her not to think about the result and to just play and accept that stressful situation which she acted upon.

4.4.3 Lack of confidence

This stressor category was unique to individual sport athletes who cited their concerns of not being sure of their abilities either due to not practicing

for a long time or because of a previous injury or absence of coach. Participant 5 (taekwondo athlete) in the following quote illustrated her experience of being given her chance to play for the first time after coming back from injury recovery:

I did an operation and I had to try to come back and compete on a high competition level and it was a new feeling. I felt like I didn't know myself I wasn't sure of my abilities; I had those kinds of thoughts.

Participant 5 reported coping with the stress by using a positive self-talk to mentally prepare herself for the game as well as problem solving strategy such as increasing effort as the following quote illustrates “*When you prepare well, you know that you're 100% ready, you put all the effort so you can overcome it. So that's how you decrease the stress by doing the right thing and facing the problem*”

The others individual sport athlete reported their confidence being affected; Participant 4 stated “*Yes, now in last the competition I was constantly thinking that I was new, and I used to tell myself I'm new and I don't deserve to be here.*”

Participant 6 also described her experience when she participated in one championship as the following:

Well I usually have this problem with confidence when I don't practice enough, when I don't prepare myself for the competition as I should. When I feel like I'm not well prepared. I usually have these kind of confidence issues.

The following quote exemplifies how Participant 6 dealt with the stress of her not being confident “*Usually, I try my best not to stop training during the off season. I try to do other things than Badminton*”. Participant 6 mentioned using problem solving in that situation, in order not to face the same stressor again.

4.4.4 Menstrual Cycle

Another stressor that was reported only by individual sport female athletes which is the stress coming from menstrual cycle. As the following quote by as participant 5 shows “*I don't feel comfortable with my, let's say I become insecure about my pants...*”

She added:

Of course, and you must like, leave the warmup area and go to the toilet, check it each time. And sometimes you have pain in your legs and your joint feel strained. Or

pain in your back. This situation makes me stressed. I must take some painkillers

Participant 5 reported solving the problem by take pills to decrease the menstrual pain and to feel better. Participant 6 also reported the same stressors as she described in the following quote:

Yes, for example, when I'm about to have my period and I have those mood swings, I don't feel like playing, it's not that I feel physically unprepared. But I feel like I don't want to play... like I feel that I'm mentally not ready and not physically.

In dealing with this situation participant 6 used problem-focused strategies as the following quote explains “*I used to go to the pharmacy and take an injection of painkiller*”. Both participant 5 and 6 reported using the same coping strategy which is problem solving coping strategy.

4.4.5 Physical Readiness

Two different stressors were cited multiple times by individual athletes which is related to their physical preparations for the championship or competition and those stressors included weight and fitness. Participant 5

(taekwondo athlete) explained how much the weight reduction stressed her in the preparation period for the competition as the following quote illustrates:

So I was stressed because I had also to cut my weight I had extra weight this kind of stress I feel it, especially before the games it's a bit bad because you have to change your diet and to make it like carb free and this would be more hard to adopt even especially when you have short period before the competition.

Another quote by Participant 5 “*I would talk about the competition, where my weight was higher than average, and I had to lose weight before the competition.*”

Due to the fact that weight stressor was repeated by participant 5 many times I asked her to explain more upon it, and she responded with the following quote:

For example, in Taekwondo, we have 8 categories in the senior level. We have the flyweight, featherweight as a middle weight class. The last weight class is the heavyweight. So, for the featherweight, most of athlete at the weight class must lose weight. They must cut weight

and they always need to have different diets, different type of training, and to do cardio a lot in order to monitor their fat levels. but for the heavyweight athletes, it's the opposite, they must strengthen their body, eat well, and maybe gain weight, so they will be strong in the court. So, if you ask the featherweight athletes, they will tell you a different thing, a totally different story about weight loss stress. So, getting stressed about weight loss depends on which class the taekwondo athlete is competing at and the gender.

Then I asked her to explain more about those differences she mentioned, and she explained:

As I told you, maybe the menstrual cycle, maybe also the technique and how they play, for example, the male taekwondo athletes they are fast, and they try to get points at middle levels and sometimes at higher levels as the head. Whereas females, they always approach the head since they are more flexible. However, they are not as strong as males. So, these differences can influence the type of stressors perceived by two genders.

Participant 5 was asked what she did to deal with the stress associated with her weight reduction and she responded:

I used to run extra miles after the training in order to lose some fat and water and that the last two days, especially the last two days, we had to run and not to eat for example, just to eat a little bit and drink a little bit which is totally wrong.

The quote above shows that participant 5 used, problem-focused coping strategies which included: Increasing effort and planning. Another athlete mentioned being stressed about being physical ready for the competition, she argued that having a good fitness level is one of the most important components of the badminton athlete, the following quote by participant 6 explains it “*Okay, firstly the badminton sport needs a really good fitness level. Actually, it’s one of the most important components in the sport of badminton*”.

Participant 6 when asked about what stresses when it comes to physical preparation she answered with the following:

I feel so stressed when I get back to training after a long time from not working out. It stresses me out a lot, my

fitness is usually is really good, that's why when I don't work out for a long time and I must go back to training again, I get stressed a lot.

Looking back at participant 6's lack of confidence stressor, it is obvious that fitness and lack of confidence stressors in her case are directly associated with one another, she reported being less confident as she answered previously in the lack of confidence section (see page 54). In addition, when participant 6 asked whether she meant fitness or technical when said "physically unprepared" her statement was "*Both, but the most important thing for me is fitness, as I mentioned before*". As a result, participant 6's coping strategy to cope with fitness stressor was the same as the lack of confidence stressor.

Chapter 5. Discussion and Conclusions

5.1 Discussion

The purpose of this study was to examine stressors and coping strategies among team and individual sport athletes, to provide a greater understanding of the demands and responses made by players within female Jordanian national team. The findings revealed that matches were stressful encounters with team sport and individual athletes, but also different, stressors.

Team sport athletes reported team performance, selection as the most prominent stressors whereas individual sport athletes reported coach, lack of confidence and menstrual cycle as most prominent stressors. Coping strategies employed by team and individual sport athletes were similar, but significant differences in handling the stressors were also present. Both team and individual sport athletes reported mainly strategies from the problem-focused coping dimension. However, individual sport athletes used cognitive and behavioural avoidance coping strategies whereas team sport athletes reported lack coping. Team sport athletes employed more strategies from the problem-focused coping dimension than other dimensions.

This study specifically investigated stressors and coping strategies among female individual and team sport athletes in Jordan. These findings

support previous research into stressors of the team sport athletes (Nicholls & Pollman, 2007); (Holt & Hogg, 2002). Team sport athletes reported more stressors relating to team performance (Nicholls et al, 2005). There were also significant differences in the coping strategies reported by these athletes, with individual sport athletes using more avoidance coping techniques (e.g. cognitive such as blocking and behavioural ignoring, avoiding) and this matches the findings of (Gould, Finch, & Jackson, 1993) and (Gaudreau et al, 2005). Moreover, team sport athletes reported using communication more than individual sport athletes which goes in line with the findings of previous studies (Nicholls et al, 2009); (Nicholls & Polman, 2007).

