



DU INNOVATION PROJECT
VC-201
VIVEKANANDA COLLEGE
UNIVERSITY OF DELHI



AIM:

Exploring Psychosocial Stressors, Coping responses and Mental Toughness in Delhi University Sport Students

OBJECTIVES:

- To explore the various stressors experienced by sport students of Delhi University
- To examine the coping strategies of sports students
- To examine the 'mental toughness' levels of sports students

METHOD

Participants: Ninety three sports students enrolled in the various undergraduate programmes of Delhi University (DU) were selected for participation in the present study. Out of the 93 students, 49 were males while the rest (i.e. 44) were females

Design: The research used a mixed method design that incorporated both quantitative (Study1) as well as qualitative methods (Study 2). The specific mixed method design that was chosen was the convergent parallel design in which both qualitative and quantitative data are collected during the same phase of the research process with equal emphasis on both methods

Measures used: Coping Responses Inventory (Moos, 1993), Psychological Performance Inventory (PPI, Loehr, 1986), and semi structured interview

MAIN FINDINGS

- The analysis of the semi structured interview identified 15 kinds of stressors: relationship, personal, gender stereotypes, role conflicts, training, equipment/facilities, competitive environment, climatic & weather conditions, finances, travel & accommodation, nutritional issues, support network, selection, media attention and officials' and referees' decisions

- Although DU sports students used both approach as well as avoidance coping responses to deal with stressors; they were more likely to use the strategy of approach coping as compared with avoidance coping. The highest endorsed coping method was 'seeking guidance' while 'logical analysis' was the least endorsed coping method
- DU sport students playing at the national and international level used problem solving as a method for coping much more than zonal players. No gender differences were found on the variable of coping response
- The results indicate that, overall, the participants would benefit if they became more mentally tough. Furthermore, the sport students playing at the international level were more confident than those playing at zonal and national levels
- Problem solving (dimension of coping responses) was significantly related to a majority of dimensions of mental toughness

RELEVANCE OF STUDY:

It is hoped that the research would have important implications for bringing about changes at the policy level so as to provide an improved climate for sports. The research would help sportspersons to develop appropriate psychological skills necessary to deal with stress

Project investigators

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