Through this research I discovered that both team sport athletes and individual sport athletes used problem-focused strategies equally but differently in terms of the coping style within the dimension. Furthermore, there were some differences between team sport athletes in their response to menstrual cycle comparing with individual sport athletes who reported feeling stressed about getting their menstrual cycle in contrast with team sport athlete who reported to prefer having it while competing. A study by Bruinvels, Burden, Brown, Richards (2016) explained that some female elite athletes with a certain body composition HMB (Heavy menstrual bleeding) can be negatively impacted by this condition on physical and emotional level. This condition would also impact their social life quality and work capacity.

Moreover, the study concluded that due to this condition some female athletes might suffer from anemia and other symptoms that would affect their performance. Nevertheless, this study showed that most of the team sport athletes were not affected by the menstrual cycle stressor and this might be correlated to the type of sport and its nature. This finding can be explained by Lazarus (1999) perspective that the environment shapes both stress and the subsequent coping strategies employed.

Another thing that the study highlighted was the injury stressors among team and individual sport athletes which was cited equally by both group of athletes. This finding is in consistency with (Nicholls et al, 2007). A study done about individual athletes - tennis players (Swettenham, Eubank, Won & Whitehead, 2018) explains that athletes who report confidence related stressors are more likely to utilize avoidance strategies which explains the case of individual sport athletes reporting confidence as main stressors and therefore using avoidance in this study.

Additionally, the study of Swettenham and colleagues implies that female tennis athletes perceived higher levels of external and physical stressors which comes in line with the finding of this study. According to the results a factor that may have played a huge role over the Jordanian team sport athlete's ability of coping regarding the reported lack of coping might be cultural norms

and environmental factors which was stated by Tasaddoghi (2012) implies that the contrast of results from different researches on using coping methods by the athletes of different sports has indicated that there are other factors including the age range of the samples and the methodology used, gender, experience and championship level, which might influence the type of confrontation.

5.2 Conclusion

This study suggests that female team and individual sport athletes report both common and distinctive sport-related stressors. In response, applied practitioners could consider the type of sport of their athletes and the specific stressors appraised when devising and implementing psychological support. Female team sport athletes reported using mainly problem-focused strategies. Coaches in Jordan may want to teach female team sport athletes to use more avoidance coping strategies, so these athletes do not have to rely only on problem-focused strategies.

Individual team sport athletes reported using mainly problem-focused and combination of cognitive and behavioural strategies. Practitioners may find it useful to adopt a more holistic approach with Individual sport athletes, placing emphasis on helping athletes cope with the greater range of stressors, such as physical related stressors. This study has supported the evidence that

gender, type of sport, country background played a huge role in that influence of stressors and coping during sport.

Future research should look at female and type of sport in depth to explain why female athletes experience certain physical related stressors and the differences between female individual and team sport athletes.

5.3 Limitations

The main limitation of this investigation was the participants sample size, six female participants is a decent sample size, however, to examine stressors and coping strategies deeply, a bigger size is required.

The limitation of time also was a challenge since qualitative research with bigger sample size require more time and effort and analysing the data would take longer period, this did not allow me to analyse more samples.

The third limitation was conducting the interviews through skype and internet connection issues, this didn't allow the interviewer nor the interviewee to be comfortable throughout the video call.

Lastly, despite that the transcripts were carefully translated by a professional (bilingual) translator there might be some small changes regarding some translated terms and the meaning from Arabic to English.

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Appendix I – Interview Questions

Interview Guide

During this interview, I'm interested in your experience as being part of Jordan National Team in [Specific Sport] and how you perceived certain stressors before and during major international competitions such as World Championships and Olympic Games. I will use the term "Competition Environment" to describe the time before the competition (preparations period) and the time during the competition (championships or Olympic games). This interview will consist of two parts.

Part I: I will be explaining the definition of stress "stressors" and then I will be asking numerous questions regarding your experience as an individual/team sport athlete and the stress that you faced in the competition environment.

Part II: I will be explaining what coping is and then I will ask you questions regarding how you dealt with the stressful situations during the competition environment.

PART I: Competition Stressors Experienced by Athletes

Stress is a psychological state which occurs when we perceive things as threatening, and when we do not believe that our resources for coping with obstacles (stimuli, people, situations, etc.) are enough for what the circumstances demand. (Lazarus & Folkman, 1984)

Definition of Stress (Simplified) is a feeling of strain and pressure.

PART II: Coping Strategies Employed by Athletes

Coping is a constantly changing cognitive and behavioural efforts to manage specific external and/or internal demands that are appraised as taxing or exceeding the resources of the person. (Lazarus & Folkman, 1984).

Definition of Coping (Simplified) investing one's own conscious effort, to solve personal and interpersonal problems, in order to try to master, minimize or tolerate stress and conflict.

1. Physical Related Stressors

- i. Could you tell me about your physical preparation for these competitions?
- ii. How would you describe the feeling when you were stressed for not being ready physically for the competition?
- iii. You mentioned that [the stressor that he/she struggled with the most] has placed a lot of pressure on you, could you explain more about what you did to handle it?
- iv. What other strategies that you used to decrease the amount of stress that you experienced in the competition environment regarding your physical preparations?

2. Performance Related Stressors

- i. Could you tell me about the time you felt so stressed because you were worried about [making errors/ team performance/tactics/technique/outcomes etc.]?
- ii. Do you recall a stressful situation where your performance was affected because of it? Could you describe how it felt?
 - If the answer is Yes: Could describe how it felt?
 - If the answer is No: What about [mention stressor that he/she did not talk about.

- iii. What did you do to deal with the stressors you experienced regarding performance? [e.g. making errors, selection stress]?
- iv. Do you recall any other stressors related to performance that stressed you out a lot?
 - If the answer is Yes: Could you tell me more about it?
 - If the answer is No: What about -stressors he/she did not mention- (e.g. Injuries, illness, nutrition)

3. Confidence Related Stressors

- i. How often did you struggle with confidence issues in the competition environment?
- ii. What about -stressors he/she did not mention- (e.g. winning the gold medal in -mention the championship that he/she participated in)?
- iii. How did you react when [situation, e.g. a coach criticized you or yelled at you when you made a mistake]?
- iv. Do you recall any other strategies that you used to decrease the amount of stress that you experienced in the competition environment regarding your confidence?

4. External Stressors

- i. How often did you struggle with concentration in the competition environment?
- ii. Could you tell me about the time you felt stressed because you were unable to concentrate?
- iii. could you please tell me how you handled the stressors that you experienced in the competition environment?

iv. Do you recall any other strategy that you used to decrease the amount of external stress that you experienced in the competition?

* Is there anything that we haven't talked about that you are able to tell me about your experience in [World champions/Olympic Games] related to stress or coping strategies?

Prompts

- How did that work?
- How did people feel about that?
- What effect did that have?
- Could you enlarge a bit upon that for me please?
- Is there anything you could tell me about [e.g. the selection process]?
- Could I just make sure I have got the right? [recapitulate the participant's response to the question].
- What were the situations that made you feel very stressed about others [teammates, coaches, team officials or spectators] evaluating you?
- What stressors were you experiencing during the time you were stressed for not being physically ready for the competition?
- What about -stressors he/she did not mention- (e.g. Injuries, illness, nutrition).

Appendix II – Summary Matrix of Team and Individual Sport Athletes Stressors and Coping Styles

Matrix of Reported Stressors by Athletes Based on Type, Source and Cause of Stress

Type of Stress	Source of Stress	Cause of Stress	Team Sport Athletes			Individual Sport Athletes		
			Football	Handball	Basketball	Track & Field	Taekwondo	Badminton
			Participant 1	Participant 2	Participant 3	Participant 4	Participant 5	Participant 6
Physical Related Stressors	Injury	Exhaustion	✓	✓	✓	✓	✓	✓
	Fatigue	Overload	✓				✓	
	Nutrition	Unhealthy food	✓				✓	✓
	Fitness	Not ready/weight	✓				✓	✓
	Lack of Sleep	Anxiety/Tiredness	✓	✓	✓	✓		✓
	Physical Discomfort	Mensural Cycle					✓	✓
Performance Related Stressors	Team Performance	Teammate making errors	✓	✓	✓			✓
	Individual Performance	Rivalry/own performance	✓	✓	✓	✓		✓
	Skills	Technique			✓	✓		✓
		Tactic	✓					
	Selection	Rivalry	✓	✓	✓			
	Training	Getting back to Training	✓	✓	✓		✓	✓
Confidence Related Stressors	Lack of confidence	Self-confidence issues	✓			✓	✓	✓
		Criticism			✓			
External Stressors	Organizational Stress	Coach	✓			✓	✓	✓
		Team Official	✓				✓	✓
		Referee	✓					
		Federation			✓		✓	
	Tools & Equipment	Accessibility	✓	✓	✓		✓	✓
		Other stressors	School/Work	✓	✓	✓		✓
	Family		✓					
	Lack of concentration				✓			
	Spectators		✓					✓
Relationships							✓	

Matrix of Coping strategies by Athletes Based on Reported Coping styles

Coping Strategy	Coping Style	Team Sport Athletes			Individual Sport Athletes		
		Football	Handball	Basketball	Track & Field	Taekwondo	Badminton
		Participant 1	Participant 2	Participant 3	Participant 4	Participant 5	Participant 6
Problem-Focused	Information Seeking	✓		✓	✓		
	Reflection	✓		✓			
	Communication	✓		✓		✓	
	Planning	✓		✓		✓	✓
	Problem Solving	✓	✓			✓	✓
	Increasing Effort			✓	✓	✓	✓
	Concentration			✓	✓	✓	
Emotion-Focused	Social Support	✓					✓
	Acceptance	✓	✓	✓		✓	✓
	Positive Self-talk	✓		✓	✓	✓	
	Self-blame			✓			
	Relaxation					✓	
Avoidance	Behavioral	✓		✓	✓		
	Cognitive						✓
	Lack of Coping	✓	✓	✓			✓

Appendix III – Team and Individual Sport Athletes’

Experiences of Stressors by Number of Citations

Athlete Stressors Tables

1.1. Participant 1 (Football)

1.2. Participant 2 (Handball)

1.3. Participant 3 (Basketball)

1.4. Participant 4 (Track & field)

1.5. Participant 5 (Taekwondo)

1.6. Participant 6 (Badminton)

Table 1.1. Participant 1: Team Sport Athlete (Football)

Number of Reported Competition Stressors and Total Number of Citations according to the Athlete's Quote

Category	Type of Stressor	Source	Cause	Period	No. Citations	Quotes by Participant 1
1- Physical Related Stressors	Injury	Exhaustion	Heavy feeling due to improper training load	Pre-Competition	4	"So, here the major stressors for me was training and getting my fitness back without getting my body injured or fatigued"
						"So, the most important thing for a football player or any athlete is not to get injured in this period because it is the most important and critical period since you have a championship ahead of you."
						"The coach must know what kind of training they should give to their athletes, so they won't fatigued and exhausted at the beginning of the training"

						"I don't want to be injured prior to the competition because I want to do great in the championship"
		Not specified	During Competition	1		"There was another time when I was stressed, the championship was here, and there was a match between our team and Iran, I had an injury in my ankle and I faced a lot of stress because I had to find a way to get back and play while injured."
Fatigue	Overload	Improper training load	Pre-Competition	3		"So here the major stressors for me was training and getting my fitness back without getting my body injured or fatigued"
						"And you get really careful not to overload your body because if you do an injury would occur in a sudden moment."
						"Oh, also there is the fatigue that comes at the beginning of the training period"
Nutrition	Improper diet program	Absence of a specialist	Pre & During	1		"Not having a proper diet and nutrition plan places a huge stress too, because in Jordan we don't have a specialist when it comes to diet like other countries"
Lack of Sleep	Busy lifestyle	Work/university	Pre-Competition	1		"This for sure puts stress, in Jordan every athlete is not a full time athlete, I have my job or university, so I wake up early in the morning to go to school or work and I spent the day outside and barely have time to rest"

						before I go to training in the evening and your body is already exhausted because you haven't rested your body and your body did not get the amount of sleep it needs."
	Fitness	Strength	Getting strength back/not being strong enough	Pre-Competition	1	"When you have not been practicing for a long time specially after having an injury you worry about getting your strength back"
		Speed	Not being fast enough.	Pre-Competition	1	"I have faced this a lot when I have not been training for a long time, my touch at the ball would not be as before, my speed would not be as before, the way I think as football player is not as before either, my time reaction would not be as before, so this puts a lot of pressure and stresses me out and then I start telling myself I'm much better and start asking why is this happening"
2- Performance Related Stressors	Team Performance	Teammate Performance	Communication problems	During Competition	1	"Or you don't understand each other, this makes you feel less confident and more stressed about making errors because you will feel as if you were on your own."
			Lack of experience	During Competition	1	"But when it's the other way around and the goalkeeper is not really experienced"

Not giving enough effort	During Competition	3	"I get really stressed then I start asking, why you aren't putting any effort"	
			"I get stressed because it means that the rest of team have to put extra effort to cover for her bad performance"	
			"I get stressed mostly when I see that one of my teammates can put more effort, but she is not"	
Conflict with teammate	During Competition	2	"Yes, it happened between me and a girl in the national team of Jordan, as you know the national team includes different players from different clubs"	
			"There is also another problem, we have what we call "exposing" in team sports; and it's when one of your teammates that you have conflict with passes the ball at an angle that looks easy to get but it's actually hard to get, this also creates stress and tension."	
Making Errors	During Competition	1	"But when it's the other way around and the goalkeeper is not really experienced or you don't understand each other, this makes you feel less	

						confident and more stressed about making errors because you will feel as if you were on your own."
Individual Performance	Own performance	Not performing as expected	Pre-Competition	2	"So, I feel stressed when I know that this isn't my actual performance and that I can do much better than this."	
					"I have faced this a lot when I have not been training for a long time, my touch at the ball would not be as before, my speed would not be as before, the way I think as football player is not as before either, my time reaction would not be as before, so this puts a lot of pressure and stresses me out and then I start telling myself I'm much better and start asking why is this happening"	
		Making Errors	During Competition	1	"Yes definitely! Because of the position I play at which is the center back, any mistake that I can possibly make would result in a goal for the other team."	
Skills	Tactical	Stress due to own position	During Competition	1	"The position of the center back is sensitive, for example if a midfielder made a mistake or an error, the players behind them can actually cover it up."	

			Stress due to inappropriate tactical plan	During Competition	1	"When the coach explains a tactic plan for us to follow but then when we are at the field this plan doesn't work."
Selection	Selection for the national team	Stress about getting selected	Pre-Competition	2	"When the coach of the national team is about to select the players who are going to play for the national team, this is the period where most of the athletes including me get stressed a lot."	
					"I get really stressed for the selection process."	
Training	Getting back to training	Not doing any physical activity during the off-season	Pre-Competition	1	"So here the major stressors for me was training and getting my fitness back without getting my body injured or fatigued"	

3- Confidence Related Stressors	Lack of Confidence	Not sure about own's abilities	Not training for a long time / Injury	Pre-Competition	1	"You tell yourself that you're much better than this."
4- External Stressors	Organizational Stress	Coach	Make the athlete feel down / yell at the athlete	During Competition	1	"Our coach always yell, and it bothers me when I'm at the field."
		Team official	Not receiving required assistance from team officials	During Competition	1	"Yes, when the team official figure out that one of the girls will get her period soon during the competition, they stress you out about taking pills to prevent period from coming."
		Referee	Biased	During Competition	2	"Or when the referee is biased to one team."
			Not having good experience	During Competition		"When the referee is not well educated, and she makes a lot of mistake this stresses me out a lot."

	Equipment's and tools availability	Stressed about performing without a certain tool or sportswear	Specific tool or sportswear not available	During Competition	1	"If I wore a certain pair of socks that I feel comfortable in and performed well in before I would get stressed if by any chance, I forgot those socks."
	Other Stressors	School	Stress coming from School or university		1	"As a student I had final exams of high school and I was stressed because of that and I couldn't have the exams as I was at the competition, so I had to study and practice at the same time."
		Family	Stress about members watching the athlete	During Competition	1	"And I also feel stressed when I know my dad is watching me."
		Spectators	Stress caused by audience	During Competition	1	"The Spectators can put stress on you as a player."
Total Number of Reported Stressors and citation by quotes	14				37	

Table 1.2. Participant 2: Team Sport Athlete (Handball)

Number of Reported Competition Stressors and Total Number of Citations according to the Athlete's Quote

Category	Type of Stressor	Source	Cause	Period	No. Citations	Quotes by Participant 2
1- Physical Related Stressors	Injury	Match-related	Occurred due to opponent interaction	During Competition	1	"My knee hit the opponent's knee and it started to hurt a lot that I couldn't help but to go out and rest and this affected my psychological state."
	Lack of sleep	Busy lifestyle	Work / University	Pre-Competition	1	"But lack of sleep for sure places a lot of stress, since we all work, and we don't have the life of a full-time athlete."

2- Performance Related Stressors	Team Performance	Teammate Performance	Absence of an important teammate	During Competition	1	"When a great player in our team is injured this stress us out, and it affect our overall performance."
	Individual Performance	Own performance	Not performing as expected	Pre- Competition	2	"Now I always get stressed during the warmup prior the game, in handball during the warmup, we shoot from our positions, so when I shoot and I don't score, this bothers me and stresses me a lot."
						"It affects your mood and stress you as an athlete."
	Selection	National Team Selection	Competing with an opponent / teammate for the position	Pre- Competition	1	"Me and another girl we were competition for the same position at the national team during selection, we were at the same level or fitness and technique and that time was extremely stressful"
	Outcomes	Stressing about the results of the match / game	Fear of losing	During Competition	1	"But every match has its circumstances, no matter what no matter what are the previous results, even when you're winning and you're ahead, every match is still"

						different, so no matter how experienced you are, you will always be stressed and afraid of losing."
	Training	Getting back to practice	Unmotivated	Pre-Competition	1	"When I think about the process of going to training then work, I feel exhausted and I used to get stressed a lot because of that..."
3- External Stressors	Equipment's and tools availability	Stressed about performing without a certain tool or sportswear	Specific tool or sportswear not available	During Competition	1	"Or sometimes not having a certain tool or a certain footwear or even sportswear stresses me"
	Other factors	Work	Stress coming from work	Pre-Competition	1	"So mostly work, I used to get stressed about the competition because of my work, I used to overthink in case if my boss did not agree to give me a day off to participate in the championship"
Total Number of Reported Stressors and citation by quotes	9				10	

Table 1.3. Participant 3: Team Sport Athlete (Basketball)

Number of Reported Competition Stressors and Total Number of Citations according to the Athlete's Quote

Category	Type of Stressor	Source	Cause	Period	No. Citations	Quotes by Participant 3
1- Physical Related Stressors	Injury	Exhaustion	Previous Injury	During Competition	3	"The only thing maybe that can get in my way is the physical pain. So, one time in a championship last year, I fell, and I hurt my knee really bad. I even had a partial tear in my knee."
						"Honestly, I don't think there's something that can get in my way other than injury."
						"Even though I had this injury. Maybe this is the most stressful situation I've ever faced. "

				Pre-Competition	1	"I get really stressed because I start to think that now, since the competition is coming soon, maybe I will not be able like to be fully ready"
	Lack of sleep	Busy lifestyle or Traveling	Work / University or Travelling	During Competition	2	"Actually, there is something that I would like to add sometimes when we travel abroad for an international competition. We struggle with the lack of sleep. "
"The quality of it, everything is different. So even our sleeping pattern is changed, and the weather is different, is totally different. So, for sure this would affect our performance."						
2- Performance Related Stressors	Team Performance	Teammate	Making Errors	During Competition	1	"I would only feel less motivated or annoyed if she was careless. You know, she acts like she doesn't care. Like she didn't even realize that she was like she did the mistake."
	Individual Performance	Own performance	Not performing well	During Competition	2	"Like I would think I have been working so hard on myself I on my technique and tactics and everything, why am I not performing well?"

						"When I have been practicing on it for a long time, and maybe this is the only thing that used to get me stressed regarding performance."
		Making Errors	During Competition	1		"It's more related to the fact that I don't want to make errors because I don't want to affect our game or my teammates."
Skills	Technical	Stress due to technical errors	During Competition	3		"Well, I would have these kinds of questions in my head. Why am I still scared to do this movement? "
						"And then I get inside this bubble of why did I do this? Why did I try it? It's not needed now, like in the middle of the game or something like that."
						"I would feel like I didn't even have the guts to try them out, like those new skills, you know..Or maybe I would have the guts to try it, but it wouldn't work out."
Selection	National Team Selection	Stress about getting selected	Pre-Competition	1		"I had to go through this procedure of selection, you know, it used to place a lot of stress on me."

	Training	Getting back to training	Unmotivated	Pre-Competition	1	"I once had an injury, an intense one that prevented me from playing for four months. And when I got back to training, I had the exact stress as you mentioned"
3- Confidence Related Stressors	Criticism	Coach	Giving negative comment about the athlete's performance or skills	During Competition	1	"If someone would criticize me in the in the court, or someone would yell at me, it used to really get through me."
4- External Stressors	Organizational Stress	Federation	Not receiving required assistance from Federation	During Competition	1	"The Federation tries to, to provide us with whatever that we need, but at the same time, the funding is always not enough. So, they give us whatever we want, but it's not always the good or the best quality."
			Inconsiderate about the athlete's psychological, physical or financial needs	During Competition	1	"They are so demanding. If we lose, they're not understanding at all and if we win, they're not supportive, so they make us feel like this is normal. You should when they don't really cheer for us or anything. "
	Equipment's and tools availability	Stressed about performing without a	Specific tool or sportswear not available	During Competition	2	"It happened to me. I have a lucky sport bra. I always love to wear it and I also have lucky socks that I also love to wear and sometimes you know"

		certain tool or sportswear				" So, you I get a little bit bothered, you know, because I'm already prepared for the game."
Other factors	Work	Stress coming from work	Pre-Competition	1		"I stress out about the fact that I will have to take a day off from work."
	School	Stress coming from School or university	During Competition	2		"And then I stress about coming back and catching up with my studies."
						"Sometimes I would feel, like, stressed because I will miss some classes from the university and you know, or work, you know."
	Lack of Concentration	Not being able to concentrate	During Competition	4		"I couldn't achieve that fully and I wasn't able to stop thinking about the same thing that is stressing me."
						"when I play basketball, I always tried to release my stress, get out of this of, of whatever I'm thinking of or whatever that's not allowing me to focus. "
						"Like, it would stay in the back of my head most of the time and it could prevent me

						from focusing 100% on what I was doing or how I was performing."
						"Yeah, like I mentioned those things, something happened with me during the day, a problem or conflict."
Total Number of Reported Stressors and citation by quotes	11				27	

Table 1.4. Participant 4: Individual Sport Athlete (Track & Field)

Number of Reported Competition Stressors and Total Number of Citations according to the Athlete's Quote

Category	Type of Stressor	Source	Cause	Period	No. Citations	Quotes by Participant 4
1- Physical Related Stressors	Injury	Exhaustion	Heavy feeling due to improper warming up	During Competition	1	"I once did a mistake while warming up, I warmed up and then I sat down when I was supposed to move and little bit in order my body not to cool down, so then when I stood up and started to run again my leg got stiffed"
	Lack of Sleep	Not being able to sleep	noise	During Competition	2	"I couldn't sleep because they were super

						loud, and I stayed up all night and I went to the competition and I didn't sleep at all"
						"No, I was up because they were talking all night and I couldn't sleep"
			Team official being too strict	Pre-Competition	1	"We used to have trouble with sleeping due to how strict the team official."
2- Performance Related Stressors	Individual Performance	Rivalry	Competing against a strong opponent	Pre and During	3	"Yes. At the time I was practicing side to side with that girl I used to sense some tension, she was stressed because of me and I wasn't comfortable practicing with her."
						"Maybe the other opponents, while warming up I was stressed about their performance if they are good or not. There was a Lebanese girl who won the championship last

						<p>year, I was stressed because of her a little bit."</p> <p>"I wasn't really worried about the other opponent from countries like Lebanon, Tunisia or other countries but the girl from my own country, Jordan."</p>
	Skills	Technical	Stressed about performing the correct technique	During Competition	1	"Yes, I had some problem with my technique I always kept the throwing angle at 65 instead of 45 and that used to stress me out and at the competition."
3- Confidence related Stressors	Lack of Confidence	Not sure about own's abilities	Not training for a long time	Pre-Competition	2	<p>"Yes, now in last the competition I was constantly thinking that I was new, and I used to tell myself I'm new and I don't deserve to be here"</p> <p>"it was just my first competition and I wasn't expecting I would get a high average on it.</p>

						Average? I meant good result!"
4- External Stressors	Organizational Stress	Coach	Make the athlete feel down / yell at the athlete	Pre-Competition	3	"He would constantly tell me that his athlete will be the champion, she will get in the first place."
						"Now at the time of the competition the other girl who competed at the same event of mine was there with her coach, and her coach was trying to put me down..."
			Letting own coach down	During Competition		"so yes, I used to get upset and stressed about letting him down."
Total Number of Reported Stressors and citation by quotes	6				13	

Table 1.5. Participant 5: Individual Sport Athlete (Taekwondo)

Number of Reported Competition Stressors and Total Number of Citations according to the Athlete's Quote

Category	Type of Stressor	Source	Cause	Period	No. Citations	Quotes by Participant 5
1- Physical Related Stressors	Injury	Exhaustion	Heavy feeling due to improper training load	During Competition	1	"And getting injured without having doctor or therapy added more stress"
			Not specified	Pre-Competition	2	"I did an operation and I had to try to come back and compete on a high competition level and it was a new feeling."
						"But there is one stressful situation that I can mention, when I got injured in 2012. And I had an operation ACL operation for my

					knee. And I decided to come back and play in the world championship in 2013"
Fatigue	Overload	Improper training load	Pre-Competition	1	"I see... One time in Paris open 2014 I wasn't ready because I was feeling heavy by heavy, I mean, my training was intense."
Nutrition	Improper diet program	Absence of a specialist	Pre and During	1	"Because you have to change your diet and to make it like carb free and this would be hard to adopt eve especially when you have short period before the competition."
Physical discomfort	Period	Period mood swings and Pain	During Competition	2	"You don't feel comfortable with your, let's say you become insecure about your pants..."
					"Of course, and you must like, leave the warmup area and go to you know, toilet, check it each time. And sometimes you have pain in your legs and your joint feel strained. Or in the back. Sometimes you must take some painkillers. This situation makes us stressed."
Fitness	weight	weight reduction	Pre-Competition	1	"I would talk about the competition, where my weight was higher than average, and I had to lose weight before the competition."
				1	

						"So, I was stressed because I had also to cut my weight, I had extra weight this of stress I feel it."
2- Performance Related Stressors	Skills	Tactical	Making Errors	During Competition	1	"Of course, you know that you made errors when you lose points, or you can't get points. So basically, when the scoring for the head is harder, this stresses me a bit "
	Training	Getting back to training	Doing a lot of training without a good supervision	Pre-Competition	1	"doing many trainings without a professional schedule placed another sort of stress on me."
3- Confidence Related Stressors	Lack of Confidence	Not sure about own's abilities	Not training for a long time / Injury or other reasons	Pre-Competition	2	"I felt like I didn't know myself I wasn't sure of my abilities; I had those kinds of thoughts."
						"Most of the lack of my confidence came from the lack of support of my Federation at that time."
4- External Stressors	Organizational Stress	Coach	Make the athlete feel down / yell at the athlete	During Competition	1	"But if I felt like there is someone yelling in the back, this puts a huge stress on me because I'm that person who likes to focus in the game."

		Team official	Not receiving required assistance from team officials	During Competition	2	"if they don't bring a healthy lunch, because as an athlete I can't eat burger I mean we have a competition if they didn't bring like something healthy, I get stressed"
						"I remember something that made me feel as you explained would be something the managers did in the competition, like not prepare the proper food for the athletes."
		Federation	Not receiving required assistance from federation	During Competition	1	"I was sitting with the audience. I wasn't part of the game because my federation didn't register me for that competition"
	Equipment's and tools availability	Stressed about performing without a certain tool or sportswear	Specific tool or sportswear not available	During Competition	1	"we are not allowed to wear another sport brand, for example, Nike brand and inside the court, and I was wearing Nike, I will have to change it. So, if I didn't get my suit on time, I'll be stressed like, I might lose the game."
	Other Stressors	School	Stress coming from School or university	During Competition	3	"Yeah, exactly. I was stressed for my academical performance. "

						"I can tell you the stress was huge because I had to prepare myself for the competition and also qualification final exams."
						"Honestly, it placed a lot of stress on me because I used to take my books with me when I travel, and I had to study and train as well"
Total Number of Reported Stressors and citation by quotes	11				21	

Table 1.6. Participant 6: Individual Team Sport (Badminton)

Number of Reported Competition Stressors and Total Number of Citations according to the Athlete's Quote

Category	Type of Stressor	Source	Cause	Period	No. Citations	Quotes by Participant 6
1- Physical Related Stressors	Injury	Getting back to training	Not specified	Pre- Competition	1	"I injured my ankle and I had a tear in my muscle. so, I was really really stressed about getting back to training."
				Pre and During	1	"But whenever I think about my injury during the training or the match, I always get anxious and it makes me feel like I can't play anymore."
		Competing while injured	Not specified	During Competition	1	"So, I was practicing, and I was committed to training when I had this, Injury So I got through it. And I've done my recovery."

						And then I Had to prepare for the competition because it was coming soon."
Lack of sleep	Anxiety	Worrying about the competition	Pre- Competition	2	"So, the night before the competition I had trouble sleeping and I couldn't get enough sleep because I always wake up at night. Everyone or two hours due to overthinking sometimes I even feel my legs moving while sleeping."	
					"Like I was playing against an opponent during my sleep. So yeah, I had issues with sleeping."	
Nutrition	Improper diet program	Absence of a specialist	Pre- Competition	1	"Before the competition I always worry about whatever I do, my diet and my training and everything."	
Physical discomfort	Period	Period mood swings and Pain	During Competition	4	"This is one thing the other thing is that sometimes I get stressed for personal reasons."	
					"Pre the period like before the period I usually have mood swings."	

						"When I'm about to have my period, I have those mood swings, I don't feel like playing."
						"But I feel like I don't want to play like I feel that I'm psychologically ready not physically."
	Fitness	Stressed about getting their fitness back	Not training for a long time / Injury or other reasons	Pre- Competition	2	"I only feel stressed when I get back to training after a long time from not working out. It stresses me out a lot."
"And my fitness is usually really good. So that's why when I don't Work out for a long time, and I must go back to training again, I get stressed a lot."						
2- Performance Related Stressors	Team Performance	Teammate	Letting teammate down	Pre- Competition	1	"So sometimes I get stressed about training with a male player because they for sure are on a different level than me and I try to keep up with them in order for me not to ruin their training."
			Competing with a new partner	During Competition	1	"I was so ashamed of the performance at the time. So,

		Absence of previous partner				because of that, I was feeling so ashamed and so stressed. It gave me a lot of stress because I'm used on this performance."
Individual Performance	Rivalry	Competing against a strong opponent	Pre and During	3	"Usually when I get to the final especially when my opponent is really good, and she is either in the same level as me or better than me."	
					"The opponent I played against was Algerian, but she played her whole life in France."	
					"I get really stressed because everyone expect that she will replace me in the future."	
Skills	Technical	Weakness in certain skill	During Competition	1	"Well, I have some weakness when it comes to forehand over."	
Outcomes	Results	Stressing about getting good results	Pre and During	3	"And I was super stressed because of that I was super stressed about the results."	

						"Because I was super stressed about actually getting like a medal."
						"This stress came from myself, personally. I wanted to achieve good results."
	Training	Getting back to training	Not training for a long time / Injury or other reasons	Pre- Competition	1	"Actually, yes I get stressed mostly when I get back to training after a long time from not training at all."
3- Confidence Related Stressors	Lack of Confidence	Not sure about own's abilities	Not training for a long time / Injury or other reasons	Pre- Competition	2	"So, when I get back to training, I feel so exhausted and this stresses me out a lot since I feel like I am not as I used to be."
						"I usually have this problem with lack of confidence when I don't practice enough, when I don't prepare myself for the competition as I should."
4- External Stressors	Organizational Stress	Coach	Coach comparing athlete with another athlete	Pre- Competition	3	"He usually tries to compare me with a younger badminton athlete and point out her strengths and my weaknesses, to get me more motivated, and

						this makes annoyed and stressed."
						"So, I used to get stressed about the fact that my coach compares me with another athlete."
			The absence of coach	During Competition	1	"Oh, yes, I usually get really stressed during the match when I don't have my coach with me."
		Team official	Not receiving required assistance from team officials	During Competition	1	"But some members stress me out just by being there in our competition because I know that they don't like me as an athlete."
	Equipment's and tools availability	Stressed about performing without a certain tool or sportwear	Specific tool or sportwear not available/ tool or sportwear affect athlete psychologically	Pre- Competition	2	"I get stress because my mother did not do the laundry at that day and I had to take it out of laundry and wear it to be able to reduce stress."
During Competition				"When I wear a jersey and I lose. Psychologically I begin to associate losing with that jersey and I feel like I should not wear it to my next matches."		

	Other Stressors	School	Stress coming from School or university	Pre and During	1	"In the university. Especially now that I have a very loaded semester and a lot of studies, and I feel like I can't go to practice, I just can't do it."
		Audience	Getting stressed because of spectators	During	1	"And the audience constantly was screaming whenever she gets a point, at the time I was super stressed."
		Relationship	Bad relationship	Pre and During	1	"Yes, and I ended up not going to training for 8 months."
Total Number of Reported Stressors and citation by quotes	13				34	

Appendix IV– Team and Individual Athletes Employed Coping Styles by Number of Citations

Coping Style Tables

2.1. Participant 1 (Football)

2.2. Participant 2 (Handball)

2.3. Participant 3 (Basketball)

2.4. Participant 4 (Track & Field)

2.5. Participant 5 (Taekwondo)

2.6. Participant 6 (Badminton)

Table 2.1 Participant 1: Team Sport Athlete (Football)

Number of Coping Strategies employed and Total Number of Citations according to the Athlete's Quote

Problem-focused coping strategies (Total)	Type of Stressor	Period	No. Citations	Quotes by participant 1
Information Seeking	Injury	Pre-Competition	2	"The mental knowledge and toughness."
				"you have to educate yourself over how to handle the stress and to manage yourself"
Reflection			3	"How to handle these situations, you have to be self-aware that what happened with you is temporary."

	Training			"And start asking why is this happening"
	Selection			"Me personally what I used to do was, to reflect on my performance"
Communication	Conflict with teammate	During Competition	2	"I try to talk to the girl that I have conflict with and tell her that we should leave our conflict outside this pitch and play as one team."
	Coach shouting			"I tell my coach please don't yell I want to focus or my teammates on the bench would tell the coach she can't focus when you yell."
Planning	School and exams	Pre- Competition	1	"So, I had to study and practice at the same time."
Problem Solving	Tactic	During Competition	1	"The other half play according to what they have seen is right for the situation."
	Type of Stressor	Period	No. Citations	Quotes by participant 1

Emotion-focused coping strategies (Total)				
Acceptance	Audience	During	1	" Ignore them and let them be..."
Social Support	Injury	Pre- Competition	2	"When you trust a doctor, who knows what is he doing and he tells you that you don't have to be worried"
				"Also when your teammates support you, and they encourage you and tell you that you can do it, and that you will get better, when they give you this support it helps a lot"
Positive Self Talk	Injury	During Competition	2	"I thought I will not be able to play but then I pushed myself."
				"I used to handle the pain at the beginning it used to hurt a little bit but then I pushed myself and it didn't hurt as much"

	Lack of Confidence	Pre- Competition	1	"And then I start telling myself I'm much better"
	Fitness	Pre- Competition	1	"If not, I would constantly boost my confidence up by telling myself I can do better."
	Selection	During Competition	1	"I try to have a strong mindset and strong will."
Avoidance coping strategies (Total)	Type of Stressor	Period	No. Citations	Quotes by participant 1
Behavioral Avoidance	Team Official	Pre- Competition	1	"I never took it; I always threw it away whenever they gave it to me... I will not take it but there are other athletes who are not as educated and knowledgeable about this matter they listen, and they just take it and they take more than one pill."
	Audience	During Competition	1	"You have to avoid."

Lack of coping	Referee	During Competition	0	(The participant reported that it affected their performance.)
	Family	During Competition		
9	14		19	

Table 2.2. Participant 2: Team Sport Athlete (Handball)

Number of Coping Strategies employed and Total Number of Citations according to the Athlete's Quote

Problem-focused coping strategies (Total)	Type of Stressor	Period	No. Citations	Quotes by participant 2
Problem Solving	Injury	During Competition	1	"I just followed the doctor's instructions, I did hold and cold therapy, took my prescribed medicine, I did what the doctors told me to do, and then it got better."
Emotion-focused coping strategies (Total)	Type of Stressor	Period	No. Citations	Quotes by participant 2
Social Support	Making Errors	During Competition	1	"I used to talk to the closest person to me, my teammate or my sister, and I would tell them that I didn't score, and I tell them about my worries"

Acceptance	Work	Pre- Competition	1	"I mean I used to leave it to god's fate... "
	Injury	During Competition	1	"The stress only affected me at that moment, then I let it go"
Avoidance coping strategies (Total)	Type of Stressor	Period	No. Citations	Quotes by participant 2
Lack of coping	Outcomes	During Competition		
	Teammate Performance	During Competition		
4	3		4	

Table 2.3. Participant 3: Team Sport Athlete (Basketball)

Number of Coping Strategies employed and Total Number of Citations according to the Athlete's Quote

Problem-focused coping strategies (Total)	Type of Stressor	Period	No. Citations	Quotes by participant 3
Planning	Injury	Pre- Competition	5	"Like if I see that the injury is kind of serious that I need recovery and recovery plan and I need time to heal, then I wouldn't risk it. I wouldn't put myself in that position. In that case, I would start my recovery plan"
				"have a plan and follow that plan it always helps."
				"having a proper plan or workout or training at the end"
				"this is exactly what I used to do is to put more plans. And I used to work for a

				longer period to avoid such a thing and to improve myself."
				"Try to have a recovery plan."
Reflection	Injury	Pre- Competition	3	"So, I use I always used to set alone to have some time alone to think and reflect and have this talk within myself"
				"I used to overthink my performance trying not to make any errors."
				"What I used to do to overcome it was to sit alone and reflect and think to myself"
Information Seeking	Injury	Pre- Competition	1	"sometimes I would start reading some researchers about my case"
	Technique	During Competition	1	"So sometimes I prefer in those intense marches to take the safe side and do

Behavioral Performance Strategies				whatever that I'm pretty sure that I can do no extra moves, you know, no showing off."
Concentration	External stressors	During Competition	1	"I try to shift my thinking into the game circumstances, you know, thinking about the game, focusing on the game, and not thinking about any other thing that happened outside the court and it made me upset or, or worried or something like that"
Communication	Teammate making errors	During Competition	1	"I would try to advise her like to, to guide her to try to push her. "
Increasing Effort	Injury	Pre- Competition	3	"If yes, I would work hard for it."
				"And I always believe that if you work hard enough, if you spend the time to find a way to get back on track "
				"Putting all the effort to reach your aim"

	Goal Endangerment	During Competition	4	<p>"I always used to overcome this by saying that I need to work harder."</p> <p>"So maybe I must put more effort."</p> <p>"I should have worked harder for this not to happen."</p> <p>"I would only tell myself that maybe I did not put that much effort."</p>
	Selection	Pre- Competition	1	"It was like me thinking about the negative part of my performance and try to enhance or improve my performance."
Emotion-focused coping strategies (Total)	Type of Stressor	Period	No. Citations	Quotes by participant 3

Acceptance	Equipment and Tools	During Competition	1	"At the beginning I used to but then when I get into the court, I just forget about it because I would think "the game is just start starting now, so I have to let go"
Slef-blame	Goal Endangerment	During Competition	1	"I'm the one to blame. It's my fault that this happened."
Positive Self talk	Injury	During Competition	3	"But at the same time, I pushed myself and I told myself, I must do great in that game."
				"I usually have this talk so I could know how much I should need to push myself to put the pressure on myself."
				"I was so down and then I, I told myself that I love basketball, I should have tried

				hard and then I started to try hard on myself. I started to practice a lot."
Avoidance coping strategies (Total)	Type of Stressor	Period	No. Citations	Quotes by participant 3
0	0	0	0	(Participant 3 did not report using avoidance coping strategies)
Lack of coping	Federation	During Competition	0	(Participant 3 reported being affected by these stressors.)
	Lack of sleep	During Competition		
11	2		25	

Table 2.4. Participant 4: Individual Sport Athlete (Track & Field)

Number of Coping Strategies employed and Total Number of Citations according to the Athlete's Quote

Problem-focused coping strategies (Total)	Type of Stressor	Period	No. Citations	Quotes by participant 4
Increasing Effort	Criticism	During Competition	1	"At the beginning I felt upset but then I had this urge to take it as a challenge and prove him that I'm good too and I started to think that way, I stopped being stressed or afraid"
Information Seeking	Injury	During Competition	1	"At that time what I did, I asked for the therapist's help and my leg was okay afterwards and I competed, and everything was okay."
Concentration	Technique	During Competition	2	"I tried my best to focus on the throwing angle so I can actually perform the correct technique."

				"I knew exactly what mistake I used to do, I would try to do it without the javelin and focus on the angle."
Emotion-focused coping strategies (Total)				Quotes by participant 4
Positive Self-talk	Lack of sleep	During Competition	3	"I started to tell myself and push myself and to think that it's only 30 minutes of competition and I've preparing myself for 6 days not"
				"During the competition I get more confident. I don't know how to explain it."
				"I'm almost done I only need to push myself during this 30 minutes then it's over, this is what I did"
Avoidance coping strategies (Total)				Quotes by participant 4

Behavioral Avoidance	Opponent	Pre- Competition	3	"so, I decided to practice alone and do everything on my own from warm up to cool down."
				"I used to avoid them in order not to get stressed."
				"like I mentioned I used to avoid them and try my best not to spend time with them, whether during the competition or out of the competition"
5			9	

Table 2.5. Participant 5: Individual Sport Athlete (Taekwondo)

Number of Coping Strategies employed and Total Number of Citations according to the Athlete's Quote

Problem-focused coping strategies (Total)	Type of Stressor	Period	No. Citations	Quotes by participant 5
Increasing Effort	Weight reduction	Pre- Competition	4	"I had stress at that time. And I used to run extra miles after the training in order to lose some fat and water and that the last two days"
	Fitness			"So, I used to train a lot and especially the technical way, weights training."
	Injury			"And I started to write day by day what I must do to improve and strengthen my weak knee."

				"You put all the effort so you can overcome it."
Communication	Coach	During	1	"This may be happened once or twice, not more because I told him to stop it."
Concentration	Tactic	During Competition	2	"And sometimes you feel like okay, now you must cool down and try to like, let her come and then you get the point."
				"I tried to calm and think about any move, new move, maybe to get point or even defend a weakness I have"
Planning	Studies	Pre- Competition	1	"Yeah, I used to put a weekly plan."
	Injury	Pre- Competition	2	"And I started to write day by day what I must do to improve and strengthen my weak knee."
		Pre- Competition		

				"when I got injured, for example, I had a plan and wrote a schedule to help me get back and this is what happened."
Problem Solving	Nutrition	During Competition	2	"I always prepare my things."
				"I used to bring my things with me. So, I won't need anything. If they brought pizza or burgers, I won't eat it. So, this is how I dealt with it."
	Menstrual Cycle	Pre- Competition	1	"Sometimes you must take some painkillers"
	Goal Endngement	During Competition	2	"Then I would think about away to solve it, so for me any problem needs to be solved."
		During Competition		"If there is something wrong just face it and think about how you can solve it."
Weight reduction	Pre- Competition	1	"It's like the exam. You're not ready. You have to you have to find a way."	

Emotion-focused coping strategies (Total)	Type of Stressor	Period	No. Citations	Quotes by participant 5
Acceptance	Federation	During Competition	1	"So, Nothing I could do to change the situation at that time, so I had to let it go."
	Goal Endangerment	During Competition	1	"always thank god and move on."
Relaxation	Tactic	During Competition	1	"I just cool down and remember that it's a game at any certain point I can change it."
Positive Self-talk	Injury	During Competition	3	"I just started to believe that this surgery 100% succeed."
				"And I also believe that I've given my 100% effort in therapy, recovery and training."

	Opponent			"I'd always go with the 100% even if she's good, even if she's the best taekwondo athlete."
Avoidance coping strategies (Total)	Type of Stressor	Period	No. Citations	Quotes by participant 5
0	0	0	0	(Participant 5 did not report using avoidance coping strategy)
7			20	

Table 2.6. Participant 6: Individual Sport Athlete (Badminton)

Number of Coping Strategies employed and Total Number of Citations according to the Athlete's Quote

Problem-focused coping strategies (Total)	Type of Stressor	Period	No. Citations	Quotes by participant 6
Increasing Effort	Fitness	Pre- competition	3	"But after committing to training for at least 10 days nonstop, the stress doesn't affect me anymore."
				"I used to practice more and do more exercises to improve myself."
	Criticism			"So, what I would do is wake up the next day and go to practice earlier than all of the athletes and finish the practice even later."

	Opponent	During competition	4	"So, this made me so competitive, I wanted to challenge all the audience and prove them that I'm better than her."
	Technique			"I will try to put more effort into making forehand serve better."
				"I try my best not to show this weakness."
				"I try to play even harder and push myself in order for them to benefit during the practice."
Planning	Exams	Pre- competition	1	"Yes I'm setting a schedule to manage my time."
Problem Solving	Equipment's and tools	Pre- competition	1	"I had to take it out of the laundry and wear it to reduce the stress."

	Getting back to training			"Usually, I try my best not to stop training during the off season. I try to do other things than Badminton."
	Injury	During competition	2	"I started with the therapy, and afterwards I didn't actually train."
				"I had my therapy and then I took my medication."
	Nutrition	Pre- competition	1	"I always pay attention to what I eat."
	Menstrual Cycle	Pre- competition	1	"I used to go to the pharmacy and get a painkiller injection."
Emotion-focused coping strategies (Total)	Type of Stressor	Period	No. Citations	Quotes by participant 6
Social Support	Lack of sleep	Pre- competition	1	

				"So, when I usually talk to him, we just talk about my problem and he always support me."
	Results	During competition	1	"I spoke to my coach and he told me just play and don't think about the result."
	Injury	Pre- competition	1	"I was lucky enough to have a coach who is really educated when it comes to physical and mental health. He used to tell me don't think about it, just do your best."
Acceptance	Results	During competition	1	"The only thought I had was to play and just finish the match."
Avoidance coping strategies (Total)	Type of Stressor	Period	No. Citations	Quotes by participant 6
Cognitive Avoidance	Results	During competition	1	"My mind was blocked at that time."
Lack of coping	Relationship	During	0	

	Team official	During	0	(Participated 6 reported being affected by these stressors.)
	Team performance	During	0	
6			18	

국문초록

개인 및 팀 스포츠 선수들 간의 경쟁 스트레스 요인 및 대처 전략 국가대표연구

-요르단: 여성 국가대표대표 선수의 사례 중심으로-

Doha Alzghoul

글로벌 스포츠 매니지먼트 전공

체육교육과

서울대학교 대학원

운동 경력 전반에 걸쳐 선수들이 직면하는 수많은 좌절은 정신적 강인함을 구축하는 데 도움이 되지만, 대부분의 경우 심리적 상태에 부정적인 영향을 미치고 목표를 달성하는 데 방해가 될 수 있다. 선구적인 내분비학자인 한스 셀리 (Hans Selye)의 “우리를 죽이는 것은 스트레스가 아닙니다.우리를 죽이는 것은 스트레스에 대한 반응이다”란 주장이 스트레스와 대처 간의 관계 또는 우리의 대처 방법이 모든 상황의 결말에 대한 영향의원인을 요약한다.

스트레스와 대처가 동전의 양면이기 때문에 최고의 대처 전략을 활용하는 능력은 운동 성능을 향상시키고 유지하기 위해 매우 중요하며 가능한 가장 효과적인 방법으로 진행중인 도전에 적응함으로써 강조된다. 따라서 스트레스에 대한 학습은 대처 방법 및 대처 효과를 이해하는 것이 중요하다. 본 연구의 주요 목적은 요르단의 팀 스포츠 선수와 개인 스포츠 선수 두 집단 간의 스트레스 요인과 그에 대한 대표적인 대처방법을 조사하는 목적이다.

본 연구를 진행하기 위해 18-26 세 (M 세 = 23.16 세)의 6 명의 여성 운동 선수와 반정형 인터뷰를 실시한 뒤, 인터뷰 결과를 연역적 콘텐츠 분석을 통해 조사했다. 연구 결과에 따르면, 여성 팀과 개인 스포츠 선수는 공통적 스트레스 요인과 같이 서로 다른 스포츠 관련 스트레스 요인도 보고다. 개인 스포츠 및 팀 스포츠 선수들은 주로 과제 중심 전략과 감정 중심 전략, 또는 인지 및 행동 전략의 조합해서 사용하고 있다는 것을 보고했다.

본 연구의 결과에 따라, 주요 스포츠 경기 기간 내에 선수의 성별과 스포츠의 유형이 스트레스 요인과 대처 전략에 영향을 미친다. 향후연구는 경쟁 환경 및 대처 전략에 있어서 여성 운동 선수들이 신체 관련 특정 스트레스원인과, 또는 개인 및 팀 스포츠 여선

수간의 신체 관련 특정 스트레스 관련해서 나타나는 차이의원인을 설명하기 위해 여성과 스포츠 유형을 더 깊이 조사할 필요가 있다.

주요어: 경쟁 스트레스 요인, 대처 전략, 개인 스포츠 선수, 팀 스포츠 선수, 요르단 여선수, 요르단 국가대표 선수

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